

The Importance of a Healthy Digestive System



Most people don't realize that good digestion is one of the most important aspects of a healthy body and that gastrointestinal health affects many different functions and processes.

Keep reading to find out how maintaining good digestive health is the foundation for preventing chronic illness and staying healthy throughout your life.

Detoxification

- The liver plays a key role in breaking down toxins, hormones, and other substances our bodies need to get rid of through the process of detoxification.
- There are several nutrients required for the detoxification process, such as amino acids, minerals, and B vitamins.
- A healthy stomach and small intestine ensures the proper breakdown and absorption of the nutrients needed for detoxification.

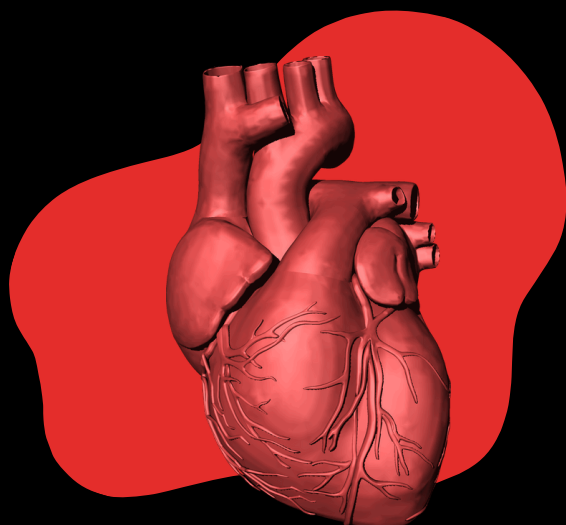


- For optimal liver function, proper fat digestion is also important.
- Improperly digested fats clog the lymph. Signs of a congested lymph system may also indicate that the liver is overburdened.

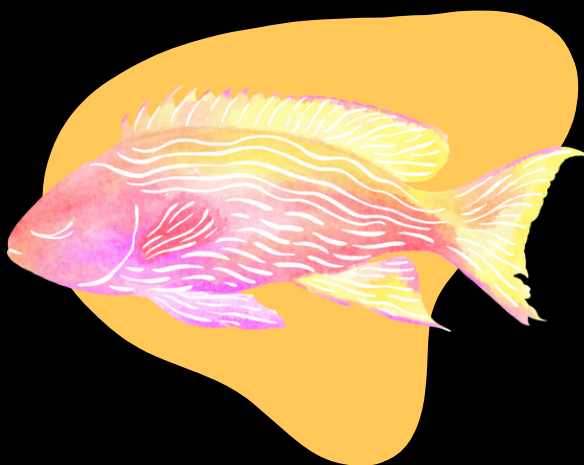


Cardiovascular Health

- A healthy heart and blood vessels require amino acids like taurine and carnitine, so proper protein digestion is very important for cardiovascular health.
- High levels of homocysteine are associated with poor heart health. Proper digestion supplies the body with the B vitamins needed to metabolize homocysteine, keeping it within a healthy range.



- Consumption of healthy fats such as fish oil along with proper fat digestion are essential for good cardiovascular health.
- Fatty acids are the main source of fuel for heart muscle cells.
- Healthy fats reduce inflammation and help maintain healthy coronary arteries.

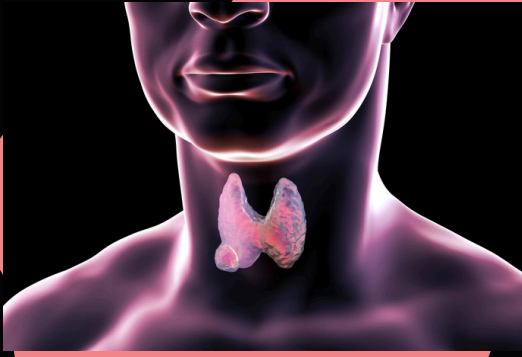


- Adequate intake of magnesium and calcium along with the proper absorption of these minerals are essential factors in heart health.
- Minerals are involved with proper nerve signaling and heart muscle contractions.
- Adequate magnesium levels have been linked with lower risk of cardiovascular disease.



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Hormonal Health



- The health of our endocrine system and the production of hormones are reliant on an adequate supply of nutrients.
- Many glands have specific nutrients that are important for the proper functioning of that gland. For example, iodine is essential for thyroid health.
- The production of hormones is also dependent on the digestion of healthy fats and protein as all hormones consist of fatty acids and amino acids.
- A nutrient-dense diet and proper digestion ensures the absorption of key nutrients for optimal hormonal health.

Immune Health

- The immune system is also dependent on certain nutrients for optimal functioning, and proper digestion is essential for making these nutrients available to our cells.
- Key nutrients for the immune system include iron, zinc, selenium, and Vitamins A, C, and D.
- Many autoimmune conditions have been linked to the incomplete digestion of certain proteins which are thought to contribute to leaky gut.
- The presence of these foreign proteins in the bloodstream can lead to an overactive immune system.



Emotional Health

- When we feed our bodies the right foods, digest and assimilate those nutrients, and manage our stress levels, the microbes living in our digestive tract are balanced and contribute to our overall health.
- High-quality probiotic supplements can also play a key role in the maintenance of a healthy gut microbiome.
- A healthy gut microbiome has been associated with a reduction in anxiety, depression, and the perception of stress in healthy people without psychological disorders.



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