


# March 28, 2019

- 1) Digestive system problems assignment (30 min)
- 2) Wellness links to Digestion

**Test Wednesday!!**

## Warm-Up

The entire gastrointestinal tract, including the small intestine, normally contains bacteria. The number of bacteria is greatest in the colon (usually at least 1,000,000,000 bacteria per milliliter of fluid) and much lower in the small intestine (less than  bacteria per ml of fluid).

Read pg. 371-372

Review notes on digestive problems

Complete

1. Think and discuss pg 372 #9,10.
2. Handout Section Review 21-3.
3. What is jaundice caused by?
4. Where can gallstones lodge themselves?
5. Name one thing that can cause cirrhosis of the liver.

**Once COMPLETE PASS IN!!!!**  
**If not complete in 30 min it is for HW**  
**and due tomorrow**

## Wellness factors that effect digestion

- Sleep and Physical Activity
- Stress
- Nutrition/Healthy Eating
- Infections/Disease

## Lack of Sleep

Missing sleep has many negative effects on the digestive system including weight gain and cravings.

There are two hormones (leptin and ghrelin) that regulate metabolism, appetite and energy expenditure. If these hormones are not in the correct quantities in your body you will feel hungry more often and the calories you take in will be stored as fat rather than used for energy.

You tend to crave sweet, salty and carbohydrate rich foods when you are lacking sleep. These will also cause you to pack on extra calories.

## Physical Activity and Digestion

- When you get your heart pumping it increases blood flow and circulation of oxygen. Blood is carrying the nutrients throughout your body and the muscles and organs of the digestive system need oxygen to work properly.
- It also works the muscles of the digestive system and can help keep you regular.

## Stress

Causes you not to be able to digest food well and can lead to cramping, bloating inflammation, and a loss of appetite. The brain and your digestive system are connected by neurons and when the flight or fight response is initiated cortisol is released. This can cause your esophagus to spasm, the acid in your stomach to increase etc.

## Nutrition/Healthy Eating



What you put in your body is your fuel so its obvious that the healthier the foods you eat the better it is for all body systems including and especially the digestive system.