



**Digestion: Digestion system diseases:
gastrointestinal health, gastrointestinal disease,
digestive health, Secret revealed for creating long
life (Discover ... Digestion, Absorption and
Disorders Book 1)**

Rudy Silva

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What Is In This Book

This kindle reveals the workings and disorders of the small intestine. This e-book is now more useful, informative, and powerful with new and up to date information.

The Human digestive system is full of secrets that scientists and researchers are constantly looking for. If you ever wanted to know some of those secrets about how your gastrointestinal system works, now is the time.

In this kindle e-book called Gastrointestinal Tract Digestion Secrets, I give you the secrets that nutritionists know about food digestion in the mouth, stomach and small intestine. This e-book is one in a series about digestion. There will be a part II and III related to small intestine and colon respectfully. So you don't want to miss this first part.

In this e-book, I give you the details that I use to explain to my clients about the function of their gastrointestinal digestion. How the mouth works to start your digestion of food is provided in detail, so that you can get a firm understanding about the importance of how your mouth starts the digestive process.

By knowing how your mouth works and what its real purpose is, you can avoid those conditions that will create unhealthy situations in your body later on. The cleanliness of your mouth is a big factor in minimizing the bacteria that can get into your blood stream and do damage to your heart.

Digestive Tract and Stomach Health

As food travels down your digestive tract and into your stomach, you will need to know what your stomach does to that food. Even the pharmaceutical companies are giving you the wrong drugs and product to help the various ills that happen in your stomach.

Once you know how your stomach works and what it needs to keep you healthy, then you will not depend on drugstore products to correct some of the digestive system diseases or conditions that occur in your stomach.

Stomach Digestion Secrets

Your stomach is the second place where digestion process continues. There are a lot of misconceptions about stomach acid and what it does. But you don't have to be in the dark about the function of your stomach. Now you can get the details about how your stomach works to prepare your food for the next step of digestion - small intestine digestion and absorption.

The thing is that stomach does not only breakdown protein it also breaks down food for the creation of various vitamins and for the absorption of minerals in the small intestine.

Discover the Functions of the Small Intestine

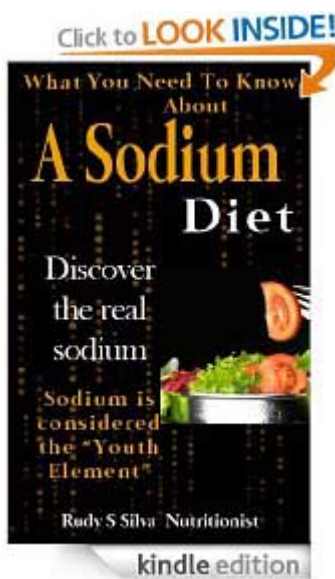
In the final chapters, the process of the small intestine is explained in a language easy to understand. Once you complete these chapters, you will understand many of duodenum's secrets and this will help you correct some of the poor eating habits you might have. Many small intestine disorders are covered so that you can start changing your eating habits and avoid some of these devastating diseases.


The details of how the mouth, stomach, and small intestine work to keep you healthy are a lesson in nutrition. The diseases that occur in your stomach and small intestine, what the symptoms are, and what you can do about them, are a start for you to take care of your digestive health.

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