

Guillermou

If food is not chewed properly, larger particles enter the digestive tract causing digestive problems such as gas, bloating, constipation, food reactions, headaches and reduced energy levels. As you chew food, more digestive enzymes are produced. These help break down food further to aid digestion. The chewing process also triggers the production of hydrochloric acid in the stomach, which further aids digestion by regulating pH to increase acidity levels and assist with the breakdown of food. Chewing well increases the amylase secreted in the saliva of the mouth, an enzyme that begins to digest and increases satiety.

Chewing thoroughly increases the production of saliva that contains epithelial growth factor (EGF), a polypeptide that stimulates the growth and repair of epithelial tissue. Chewing food well increases the production of this EGF, nourishing the intestine. www.intestinal.com.au/chewing-food .-----
www.vinmec.com/en/news/health-news/nutrition/how-much-food-should-you-.. .--- Saliva contains recycled nitrates from ingested foods (e.g., vegetables) through the enterosalivary pathway. During meals, thorough chewing improves salivary flow and the reduction of salivary nitrate to nitrite by oral commensal bacteria.

Thorough chewing of food produces a nitrite-rich gastric environment and promotes cardiovascular health benefits by improving NO bioavailability through the enterosalivary nitrate-nitrite-NO pathway. www.researchgate.net/publication/333973188_Chewing_Well_During_Meals_M.. (2019).-----
Nonalcoholic steatohepatitis (NASH) leads to liver cirrhosis and hepatocellular carcinoma. NASH causes dysfunction. Nitrites in chewing attenuate the development of NASH with cardiovascular involvement. www.ncbi.nlm.nih.gov/.../PMC8951310 (2022).----

Posted On 02/09/2024

juststeve

Gui, so not only do we have grab and gulp Processed Fast Foods void of many nutrients, but we also may be losing what little may exist with wolfing down the food like fare. It reminds one of how surface area can affect a burn. Put sawdust into a large can and a candle in the middle, then a hose to blow into to stir up the sawdust. The sawdust will become a cloud and many massive particles in suspension will ignite to once causing a mini-explosion. (Be sure to withdraw the hose as quickly as possible so as not to get back blow pressure into your lungs or mouth.) This is how grain elevators explode. Seems chewing food down to the smaller particles allows the microbes to do their things, instead of chunks of intact food to end up down the drain.

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Just, an ingenious example. The role of chewing in the digestive process has not received adequate attention from medical and dental researchers. It is believed that impaired chewing function affects the oral bacterial flora and increases the risk of gastrointestinal pathologies. Food fragments that are too large to be fully digested can cause bacterial overgrowth in the colon, which can lead to indigestion, bloating, and constipation. Loss of teeth (molars) decreases grinding capacity, resulting in delayed gastric emptying and impaired digestive function. Efficient chewing affects intestinal signaling and ultimately digestive and absorption processes. Edentulous or partially edentulous people have been shown to consume significantly lower amounts of fruits and vegetables compared to people with natural dentition.

Older people may be particularly vulnerable to nutritional deficiencies because they subsequently exclude high-fiber foods from their diet. Thorough chewing has been shown to affect postprandial plasma glucose concentrations and increase the absorption of key nutrients. As a result of impaired masticatory function, chewed foods may have variable physical characteristics, which may affect swallowing function, digestion kinetics, and nutritional status.

www.tandfonline.com/.../10408398.2022.2098245 (2022)

Posted On 02/09/2024

cedricpermaculture

Hi , prof.Gui and everybody, Chewing increases cerebro-spinal fluid circulation, lowers cortisol.

Increases EGF-epidermal growth factor supporting gut integrity.

www.clinicaleducation.org/resources/reviews/epithelial-growth-factor-f.. " Glandular extract derived from bovine sources that contributes epithelial growth factor (EGF) offer an additional strategy for epithelial tissue repair. EGF is a normal constituent of saliva production during the act of eating, is also secreted into the gut lumen and found in colostrum and milk. " Chewing and digestion of starch by salivary amylase produces sweet taste, which stimulates cephalic phase of insulin secretion.

