



THE IMPORTANCE OF CHEWING NUTRITIONAL SUPPLEMENTS

It is very common for people who have been advised to take nutritional supplements to prefer to swallow the nutrition without chewing it. However, this could be counterproductive and this is the reason why: 40% of the homuncular system in the brain (an important part of the brain cortex) relates just to the jaw, mouth, taste/smell systems. This is the most sophisticated and highly developed part of your sensory system and for two good reasons:

1. When some system in the body is under par and needs extra nutrition, chemical markers are sent to the parotid gland (the gland that produces saliva in the mouth). When food or nutritional supplements are chewed, these markers tag some of the nutritional elements so that when it is digested and taken around the body via the blood system it is identified, transported to and used by the places that need it rather than just being diluted through the whole body.
2. When you chew food or nutritional supplements and it is mixed with saliva, some of it is absorbed immediately under the tongue. From there it goes to the brain and is analysed with a few moments. The body being thus informed is more able to strategically adjust the way food is distributed and used in the body in the most efficient way. If you do not chew food (supplements) properly, these important processes of the body do not have enough information for function as well as it might. This is supported by the clinical evidence of patients that have had throat surgery. When food was put through a tube into their stomachs, they lost weight dramatically. If the food was first chewed and then put through the tube into the stomach, it was used much more effectively.

So, next time you take some nutritional supplements, chew them thoroughly, and rest safe in the knowledge that by doing so, you are helping your body to extract and transport what it needs to the right part of your system so that you can remain healthy and well.

Isn't that something worth chewing over?!