

Digestive Assembly Line

1. Mouth
2. Esophagus
3. Stomach
4. Liver
5. Pancreas
6. Small Intestine
7. Large Intestine
8. Anus

MOUTH: Responsible for chewing and secreting enzymes in saliva for digesting carbohydrates (amylase) and fat (lipase). The salivary glands (parotid, submandibular, sublingual) can be blocked and cause redness, stiffness or even fever.

ESOPHAGUS: Carries food from mouth to stomach (peristalsis). This takes less than 8 seconds. A muscle called the “Lower Esophageal Sphincter” opens to allow food to enter the stomach. If this muscle is weak, you may experience “reflux”.

STOMACH: Breaks food down with HCl (Hydrochloric acid 1.5–3.5 pH) and enzymes for digesting protein (pepsin). Normal stomach acid should ideally kill pathogens. Stomach acid is strong enough to erode your internal organs, which is why the mucosal lining protects them. If there is damage to the mucosal lining, pain, burning and ulcers may occur.

LIVER: Secretes bile (green fluid) that breaks down fat. The liver also makes albumin, which keeps fluid inside the vessels.

PANCREAS: Produces pancreatin, which is the body’s main source for 7 digestive enzymes (trypsinogen, chymotrypsinogen, elastase, carboxypeptidase, pancreatic lipase, nuclease, amylase) which break down protein, glycogen and starch. The pancreas also secretes insulin to normalize blood sugar.

SMALL INTESTINE: Produces 4 digestive enzymes (erepsin, maltase, lactase, sucrase). Food in the small intestine mixes with enzyme produced in the stomach and pancreas, and passes along the “villi”, or fuzzy projections. If there aren’t enough enzymes to break down the sugars from food, including lactose from milk, an allergic reaction can happen and/or inflammation and irritation can be caused.

LARGE INTESTINE: The large intestine produces 0 enzymes. It absorbs water and electrolytes to help eliminate waste (feces).

The Holistic View of Digestion

Autonomic Nervous System



“Flight or Fight”

- Increased heart rate
- Dilated airways
- Energy mobilization
- ***Inflammatory***

“Rest and Recovery”

- Decreased heart rate
- Regeneration and repair
- Energy storage
- ***Anti-inflammatory***

Digestion is PARASYMPATHETIC: Rest and Digest

Digestive disease is “hyper-sympathetic”: Fight or Flight

No enzymes are produced in SYMPATHETIC (Stress) mode.

No energy is made from eating in SYMPATHETIC or Stress mode.

Bacteria, viruses and other pathogens are not killed during digestion in SYMPATHETIC or Stress mode.

Having a perfect diet, which is usually what “professionals” suggest will not work in SYMPATHETIC or Stress mode.

Avoiding triggers, allergens, reactive foods, sugar, alcohol, gluten, carbs, fats, starches, processed foods, GMOs, or whatever will NOT resolve digestive disorders if you remain in SYMPATHETIC or Stress mode.

How the Pyramid Protocol Works

1. Supplements missing enzymes
2. Teaches self-cultivation exercise and strategies to end SYMPATHETIC nervous responses which wreck the digestive system and immunity
3. Provides manual care support to help with problems along the way.