



International Institute
of Naturopathy

Education with Vision

Distance Learning
Program
**Integrative Nutrition
and Health Consultant**

Module 2

Dear Participant

Welcome to Module 2

This second module is also dedicated to the anatomy of the human body. Very significant organ systems await you.

We begin with what is probably the most significant organ system, at least with regards to our diet: the digestive system. In general, all organs and organ systems are equally important, of course. Finally, the module concludes with the remarkable yet often underestimated relevance of our teeth.

Overall, you can certainly look forward to a few "I see!" moments in this module ☺.

Below is a very brief overview of the topics found in the second module:

The Digestive System

How are the foods we consume turned into nutrients? What can we do about heartburn, gastric ulcers, or irritable bowel syndrome?

The Intestine

What does the intestine have to do with our mood? What effects does indigestion have on the intestine?

The Immune System

How does our body's own defense system work? What role does the intestinal flora play with regards to the immune system? What are the advantages and disadvantages of vaccinations? Why is it that the removal of the appendix or of our tonsils might have negative effects on the body's defenses?

The Endocrine System

Which hormones do the glands produce, and what is the interaction among all these glands? How does the condition known as hyperthyroidism occur? What effects does stress have on the hormone system?

Spine and Intervertebral Discs

What is the connection between a spinal disc herniation and hyperacidity? Why are a healthy diet and lots of pure water so important for the intervertebral discs? Sciatica, lumbago ... and so much more.

Teeth

What effects do dental fillings have on our health? Do fluoride treatments make us ill? Periodontitis ... and much more.

We hope you take much pleasure in reading this module and in learning the different units!

Your International Institute for Naturopathy

4 Intestine

As you learned previously, the liver represents life itself. Similarly, the intestine's condition reflects the *style* of one's life, indicating the importance that a person places on his or her life. The intestine's work includes the processing of material things, arranging them, redirecting the useful parts into the bloodstream, and eliminating the unnecessary and harmful parts. In the same way, people have to process their impressions, experiences, and ideas every day, arrange them, and ultimately decide which ones are useful and can be pursued further and which ones are harmful or useless and can be discarded or forgotten.

As a result, the intense connection between mind and body can express itself in bowel complaints. This is why some symptoms can be resolved if the person makes some changes to his or her life, such as by making a long postponed decision, by having an overdue conversation, by getting rid of an addiction, or by separating from a person in a toxic relationship.

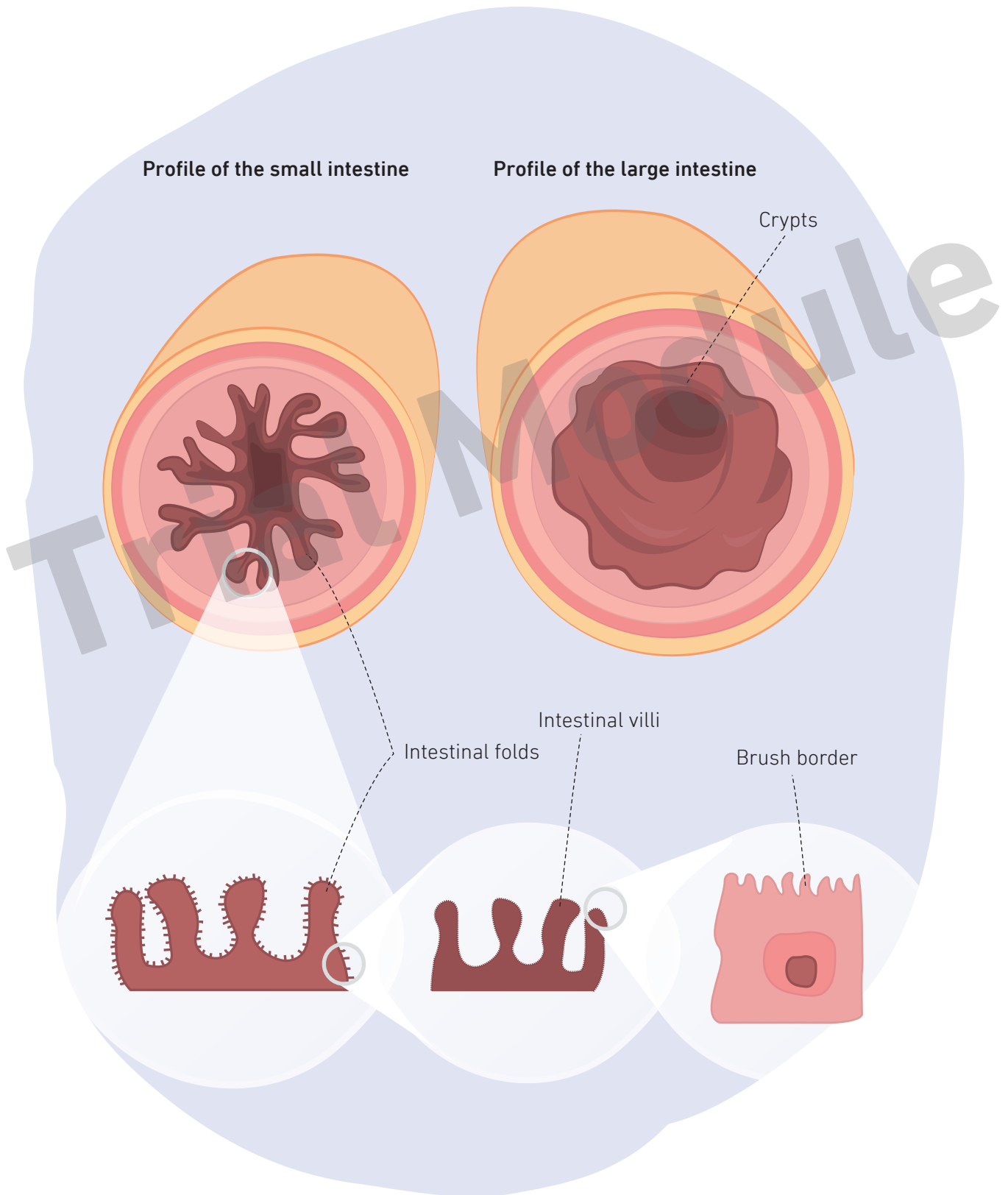
4.1. Surface of the Intestine

The intestine's role is not only to protect the body from uninvited intruders, but also to supply the entire body with nutrients, minerals, and vital substances. This means that a person's health depends on the intestine's health and performance.

In order to fulfill this great task, the intestine has got a gigantic surface of 300–400 m². This means that the intestine's surface, which is about the size of a tennis court, is 100 times the size of the skin surface of our body. These enormous dimensions are the result of the intestinal mucosa's many folds, depressions (sinks), and villi. The biggest space is taken up by the **mucous membrane of the small intestine**. It is made up of countless folds, villi, and a brush border that covers the villi (see picture on p. 31).

The **mucous membrane of the large intestine** has a distinctly smaller surface. It has neither villi nor a brush border, yet its surface is increased by crypts, which are deep depressions (see picture on p. 31).

The Intestine



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