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dmartalog@sympatico.ca

TeleSeminar Dial-In Details

Date: Thursday, September 25, 2008

Time: 8 PM (Eastern)/ 5 PM (Pacific)

Dial In: 1-712-432-3900

Pass code: 941715#

Topic: Healthy Digestion-Your first step towards optimal health

Tips To Get The Most Out Of This Call

1. Print this Action Guide
2. Use these tips to develop your Optimal Health Program.
3. Take action NOW

Quote of the Call

“Let food be your medicine and medicine be your food”.

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Dr.Anca's Digestion T.S.

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dmartalog@sympatico.ca

In this Tele-seminar you will learn & discover:

- Introduction to the Digestive system
- Anatomy of digestion
- 9 Basic Quick Strategies for better Digestion
- 3 Major Functions of the Digestive System
- 3 Must-Do*s to avoid Constipation

- Functional Digestion and What Can Go Wrong
-

- The Digestive Director: the Liver

- The clean up Hitter of the Digestive System: the Pancreas

- And of course, just a little bit more....

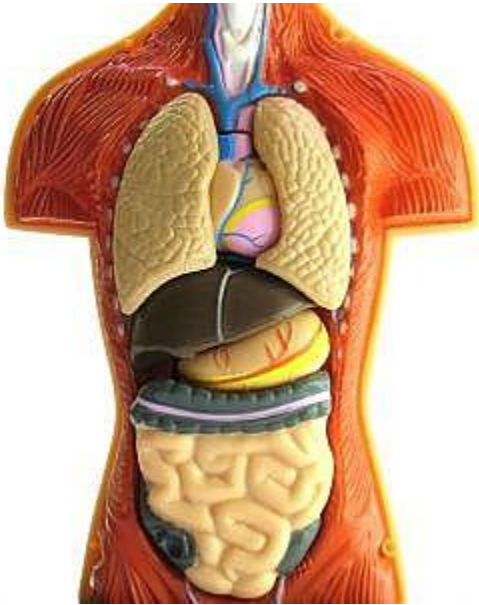
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You are what you eat, digest, assimilate & incorporate

Introduction to the Digestive system



www.askdoctoranca.com

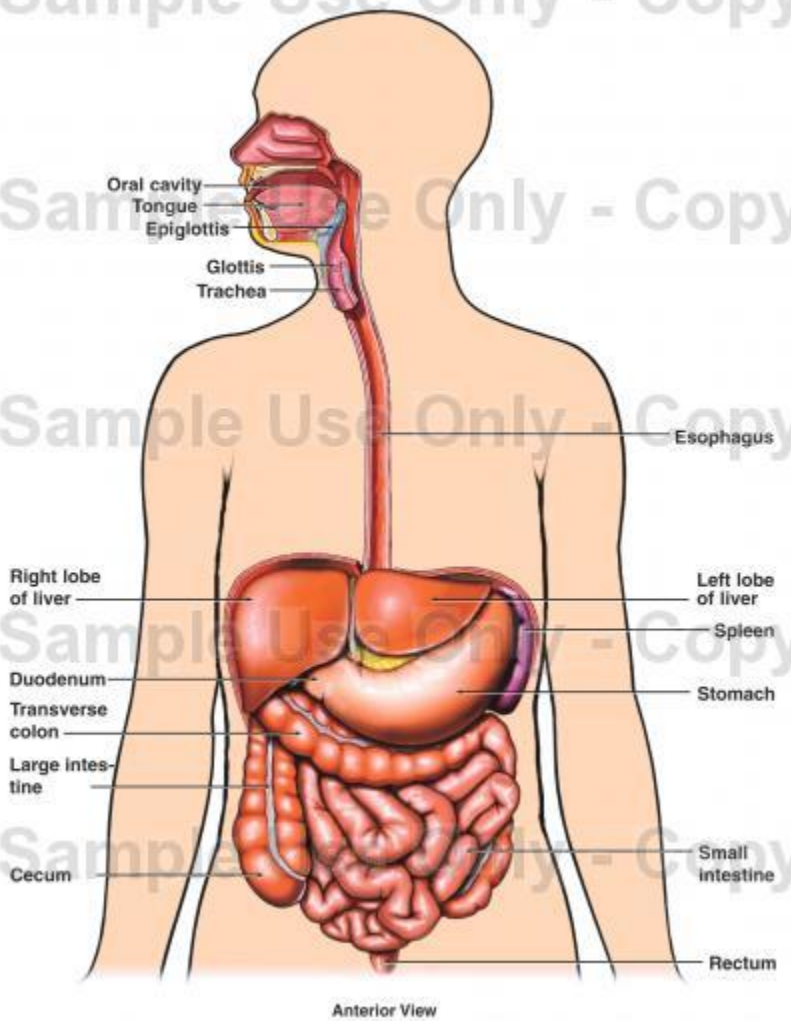
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Anatomy of the Digestive System Organs