[www.cell.com/.../S1550-4131\(22\)00221-2.pdf](http://www.cell.com/.../S1550-4131(22)00221-2.pdf) "Highlights d IL-1b stimulates insulin secretion via neuronal transmission d IL-1b mediates the cephalic phase of insulin release d IL-1b derived from microglia facilitates cephalic phase insulin release d In obesity, dysfunctional IL-1b signaling impairs cephalic phase insulin release" Mastication develops bones and periodontal ligaments, as well orofacial muscles. Chewing is the way of iodide parotid-stomach cycle.

Posted On 02/09/2024

Cabocho

The majority of those presenting with digestive problems lack enzymes and or adequate stomach acid to break down macronutrients. Enzymes are triggered by the smell and taste of food as well as thorough chewing and eating in a relaxed environment. What do you think teeth are for? When stressed and as you age, stomach acid production may be reduced. A supplement containing HCl and pepsin taken with meals is recommended as well as drinking water between meals. Other essential nutrients for blood glucose control include zinc, magnesium threonate, berberine if not on metformin, and cinammon instead of sugar.

Exercise, walking, reduced sitting time, restorative sleep are always part of good digestive therapy. We have been here before re oral health for brain health. The oral microbiome is a vital part of overall health. Gum disease and undiagnosed chronic infections may produce toxins from e.g. P.gingivalis infections. These can enter the bloodstream and into your brain. (Dr Thomas Levy: "Hidden Epidemic", 2017).

Posted On 02/09/2024

radarphos

Sometimes trying to be smart makes a person ("me") very dumb! So tell me the error of my ways. I suspect in USA I am one of at least several million "aged" people (at least) who finally got rid of "bad teeth" and gum infections by getting dentures (Though I kept 7 lower front teeth that never had a cavity). I don't wear my dentures often; and when I don't I eat boiled and pureed vegetables, rice, etc.; and home baked fruit breads. The message I get from this article is that (1) the saliva comes from glands under the tongue, but also around the gums (that shrink when teeth are removed) and between and under teeth.

So, my enzymes will be low having so few teeth (though I take supplement enzymes). Further, (2) lacking chewing teeth the food I eat will not be enzymatically treated to be as healthy as possible (that is what I understand from this article). Further, (3) false teeth whether temporarily glued in or set into titanium metal clips (i refused that) WILL NOT help anything because my jaw glands related to saliva were damaged when 17 teeth were removed in 45-minutes by Affordable Dentures, who may be (I am not sure) denture-butchers.

So, (4) at best I help myself when I take pre/probiotics and food-meal enzymes, but after all is said and done I am still on the weak side of both food nutrient absorption and weak in optimal insulin activity? PLEASE give me answers straight up and hard so I can recognize what I need to pay attention to. Don't be nice and delude me. I just asked 4 questions. Yes four times will suffice; or mix it up as you may prefer. Thanks

Posted On 02/09/2024

Segstar

I can help to answer ONE,that may help answer others... Without much teeth you need to blend up your Organic foods, chew and swish them around your mouth to bathe them with the enzymes while consuming..If you suspect you're low on enzymes AND acid, then supplement for a while.You can also use Apple cider vinegar to help with low acid as a start.In terms of acid testing there's a test call the Heidelberg test that involves swallowing a capsule the size of a pill, which sends back the acid content of your stomach to the operator... Once your body starts to get the required nutrition you may be able to scale back on the enzymes and acid ...And I liked the fact you said to hit you hard, that means you really need answers to your questions..cheers.

Posted On 02/09/2024

Segstar

It has been said we should DRINK our SOLIDS and EAT our LIQUIDS..Proper chewing sets the tone for easier digestion and absorption, while alerting the other processes down the line of what's coming down the pipeline...Kinda like the ships waiting to dock "warning/alerting" the landing dock crew when they are approaching so they can prepare accordingly..

Posted On 02/09/2024
