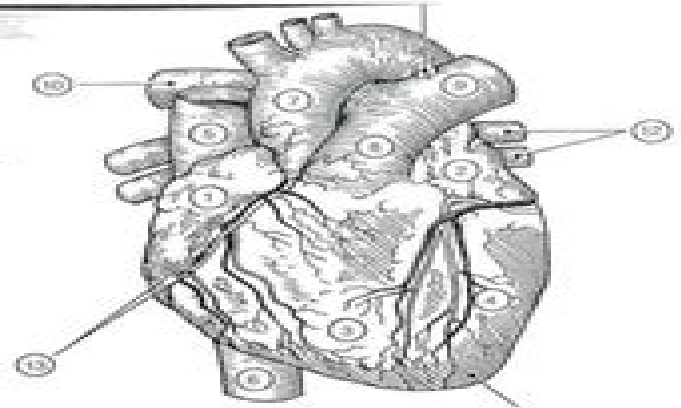


14 THE DIGESTIVE SYSTEM AND BODY METABOLISM



The digestive system processes food so that it can be absorbed and used by the body's cells. The digestive organs are responsible for food ingestion, digestion, absorption, and elimination of undigested remains from the body. In one sense, the digestive tract can be viewed as a disassembly line in which food is carried from one stage of its breakdown process to the next by muscular activity, and its nutrients are made available en route to the cells of the body. In addition, the digestive system provides for one of life's greatest pleasures—eating.

The anatomy of both alimentary canal and accessory digestive organs, mechanical and enzymatic breakdown, and absorption mechanisms are covered in this chapter. An introduction to nutrition and some important understandings about cellular metabolism (utilization of foodstuffs by body cells) are also considered in this chapter review.

ANATOMY OF THE DIGESTIVE SYSTEM

1. Complete the following statements by inserting your answers in the answer blanks.

1. Oral cavity
2. Digestion
3. Blood
4. Eliminated or excreted
5. Feces
6. GI tract
7. Accessory

The digestive system is responsible for many body processes. Its functions begin when food is taken into the mouth, or (1). The process called (2) occurs as food is broken down both chemically and mechanically. For the broken-down foods to be made available to the body cells, they must be absorbed through the digestive system walls into the (3). Undigestible food remains are removed, or (4), from the body in (5). The organs forming a continuous tube from the mouth to the anus are collectively called the (6). Organs located outside the digestive tract proper, which secrete their products into the digestive tract, are referred to as (7) digestive system organs.

The Digestive System And Body Metabolism Packet

Emilie Sanchez



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Feeding the Child Ruth K. Oniang'o, 1988 **Stress and Nervous Disorders** Jan de Vries, 2011-05-20 In Stress and Nervous Disorders Jan de Vries deals with one of the major problems of today's society. He discusses the issues and provides proven and practical advice based especially on a low stress diet. Other areas covered in this highly successful and much praised book include depression, anorexia nervosa, phobias, allergies, and alcoholism.

The Complete Book of Enzyme Therapy Anthony J. Cichoke, 1999 Describes a variety of ailments and medical conditions and lists and current treatments that feature enzymes, vitamins, and minerals.

Body & Soul (Watertown, Mass.), 2005 *Body & Soul*, 2005 *Nutrition Education Printed Materials and Audiovisuals* Shirley King Evans, 1989

Don't Diet! Kavita Devgan, 2016-02-11 50 HABITS OF THIN PEOPLE. GENERIC DIET PLANS DON'T WORK. Long lasting weight loss can be achieved only by changing the way you eat. To reach your ideal weight you must move away from diets to eating right. Move away from fads to healthy habits. Thin people stay thin because these habits are embedded in their subconscious and are a part of their daily routine. Don't Diet will help you identify 50 STAY THIN habits spread across MIND, BODY, and LIFESTYLE and give you workable cues to adopt them easily. With the help of these cues you too can stay fit and happy. And of course, thin DON'T WAIT. BEGIN NOW. Kavita Devgan has many avatars; she is a writer, nutritionist, and weight management consultant who has transformed the lives of hundreds of clients seeking weight loss. She is a feted speaker and a popular health columnist with premier media groups. She has been writing extensively and sharing her ideas with lakhs of people for the last 15 years.

