

FIGHT OR FLIGHT (FAST & FURIOUS EATING)

Uh-oh! Cotton mouth. Less saliva production means fewer enzymes to start breaking down the food.

Your liver converts glycogen into glucose and releases it into the bloodstream for fast fuel.

↑ BLOOD GLUCOSE

The pancreas goes on strike and halts production of digestive enzymes and refrains from releasing insulin.

↓ NUTRIENT ABSORPTION

Stalled-out peristalsis makes it harder for food to move through the digestive tract and can affect elimination.

↑ BLOATING & IRREGULAR BM

REST AND DIGEST (RELAXED & MINDFUL EATING)

Saliva is flowing! And that's great news because you've already started the process of digestion before you even swallow. Those amylase enzymes in your saliva break down starches.

Your lovely liver stimulates bile release from your gallbladder and that's gonna help you break down fat.

DIGESTIVE ENZYMES ↑

Stomach juices increase and your pancreas happily produces and releases digestive enzymes so your food can be broken down into nutrients that get absorbed in your small intestine.

NUTRIENT ABSORPTION ↑

Peristalsis induces wavelike muscle contractions that keep moving the food through the digestive tract while waste makes its way to the colon for healthy elimination. Smooth move!

EFFICIENT ELIMINATION