



INE | INSTITUTE OF
NUTRITIONAL
ENDOCRINOLOGY

Digestion: Upper GI - Anatomy and Physiology

Dr. Ritamarie Loscalzo

www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN, Institute of Nutritional Endocrinology (INE)

Medical Disclaimer: The information in this presentation is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Ritamarie Loscalzo, drritamarie.com, and the experts who have contributed. We encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

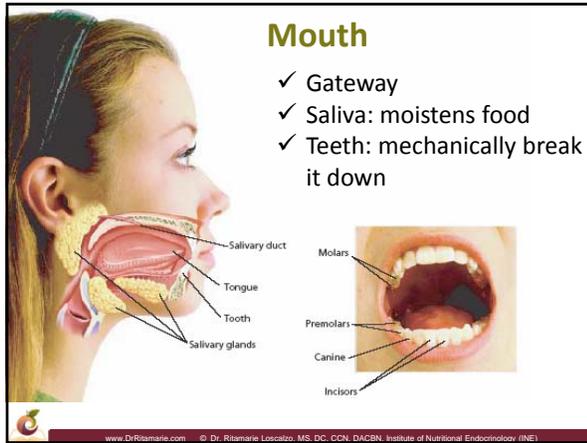
www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN, Institute of Nutritional Endocrinology (INE)

Upper Gastrointestinal System

www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN, Institute of Nutritional Endocrinology (INE)

Mouth

- ✓ Gateway
- ✓ Saliva: moistens food
- ✓ Teeth: mechanically break it down



The diagram shows a profile of a woman's head with the mouth open, and a close-up of the teeth. Labels include: Salivary duct, Tongue, Tooth, Salivary glands, Molars, Premolars, Canine, and Incisors.

www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN, Institute of Nutritional Endocrinology (INE)

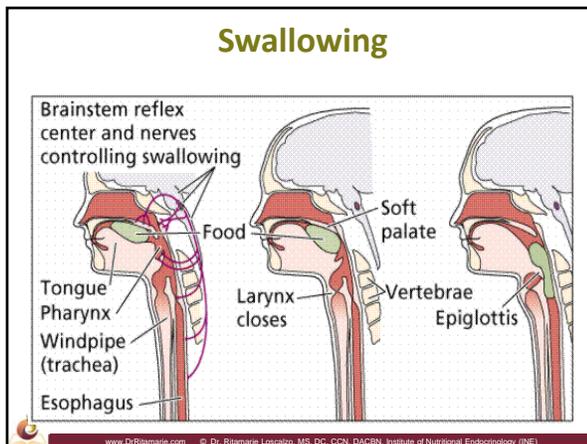
Chewing

- ✓ Only mouth has teeth.
- ✓ **Unchewed food comes out the other end intact.**
- ✓ Loss of nutrient value when food not chewed.
- ✓ **Digestive process starts in mouth when food properly chewed.**
- ✓ Eating too quickly can lead to overeating.
- ✓ **Not chewing properly can lead to reflux.**
- ✓ Poorly chewed food can lead to flatulence, indigestion, heartburn, gas, and IBS.



www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN, Institute of Nutritional Endocrinology (INE)

Swallowing



The diagram illustrates the swallowing process in three stages. Labels include: Brainstem reflex center and nerves controlling swallowing, Food, Soft palate, Larynx closes, Vertebrae, Epiglottis, Tongue, Pharynx, Windpipe (trachea), and Esophagus.

www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN, Institute of Nutritional Endocrinology (INE)

