

Digestion

The digestive system is a core consideration for healing any condition! The digestive system assists in the breakdown and assimilation of food. Any stress on the digestive system can lead to stress in many other parts of the body. When the digestive system shows reactivity, consider it to be one of the most important frequencies to balance. Ask the client, do they relax before eating, do they avoid their food allergens and processed food? Remind them to chew their food properly and drink only sips with your meals. Get hydrated 1 hour after meals or 30 minutes before meals. It is important to chew your food about 21 times before swallowing for good digestion. The digestive system includes the mouth, esophagus, stomach, small intestine, large intestine and accessory organs including the liver and pancreas.

Small intestine - This is where absorption and assimilation of nutrition takes place. The person might have digestive issues or may be experiencing SIBO.

Large intestine - This is where elimination of waste takes place. LI is also a place where Vitamin K and B12 are absorbed.

Enzymes - help the breakdown of food and enzymes help to improve all metabolic processes in the body. Many people need to supplement digestive enzymes as they age in order to have complete digestion.

Gall bladder - The gallbladder is a small pouch under the rib cage. It concentrates and stores bile for digestion. If someone has difficulty digesting fatty foods or burps repeatedly after eating, this may indicate a gallbladder imbalance.

Mouth - Digestion begins in the mouth. It is important to chew your food about 21 times before swallowing. Mouth issues could include issues with the teeth, salivary glands or tongue.

Pancreas - The pancreas produces enzymes along with insulin. Look for digestive imbalances of some kind, enzyme deficiency or blood sugar imbalance.

Esophagus - The esophagus allows food to move from the mouth into the stomach. If a person has reflux, it will make sense that this comes up. Often, the acid is flowing upwards from the stomach and inflaming the esophagus. This is known as reflux or heartburn. The irony is that overall, usually the person is experiencing low stomach acid vs high stomach acid. The acid ultimately comes from putrefaction of the contents of the stomach.

Stomach - The stomach is a place where proteins are digested. To do this, a high acid environment is needed. So, strong HCl is important. Many people are low in stomach acid and that would cause this frequency to light up.

Flora - The flora in the body is the healthy bacteria. Antibiotics, alcohol, fast food, low fiber diets can all contribute to the reduction of flora in the body.

Liver - The liver helps to detoxify poisons in the body. But it also performs over 450 other functions including immune functions, storing vitamins and iron among others. When the liver frequency comes up, it could mean the need for more detoxification or there could be an underlying infection in the liver.