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9 Basic Quick Strategies for better Digestion

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

-----5

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Functional Digestion and What Can Go Wrong

3 Major Functions of the Digestive System

1. _____

2. _____

3. _____

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3 Must-Do*s to avoid Constipation

9 Bowel Remedies(demulcents, laxatives, lubricants)

- * **TURKEY RHUBARB**- PROMOTES BOWEL MOVEMENTS BY ENCOURAGING THE FLOW OF BILE
- * **CASCARA SAGRADA**- STIMULATES SECRETIONS THROUGHOUT THE DIGESTIVE TRACT
- * **SAGE LEAF**- HAS ANTIMICROBIAL AND ANTIFUNGAL COMPOUNDS.
- * **ALOE**- USED TO RELIEVE CONSTIPATION, AND HAS ANTIBACTERIAL AND ANTI FUNGAL PROPERTIES
- * **BARBERRY**- IMPROVES BILE FLOW, BOWEL MOVEMENT, AND DIGESTION; NATURAL ANTIBIOTIC
- * **GINGER**- PROMOTES BOWEL CLEANSING; ANTI BACTERIAL AND ANTIPARASITIC EFFECTS
- * **BLACK WALNUT**- TRADITIONALLY USED AS VERMIFUGE; ANTIFUNGAL, ANTIBACTERIAL, ANTI PARASITIC
- * **DANDELION** - USED FOR LIVER, LYMPH. AND GALL BLADDER CONGESTION; PROMOTES URINATION
- * **SLIPPERY ELM**-SOOTHING TO THE DIGESTIVE TRACT, ABSORBS TOXINS; HEALS MUCOUS MEMBRANES.

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Pre-biotics and Pro-biotics

Pre-biotics: 3 Functions

FOS= fructo-oligosaccharides

AOS= arabino-oligosaccharides

1. _____ of bifidobacteria and lactobacillus

2. _____

3. _____

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What can Pro-biotics do for you?

- * Aid digestive process by helping you digest lactose (milk sugar).
- * Detoxify the colon and promote regular bowel movements.
- * Manufacture vitamins and essential fatty acids.
- * Produce natural antimicrobials that prevent the growth of harmful bacteria and fungi.
- * Stimulate immune function.
- * Reduce hypersensitive reactions to food allergens.
- * Create beneficial acids, which promote a healthy intestinal pH and contribute to a healthy intestinal tract.
- * Help maintain healthy cholesterol levels.
- * Support the function of the intestinal tract to act as a barrier against entry of pathogenic organisms or toxins into the bloodstream.
- * Prevent the formation of carcinogenic compounds in the colon.
- * Prevention of Carcinogenesis and Tumor growth

Anticancer activity is probably one of the most controversial health-related effects attributed to probiotics. The mechanisms of action by which probiotics may effectively reduce cancer risk, specifically colorectal cancer, include binding to mutagenic compounds in the intestine, thereby decreasing the absorption of these mutagens, and suppressing activity of enzymes that convert procarcinogens into carcinogens, consequently reducing intestinal carcinogen levels.

- * Help you achieve vibrant health.

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The Digestive Director: the Liver

2 Phases of detoxification:

Phase I _____ cytochrome p450 enzymes

Phase II _____

The cleanup Hitter of the Digestive System: the Pancreas

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