



# Chewing and Drinking

Drink your food and chew your smoothies. It doesn't make sense... at first.

## **Chew 30 times to break it down into a liquid form to swallow. Why?**

- Your mouth is THE place where enzymes break down carbohydrates. There are very few enzymes in the rest of your digestive system that break down carbohydrates.
  - Carbohydrates are just about anything that isn't a protein or fat.
    - Grains – these are what most people think of as carbs
    - Starchy vegetables (carrots, beets, potatoes) break down quickly into sugar
    - Non-starchy vegetables (lettuce, kale, greens) break down slowly into sugar
    - Fruit are carbohydrates and quickly break down into sugar
- Our mouth tries to keep the pH of the foods and drinks neutral. When we eat acidic foods, the saliva mixes it to change the pH before swallowing.
- Saliva in our mouth and bacteria in the back of our mouth is on alert for pathogens and will kill bad bacteria. If it can't kill it all, it warns the other antibodies in our body to get prepared to fight it.
- Sugar residue (that causes cavities) on our teeth will be reduced as all of the pH balancing and bacteria fighting process takes place before swallowing.

## **Sip your drink/water while eating. Why?**

- Too much water dilutes the stomach acid and digestion will stop.
- Very cold water stops digestion
- If you have a full stomach and digestion stops, the food begins to ferment which makes gas, stomach bloating, and being downright uncomfortable.

## **Chew your smoothies a couple of times before swallowing. Why?**

- Your stomach receives signals from chewing that food is coming in to be digested. It begins mixing the stomach acid to break down the proteins.
- Without chewing a smoothie, your body thinks it is water and doesn't begin releasing the enzymes and stomach acid needed to break down the proteins in your smoothie.

## **Chewing helps detox our brain. Why?**

Our lymphatic system does not have its own muscles, just valves that contract and expand to move lymph and toxins. Chewing and swallowing increases the tension on the membrane surrounding the brain, that helps move the lymph out of the brain. We swallow approximately 3,000 times a day, and 1,500 times at night.