TRANSFORMATION

Dr. M's SCIENCE NOTES

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NUTRIENT ACQUISITION – THE FOUNDATION OF WELLNESS

Both wellness and the maintenance of health are fundamentally based on the presence of an adequate system for the acquisition of nutrients. The only thing that any biological system (including humans) ultimately requires is an ensured way of delivering nutrients to the cells. Only when that happens can the cells maintain and perform all of the body's other vital functions, thus maintaining the biological system's health and wellness.

It is very important to eat when you are hungry and to make sure that your foods contain an amount of nutrients that is adequate for the cells. The diet has to be balanced, including proteins, carbohydrates, lipids, vitamins, and minerals. Once the body has obtained these basic nutrients, it can then synthesize all of the other various molecules that it needs for energy, reproduction, immunity, and for the maintenance and regeneration of molecules, cells, and tissues. We consume various foods in order to get these nutrients. Ingested foods may be assumed to be good and complete as long as they contain the basic nutrients and as long as the system for acquisition is optimally functional.

The rule of thumb is to ensure that you get all of the essential food groups into your diet in quantities that are proportional to your biological needs. Anytime you "cut a corner," it means that you "take a bite" out of your wellness potential. Thus, a food selection process that is both educated and informed is fundamental. Granted, you probably will not be able to avoid all of the various non-nutrient compounds and their potentially harmful effect on the body. However, that is why it is especially important to maintain a proper balance so as to avoid the needless overwhelming of the cells and their molecular machinery.

The system that ensures and controls health and whose effective performance ultimately guarantees wellness is the digestive system. This system is very often overlooked and taken for granted because it is not well understood. Likewise, some unfortunate assumptions are often made about the role of digestive enzymes. These assumptions underlie many of the health disorders and much of the poor quality of life that is experienced in our society. All cellular diseases and malfunctions are the result of an alteration or an inadequacy in the nutrient acquisition process.

As the saying goes, "you are what you eat." However, "what you eat" is dependent on whether or not the components of that food are being processed properly. The following *Dr M's Science Notes* topics will focus on a basic view of digestive system biology. We will see its importance as a system and we will also discover the critical importance of its main tools, the hydrolytic enzymes.

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