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Digestion and Absorption of Nutrients

You may have heard the expression ‘You are what you eat’ - but this is only part of the story. Importantly, ‘you are what you can digest and absorb.’ It is no good eating a healthy diet if you can’t get the benefit from it.

If your gut is unhealthy with few friendly bacteria and poor diversity, bad bacteria overgrowth and a gut lining that is damaged, you cannot digest food properly and absorb all the nutrients your body needs for proper function, repair and maintenance. For example, we need:-

- Vitamin B12, selenium and iron to support our thyroid
- Vitamin C, magnesium and fats to support our adrenal glands and function
- Zinc to be able to make HCL (we need hydrochloric acid in the stomach to break down food). But we also need HCL to be able to absorb zinc. Low zinc = low HCL = mal-absorption of zinc which is a nasty loop.

We can only get these essential vitamins and minerals from the food we eat and to obtain them, food must be properly digested and absorbed.

Aside from discomfort, gas, bloating and possibly pain, an unhealthy gut will result in low energy, low mood, poor immunity and a strong possibility of developing a variety of health issues.

The lining of the gut is only one cell thick to facilitate the exchange of water and nutrients so you can imagine that it can be easily damaged. The junctions of these cells should be tightly packed together. However, in a damaged gut, the cell junctions are open, which is called ‘leaky gut’, and this allows food particle, parasites and bacteria to slip through into the bloodstream.

The body sees invading particles that shouldn’t be there which causes an immune response and this sets up inflammation in the body. And, believe me, you don’t want that.



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