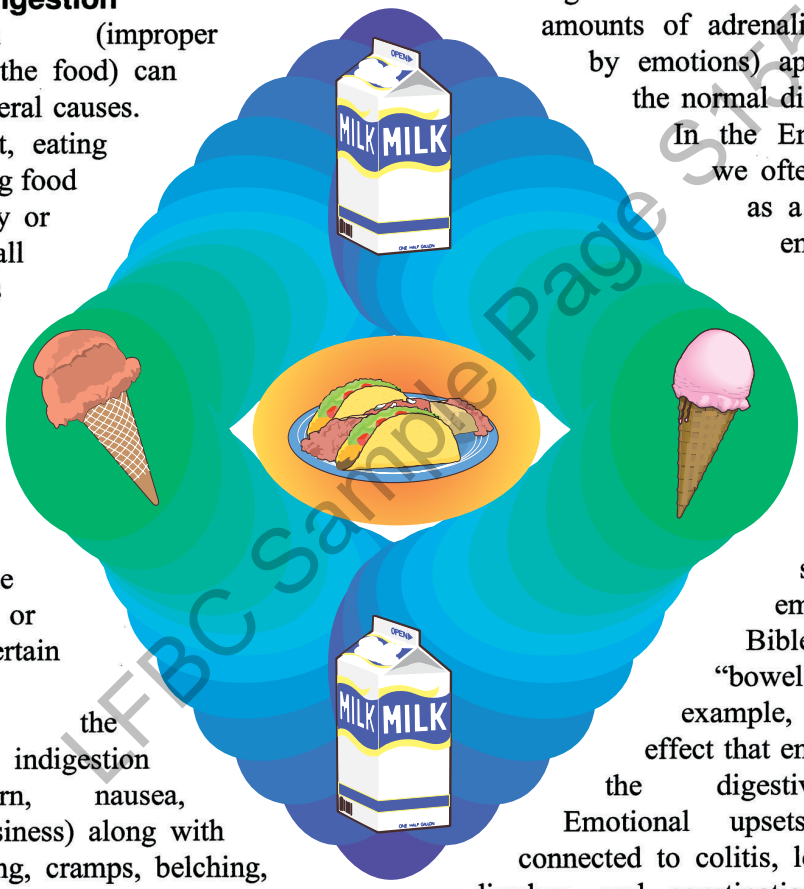
Constipation

Constipation is defined as the infrequent, difficult, and sometimes painful passage of bowel movements. Common causes of chronic constipation include improper diet (insufficient fiber or low fluid intake), physical inactivity, and the side-effects of several medications.

Constipation can usually be cured by drinking eight ounces of water daily and increasing the fiber in your diet.

Indigestion

Indigestion (improper breakdown of the food) can result from several causes. Eating too fast, eating too much, eating food that is too fatty or too spicy are all common causes of indigestion. Indigestion can also be caused by certain viruses, too much adrenaline in the system, or by certain medications.



Among the symptoms of indigestion are heartburn, nausea, flatulence (gassiness) along with a bloated feeling, cramps, belching, diarrhea, or vomiting.

Mild indigestion can be treated by taking something to calm the stomach, drinking non-carbonated soda, eating or taking peppermint. Many people find relief from products containing calcium (especially dairy products such as milk or ice cream). Over-the-counter antacid products are readily available some of which are calcium-based.

Mental Attitudes

Without a doubt mental attitudes and emotions can greatly affect the whole process of digestion. The secretion of high amounts of adrenaline (determined by emotions) appears to affect the normal digestive process. In the English language we often use the heart as a symbol of the emotions. However, in the Greek language the "bowels" are often referred to as the bodily symbols of emotions. The Bible phrase "bowels of mercy," for example, refers to the effect that emotions have on the digestive process. Emotional upsets have been connected to colitis, loss of appetite, diarrhea, and constipation. Emotional upsets are also connected with blood pressure, heart attacks, and certain types of arthritis.

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Lesson 2

Match the following.

___ 1.	gastric juices	a.	1½ inches in diameter
___ 2.	adult stomach	b.	3-4 inch projection of the large intestine
___ 3.	chyme	c.	produced in liver and gall bladder
___ 4.	small intestine	d.	contain enzymes to break down proteins
___ 5.	pancreas	e.	rare by serious condition
___ 6.	bile	f.	loose or liquid stools
___ 7.	Deuteronomy 23:12-14	g.	holds 1½ quarts
___ 8.	appendix	h.	symbol of emotions in English
___ 9.	appendicitis	i.	requires immediate trip to a doctor
___ 10.	bleeding ulcer	j.	provides enzymes to break down starches, fats, and proteins
___ 11.	diarrhea	k.	infrequent and difficult bowel movements
___ 12.	constipation	l.	symbol of emotions in Greek
___ 13.	indigestion	m.	thick, liquid mixture of food
___ 14.	heart	n.	improper breakdown of food
___ 15.	bowels	o.	Bible commands for disposal of human waste

Fill in the blanks.

1. The _____ _____ is the long, hollow tube through which the food passes from the _____ to the _____.

2. The digestive process begins in the _____ where the teeth, tongue, and jaws process the food by _____ and mixing it with _____.

