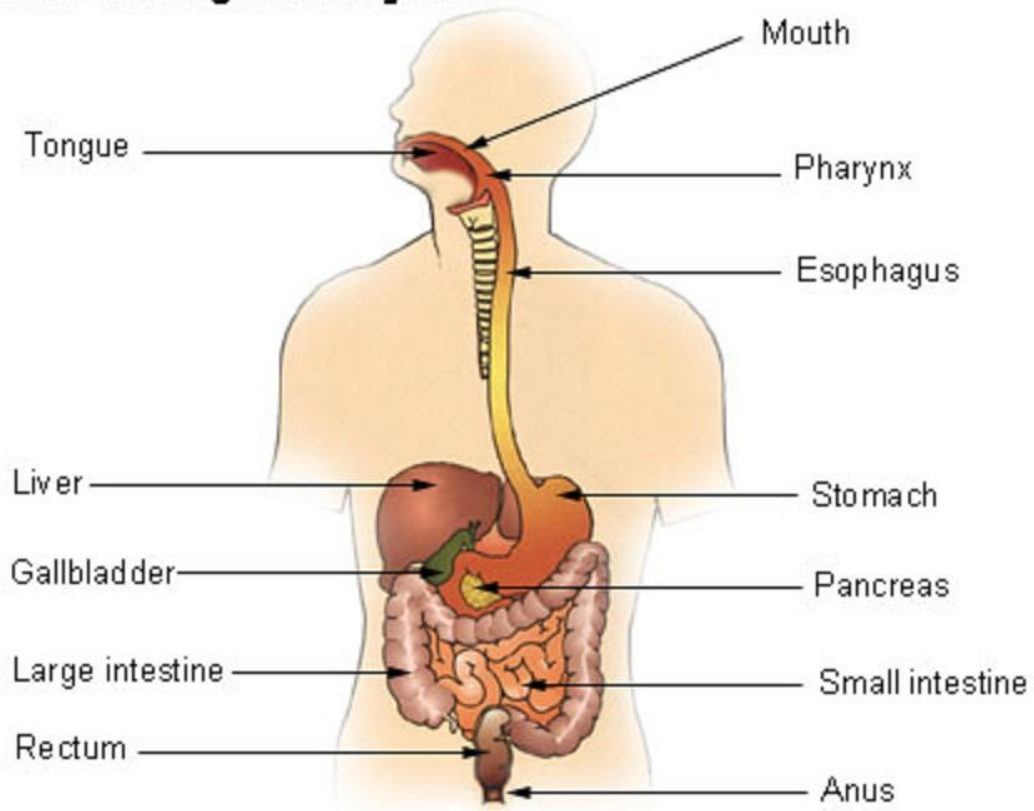


Nourishing Foods Cleanse

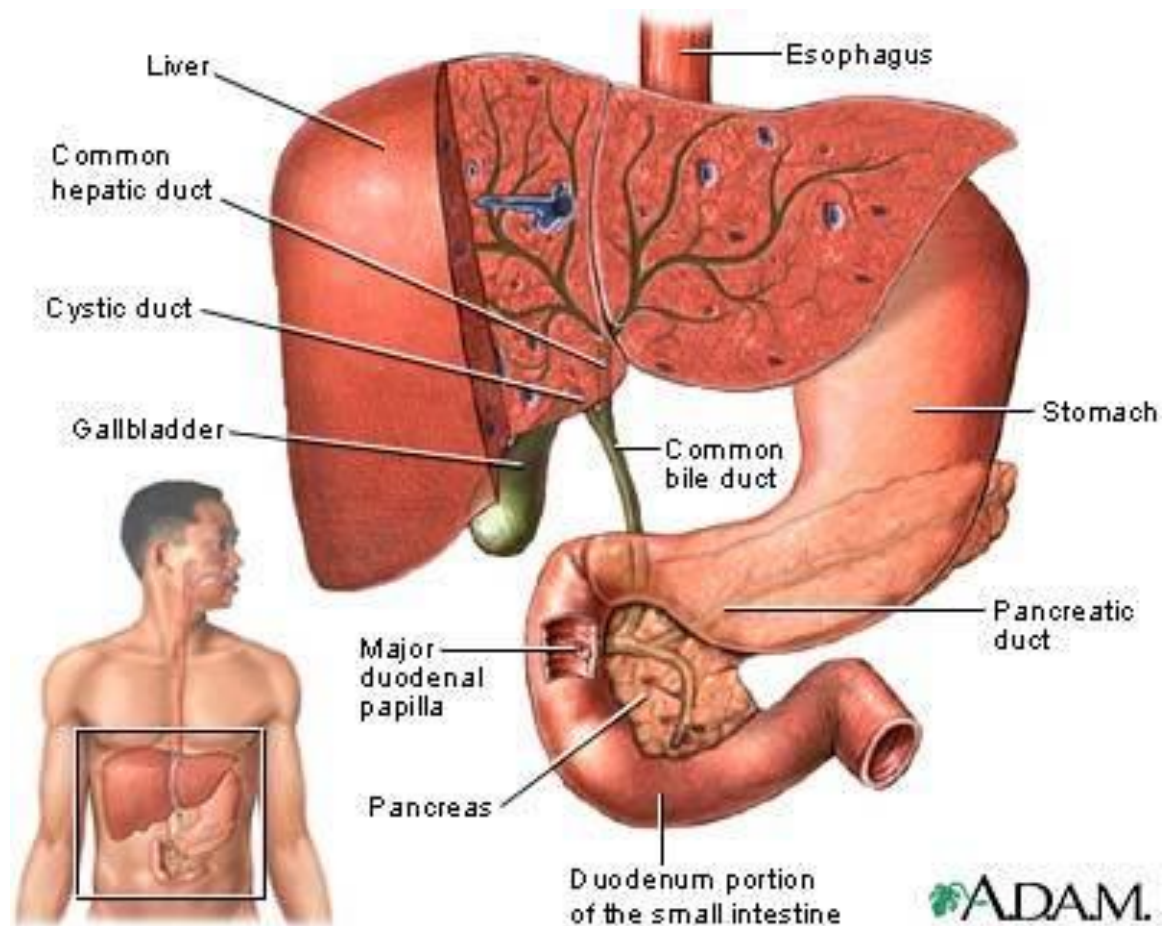
5 DAYS OF EASY & NOURISHING FOODS FOR YOUR BODY, MIND & SPIRIT

eatwellenjoylife.com

Organs of the Digestive System



The digestive system can be divided into two main parts: the alimentary tract and accessory organs. The alimentary tract of the digestive system is composed of the mouth, pharynx, esophagus, stomach, small and large intestines, rectum and anus. Associated with the alimentary tract are the following accessory organs: salivary glands, liver, gallbladder, and pancreas.



The **liver**, **gallbladder** and **pancreas** all play an important role in the digestion of food. The liver produces bile, which is then stored in the gallbladder. Bile is then released into the small intestine as needed, where it dissolves fat so that it can be absorbed into the body.

The pancreas secretes bicarbonate, which neutralizes the hydrochloric acid from the stomach, as well as helping to break down proteins, carbohydrates and fats

Your liver plays a role in an astounding number of bodily functions: it helps with blood sugar regulation; metabolizes hormones; and traps and breaks down bacteria and toxins. Unfortunately, bodily demands can overwhelm your liver, making it perform less than optimally.

Liver is the 2nd largest organ after the skin. It is the most important metabolic organ for carbohydrate, protein, fats and hormones.

Aside from synthesis and excretion of bile, it also stores vitamins, filter impurities and toxic material from the blood. Liver helps to detoxify your body.

Your liver has a one-track mind, and only says one thing: "I-Don't-Like-That!" But, it says it, in different ways.

One way the liver communicates with us is by altering our emotions. Suddenly, things that were right are wrong. Tiny problems are huge. Patience is out the window, and you want to explode, or already have.

Other liver symptoms not to be ignored include; skin or eye irritation, headaches, bad moods or mood swings, low energy, fatigue, foggy thinking, a sore or stiff right shoulder, fuzzy vision, congestion of the nose, sinuses or chest, slow reaction time, mental or emotional stress, insomnia, restless sleep and hot flashes. These symptoms ARE your liver's cries for help.