

## Session 2

# Anatomy and Physiology

### A Nutrient Takes a Trip Through the Human Body

Book recommendation – [\*Food Is Your Best Medicine\*](#), by Henry G. Bieler, M.D.

1. Mouth – Food meets digestive enzymes.
2. Stomach – How much can we digest ahead of time.
3. Pancreas – Enzymes to the rescue.
4. Liver and Glands – Ready for action.
5. Small Intestine – The food is on the table.
  - a) Small intestine “constructs” (food into my body’s cells).
  - b) Large intestine “deconstructs” (toxins).
6. Liver – My 2<sup>nd</sup> line of defense.
7. Endocrine Glands (Adrenal, Thyroid, Pituitary) – My 3<sup>rd</sup> line of defense.

Question – What is the 1<sup>st</sup> line of defense?

### The Elimination of Toxins

*It is theorized that toxins in the body account for 95% of all disease. How does this fit God’s Word?*

Normal elimination: The liver (through the bowel) and the kidneys (through the bladder).

Problem elimination: The liver (through the blood) and the kidneys (through the blood).

\* Toxins are carried by the blood to various parts of the body (lungs, skin, thyroid, adrenal and pituitary glands).

“After the cells have been damaged by toxic wastes, it is easy for bacteria, as scavengers, to attack and devour the weakened, injured and dead cells.”  
– Henry Bieler, *Food Is Your Best Medicine*, p. 43

*Leviticus 17:11 – “For the life of the flesh is in the blood....”*

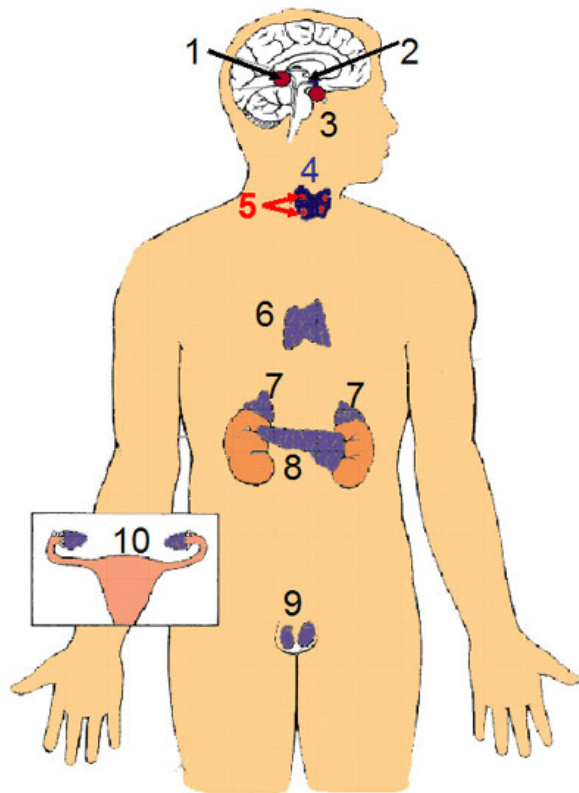
## What is Disease?

Pasteur and the germ theory

“It is important to remember... that the mere introduction of germs into the living organism does not ensure their multiplication, or the production of disease. The condition of the organism itself has much influence on the result.”  
– John Shaw Billings, 1883

“Disease is nothing else but an attempt on the part of the body to rid itself of morbid matter.”  
– Thomas Sydenham, the “English Hippocrates”

## Hormones Take a Trip Through the Human Body



### Hormone Pathways:

1. Pineal
2. Hypothalamus
3. Pituitary
4. Thyroid
5. Parathyroid
6. Thymus
7. Adrenal Glands
8. Pancreas
9. Testes (male)
10. Ovaries (female)

## Why the Endocrine System Breaks Down

from [What Your Doctor May Not Tell You About Premenopause](#), by John R. Lee, M.D. and Jesse Hanley, M.D.

1. Messenger may not reach the queen (hormones must pass into the cells to work).
2. The queen may not be in the castle (genetic glitches).
3. The queen is unavailable or occupied with other messages (ex: cortisol and progesterone).
4. The message may be miscommunicated to the queen.
5. The messenger may be delayed or blocked (actions of cells need the help of enzymes, vitamins, minerals and other nutrients to work).
6. The message is captured by the rival queen (ex: goitrogens, fluoride, chloride, toxins).
7. The volume of the message has been turned up or down (too much or too little of the hormone in system).

## Symptoms of hormone problems

According to [Dr. Bruce Rind](#), the following symptoms are indicators of hormone problems in general:

### **General**

*Low body temperature. Coldness. Low Energy or Fatigue. Weight problems (can't lose or gain it). Slow healing.*

### **Brain**

*Depression. Anxiety. Poor memory, focus, or concentration. Sleep disorders.*

### **Immune system**

*Under-Reactive or Over-Reactive: Frequent infections (skin, sinus, bladder, bowel, yeast problems, etc.). Allergies. Auto-immune disease.*

### **Musculoskeletal**

*Fatigue. Fibromyalgia (muscle or joint pains). Generalized aches/pains. Repetitive use injury and carpal tunnel syndrome. Weak connective tissues (ligaments, bones, etc). Headaches.*

### **Sexual**

*Loss of Libido and function. Menstrual disorders. Infertility.*

### **Vascular**

*Low blood pressure. High blood pressure. Raynaud's disease.*

### **Bowels**

*Constipation. Gas or bloating. Digestive disorders, Irritable Bowel Syndrome (IBS)*

### **Nervous system**

*Numbness of hands and/or feet (usually symmetrical). Dulling or loss of senses such as vision, taste or smell.*

### **Skin**

*Dry. Acne. Pallor in light skin, darkening or dark patches in dark skin.*

### **Hair**

*Hair loss, brittle, coarse, dry or oily.*

## How's My Health?

Normal vs. optimal

To monitor your health, track all four of these:

1. Fertility
2. Body temperature
3. Food diary
4. Symptoms

You can find helpful guides to tracking your health at  
<http://anneshealthplace.com/class2.shtml>

Note: Blood pressure (too high or low) is a *late* sign of bad health.

## Conclusion

### 1. How do these things affect your health?

Purpose in Life  
Stress  
Unresolved emotions

### 2. When something is out of normal range, what does this mean?

### 3. What must be changed?

A holistic answer is that digestion of food is *always* part of the problem... and part of the solution. The symptoms vary, but the problem remains the same.

➤ Don't forget your homework! Visit <http://anneshealthplace.com/class2.shtml>