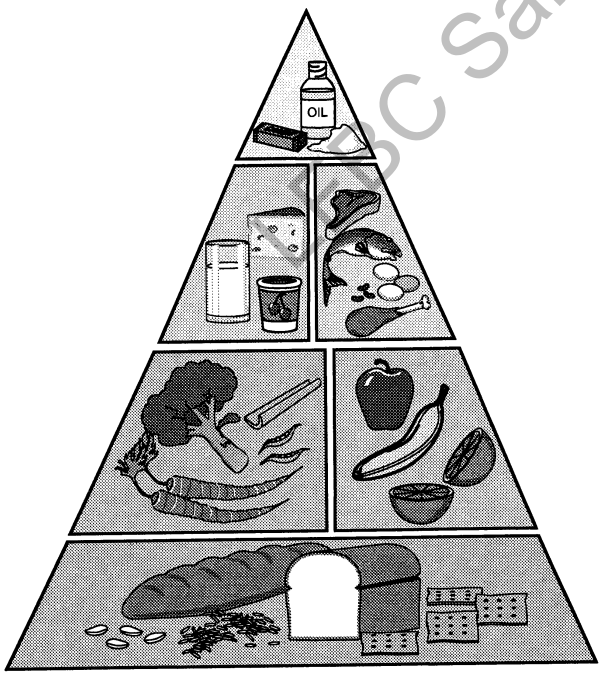
3. During swallowing, the entrances to the _____ _____ and the _____ are temporarily shut allowing the food to leave the _____ and continue through the alimentary canal.

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The key to a balanced diet is variety. Nutritionists recommend the following variety in daily eating.

Milk	1 pint a day for adults
	1 quart a day for children
Eggs	1 (or the equivalent in milk, cheese, peanuts, or other high-protein foods)
Fish or Fowl	1 serving a day
Red Meat	2 or 3 servings a week
Potatoes	1 or more servings a day
Vegetables	2 or more servings a day
Fruits	2 or more servings a day
Cereals or Breads	2 servings a day
Sweets, fats, and starches should be used as supplements and should be carefully limited.	



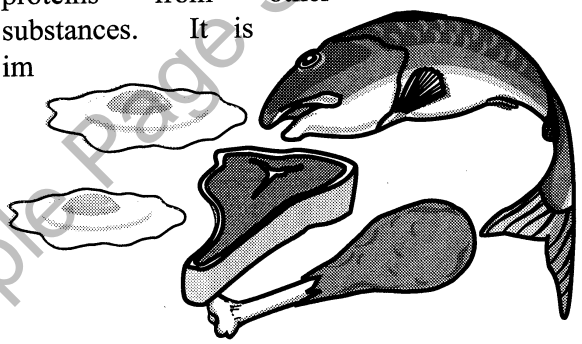
Vitamins

Americans spend over $2 billion every year on vitamins. A person with a good diet gets all the vitamins he needs. The body cannot store more vitamins than it needs for current use, consequently excess vitamins are passed off in the urine.

Since few people really have a balanced diet, vitamins may be helpful to many. They may also help meet special physical needs.

Proteins

Human body chemistry is really remarkable. The body can manufacture sugars from fats and fats from sugars and proteins. However, the body cannot manufacture proteins from other substances. It is im



portant to take in the necessary amount of protein daily (meat, fish, eggs, milk, cheese, peas, beans, nuts). However, the necessary amount is less than most people think. (about 1/100 of an ounce for each pound that you weigh). The average 140-pound man could get enough protein for a day on one egg, a three-ounce steak, and a pint of milk.

The most important part of protein is the "amino acids" (from meat, fish, and eggs). Important minerals for the body are calcium and phosphorus, which build bones and teeth, and iron for healthy development of red blood cells.

For quick energy, the body needs sugars (carbohydrates) and starches (which the body turns into sugars). Fats and proteins also provide energy and can be stored by the body.

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Problems Associated with Diet

Dr. C. Edith Weir of the U.S. Department of Agriculture, said, "Most all of the health problems underlying the leading causes of death in the United States could be modified by improvements in diet."

Poor diet has been connected to heart disease, stroke, some forms of cancer, high blood pressure, and a host of other problems. This alone should motivate people to be careful about their diet.

Fat and Cholesterol

In the Old Testament dietary code, limits were placed on eating animal fat (see Leviticus 3:17, 7:22-26, and others). Nutritionists today recommend that about 30 percent of your daily calories should come from fat but only about ten percent from animal fat. The remaining fat should come from plant sources. The average American gets 40 percent of his daily calories from animal fats. Food labels usually list the amount of fat and **cholesterol** in fine print on the packaging.

Cholesterol is a fat-like substance found in all animal tissue. Cholesterol is the primary substance in gallstones. Cholesterol is the primary substance making fatty deposits that cause hardening of the arteries. Animal and dairy foods are rich in cholesterol and should be limited.

Timing Your Meals

Food is fuel to your body as gasoline is fuel to your car. You cannot run your car without proper fuel. (Try pouring water into the gas tank!) You cannot run your body without proper fuel. It takes about four hours for primary digestion of the average meal. When you use up your basic energy you will get hungry. It is important to plan your meals accordingly.

Many consider breakfast the most important meal of the day. You have gone several hours without eating — it is time to "break-the-fast." Sugar is a simple carbohydrate. The body uses it up quickly. If your breakfast is based on sugar it will not give you energy for four hours. More complex carbohydrates should form the basis for breakfast.

The Bible and Vegetarianism

"Every moving thing that liveth shall be meat for you; even as the green herb have I given you all things" (Genesis 9:3).

"Forbidding to marry, and commanding to abstain from meats, which God hath created to be received with thanksgiving of them which believe and know the truth. For every creature of God is good, and nothing to be refused, if it be received with thanksgiving: For it is sanctified by the word of God and prayer" (I Timothy 4:3-5).

These verses make it abundantly clear that God did not intend for us to live as vegetarians, although many of the food sources that are rich in vitamins and minerals are, indeed, fruits and vegetables.



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