



FROM THE
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DIGESTIVE DISORDERS— THE REAL CAUSE

A beautifully trained orchestra exudes harmony and grace with each performance. The string, brass, woodwind, and percussion sections all work effortlessly to produce a magical sound. Digestion is also a beautiful instrumental piece, whose ovation is to process three or more meals a day. Our bodies are programmed to take virtually whatever we choose to put into it, absorb nutrients and excrete waste. This process of digestion is involuntary and is never consciously thought of, unless there is a problem—unfortunately over 62 million people in the United States have digestive trouble.

Many people never consider they have a digestion problem because we have been conditioned into believing that reaching for a bottle of Tums after every meal is the answer to any discomfort. According to the television ads, pharmaceutical companies and many doctors if we get rid of acid in the stomach all symptoms will go away, but the cause still remains. It truly is an epidemic in the United States when one third to one half of all adults has a problem with digestion. Some common problems or digestive disorders may include: irritable bowel syndrome; Crohn's disease; gastro esophageal reflux; chronic constipation, bloating, gas, indigestion or heartburn. An alarming fact is that medications for digestive illnesses such as Tums, Nexium, Prilosec, and Zantac top pharmaceutical companies best seller list year after year, with Zantac being the number one selling drug of all time in the United States. The next logical question would seem to be how did most of these start, why do they continue and how can we treat them naturally?

The answer to how most chronic digestive disorders occur starts with what I call an Emotional Fascial Restriction. An example of an Emotional Facial Restriction or EFR is

the “butterflies” (emotion) you feel in your abdomen (fascia contracting) when you have anxiety over starting a new job or possibly a troubled relationship. Imagine now how these emotions have contracted the fascia that surrounds the colon causing a restriction in digestion, resulting in constipation. An Emotional Fascial Restriction can last for several years, with conventional medicine only addressing the symptoms with drugs and never the cause.

Fascia is a connective tissue in the body that surrounds all of our muscles, vessels and organs and could be compared to a spider’s web. Fascia is also supportive tissue for the digestive system, keeping organs suspended in the abdominal cavity. This tissue has an emotional component to it and can relax, or contract depending on the type of emotion.

Treatment for the EFR is simply to release or unwind the restriction. An EFR can be released through allowing breath back into the body, which is the first thing we stop when we are emotionally upset. A calming breath from the belly allows for the increase of circulation and restorative chi energy to fill the body, thus dissolving emotional restrictions that have manifested into physical pains. Some chronic digestive disorders may require professional abdominal massage beyond initial self-care. Through my experience in using abdominal massage to treat digestive illnesses I have found that over 90% of patient’s digestive complaints began during heavy times of emotional stress. Past and present emotions that have been stored in the fascia can best be cured with an abdominal massage. Abdominal massage helps to break apart adhered fascial restrictions and allows once misaligned organs to move back into their proper position. Abdominal massage is a non-invasive approach that provides lasting results for digestive health.

Digestive disorders that start with EFR are often complicated by poor food combining. Proper Food Combining simply states there are sound physiological reasons for eating foods in compatible combinations. In other words, some foods, if mixed in the digestive system, will cause distress! For example when we combine a protein (meat) with a starch (potato) the enzymes needed to breakdown the food cannot efficiently do their job. An enzyme that breaks down starch is first secreted in the mouth, then in the stomach and

requires a full 5 hours to be fully digested. Proteins require 12 hours to fully digest and hydrochloric acid is needed to break it down. The acid stops the starch enzyme from fully completing its job, thus causing a fermentation of the starch resulting in reflux and bloating. To complicate this drinking a beverage during a meal flushes away these crucial enzymes, this is why it is best to avoid water consumption while eating. Instead of meat and potatoes try meat and vegetables, a proper combination. Each type of food; proteins, starches, vegetables, fruits, sugars, etc. utilize specific enzymes and require different times to complete the digestion process. Your body will work more efficiently with no bloating, gas, reflux, or indigestion when you make choices to combine food properly. More information on proper food combining can be found at www.leedubelle.com or in various books on www.amazon.com.

I have always found it fascinating that the only digestive illness attributed to stress is ulcers. If stressful emotions cause an ulcer than they certainly are the roots of all other digestion problems. It is imperative that we train ourselves and the medical community to address the Emotional Fascial Restriction, cutting out unnecessary drugs and being more aware of a properly combined diet, especially during times of stress. In my practice I have assisted many clients to return to abdominal health, working with the principle of mind-body connection. It seems to me a much more practical approach to treating the true cause of these digestive disorders and creating life long abdominal health.

Alex Jackson LMT, NCTMB, is a licensed massage therapist, energy practitioner and certified in the Arvigo techniques of Maya Abdominal Massage. He is a graduate of MTTI in Kansas City, MO, with national certification in massage and bodywork. His training also includes: CranioSacral therapy, Muscle Release Technique, Attunement, Master level Reiki, prenatal massage, and an extensive apprenticeship in Maya Abdominal Massage and Maya Spiritual Healing with Dr. Rosita Arvigo. Alex Jackson is originally from New Mexico and has been in Kansas City for the past 6 years. He maintains a full time practice in the Waldo area of Kansas City, specializing in abdominal health. He also carries various traditional Maya herbal remedies from Belize that were formulated by Dr. Rosita Arvigo. He can be contacted at 816-225-9393, www.centeredspirit.com, e-mail is alex@centeredspirit.com.