

Health Mentor Programme

Operation 'Super gut' part 1

MENTOR SESSION 33

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JANSE VAN RENSBURG

IN THIS MENTOR SESSION:

- What have you done for your gut today?
- It's not just a long tube...

Time to love your gut...

For several years I've been studying the human body and how it's affected by nutrition, the environment, toxins and numerous other factors. Nothing could prepare me, though, for the amazing discoveries I was to make regarding the digestive system.

We tend not to think about our intestine. Often we don't even give it a second thought when we put something into our mouths. And we seldom think of it when we suffer from some acute or chronic illness. It is exactly here that many of us make a crucial mistake!

In the following series of sessions devoted to this fascinating system you will see how your digestive system affects absolutely everything that goes on in your body and how looking after it could help you have an energetic, healthier and longer life!

So let's start by looking at what organs comprise the digestive system and what functions the intestine is responsible for.

The parts that make up the digestive system: This system is made up of the mouth and salivary glands, stomach, small and large intestines, colon, liver, gallbladder and pancreas.

Some pennies should start dropping now if you consider the importance of all the above organs put together!

INSIDE THIS ISSUE:

Functions of the digestive system	1
Understanding	2
When things go	2
Launching operation 'Super gut'	3
'Super gut' step 1	4
References	5

1) Digesting food and thus ensuring the provision of energy to the body

2) Providing essential vitamins and minerals to the body

3) Providing a barrier function to toxins and bacteria in the intestine

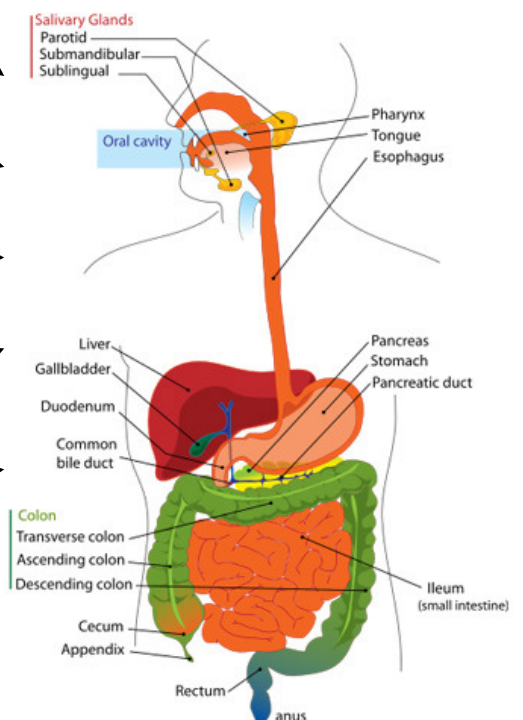
4) Assisting chemical detoxification of the body

5) Producing antibodies against infections etc.

So here's a thought to ponder.

It doesn't mean much if you buy the best organic foods and the most expensive vitamins, minerals and other supplements but your gut doesn't work properly!

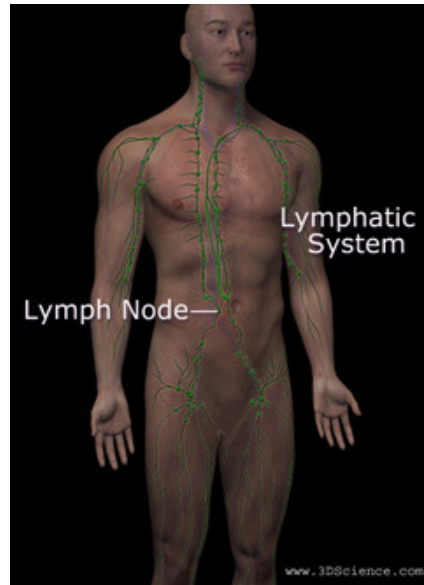
Functions of the digestive system



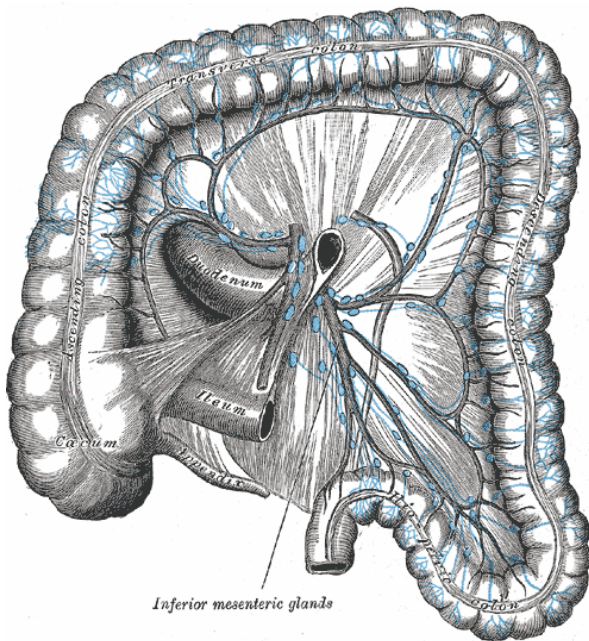
Understanding GALT

Let me drive home the point even further of how important the digestive system and, in particular, the intestine really is: your **intestine** and your **immunity** go hand-in-hand. Let's look at the link between immunity and something called the 'Gut Associated Lymphoid Tissue' (GALT).

The lymphatic system, as depicted in the illustration on the right, plays a MAJOR role in the production of antibodies in the human body.



The lymphatic system plays a crucial role in the production of antibodies



Also, the wall of your 10 meter long intestine is lined with antibody-producing lymphoid tissue. There are also numerous lymph nodes in your intestine, similar to the type you have under your mandible.
So get this - 80% of all antibodies that protect you are produced in the intestine!

So if your intestine is not functioning properly then the GALT also has a hard time doing what it's supposed to with resulting decreased immunity.

How do things go wrong?

The following conditions/factors can negatively affect the functions of the digestive system mentioned earlier:

- Ingestion of processed food instead of raw food
- Altered intestinal permeability (the intestine filters through too many substances)
- Altered intestinal bacteria
- Disturbed acid/alkaline balance
- Food allergies
- Decreased digestive enzymes
- Decreased liver functioning and gall secretions

And when they do go wrong...

An unhealthy gut can lead to the following:

- Undigested food with resulting fatigue
- Decreased immunity
- Increased allergies
- Increased risk to develop auto-immune disorders (where the body attacks itself)
- Increased risk for diseases like depression, migraine, asthma, sinusitis, fibromyalgia, chronic fatigue syndrome and rheumatoid arthritis. (Note: People with chronic fatigue syndrome usually have malabsorption syndrome, they frequently report allergies and have altered essential fatty acid status.¹⁾)
- Increased occurrence of bowel-related conditions like irritable bowel syndrome and constipation.
- Becoming malnourished. Yes, you can become malnourished if you have chronic, severe malabsorption!

Launching operation ‘Super-gut!’

I bet you didn’t realise that your gut was so important for your general well-being?! In my study of this fascinating topic I’ve discovered many more amazing facts and tips that I share in detail through 4 mentor programme sessions.

If you want to read more about this exciting programme click on the following link

www.thesourcesa.co.za/content/article/article.asp?TopSectionID=133&TopSectionTypeID=1

**‘I don’t know a better preparation for life than a love of poetry
and a good digestion.’**

Zona Gale

About us

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so important for your general well-being?!
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discovered many more amazing facts and

Live by a new set of rules!

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