Cooking Healthy With Splenda JoAnna M. Lund, Barbara Alpert, 2004 From soups to desserts, more than 200 simple versatile recipes are featured in this cookbook which highlights Splenda, the only sweetener approved by the FDA and the Atkins diet. Lay flat, comb binding.

Field & Stream, 2005-04 FIELD STREAM America's largest outdoor sports magazine celebrates the outdoor experience with great stories, compelling photography, and sound advice while honoring the traditions hunters and fishermen have passed down for generations.

The Hot Detox Plan Julie Daniluk, RHN, 2022-06-21 Spark Your Digestion. Safely Cleanse Your Body and Speed Healing. The Hot Detox Plan unifies soothing cooking techniques, scientific rigor, and Eastern food wisdom to create a revolutionary breakthrough in how you can fire up your digestive power and cleanse and heal your body. You'll discover how warming your food and drink can dramatically increase the digestibility of a meal and the absorption of vital nutrients. Chopping or blending foods such as broccoli can make them more detoxifying. Cooking and dressing your vegetables with oil makes their phytonutrients more bioavailable. Using culinary herbs in your cooking can kill yeast and negative bacteria that may be the cause of bloating and indigestion. Warming spices like turmeric cleanse the liver and has been shown to reduce pain as effectively as over-the-counter medications. Warming up your body's core will boost low immunity, alleviate IBS, and chronic pain, balance hormones, and help spur weight loss. The Hot Detox Plan is the sanest and smartest way to cleanse with easy-to-follow 3, 10, and 21 day plans, proven techniques for crushing cravings, and over 125

delicious and easy to prepare recipes you ll want to enjoy every day **Cumulated Index Medicus** ,1979 **Field & Stream** ,2005-05 FIELD STREAM America s largest outdoor sports magazine celebrates the outdoor experience with great stories compelling photography and sound advice while honoring the traditions hunters and fishermen have passed down for generations *Field & Stream* ,2005-06 FIELD STREAM America s largest outdoor sports magazine celebrates the outdoor experience with great stories compelling photography and sound advice while honoring the traditions hunters and fishermen have passed down for generations **British Medical Journal** ,1901 **Quick Bibliography Series** ,1976 Design Your Life Joshua Francis,2020-01-29 This book will help you to successfully get control of the remote of your life step by step in 10 weeks You should constantly enhance your perception and your intelligence Association Medical Journal ,1901 Journal of the American Medical Association ,1922 **Natural Remedy Book for Dogs and Cats** Diane Stein,2012-10-31 Fifty common pet ailments and the natural methods and remedies optimal to support their treatment are arranged in alphabetical order The book includes a thorough discussion of several natural healing modalities and how they are used for pets The methods of treatment include nutrition naturopathy vitamins and minerals herbs homeopathy acupuncture acupressure flower essences and gemstones Each method is discussed for each of the fifty illnesses Many people use natural healing for themselves but wonder how to use it for their dogs and cats This book is a comprehensive answer to that question Use it with Diane Stein s books Natural Healing for Dogs and Cats and The Holistic Puppy Juicing, Fasting, and Detoxing for Life Cherie Calbom,John Calbom,2014-02-04 From the bestselling author and health and diet guru Cherie Calbom a holistic guide for detoxification for total well being now updated and revised More than a simple collection of recipes this book guides readers toward a lifestyle that promotes alkaline balance by juicing eating well and cleansing the body and soul While most juicing books focus too much on fruit juice which disrupts the body s pH balance with too much natural sugar this book primarily focuses on juices smoothies and soups made from vegetables Now completely revised and upated it also offers a guide to the food richest in nutrients from Vitamin A to zinc and includes over 20 new juice recipes as well as new versions of various cleanses to benefit the colon liver gall bladder and kidney lymphatics and more Beyond the body the Calboms explain the heavy toll emotional mental and spiritual unrest can take on the body and sometimes even encourage disease and share unique effective methods for cleansing the body of such toxicity

The Digestive System Cand Body Metabolism Packet Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has are more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**The Digestive System Cand Body Metabolism Packet**," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect our existence. Throughout this critique, we shall delve in to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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