

# Where Does All That Food Go?

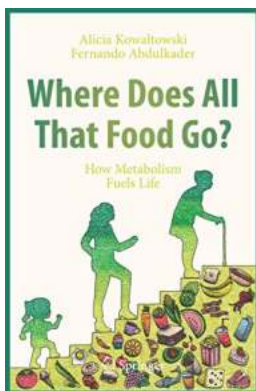
Food is an essential part of our lives. We consume it to fuel our bodies and to satisfy our taste buds. But have you ever wondered where all that food goes once we eat it? Our digestive system works hard to break down the food we eat and extract all the necessary nutrients, while disposing of the waste effectively. Let's take a closer look at the journey our food takes once it enters our bodies.

## The Beginning: The Mouth

It all starts in the mouth. As we take our first bite of food, our saliva begins to break it down chemically. The food is then chewed and mixed with saliva, forming a soft, wet mass called a bolus. We use our teeth and tongue to manipulate the food, allowing it to be easily swallowed and continue its journey through our digestive system.

## Down the Esophagus

Once we swallow, the food travels down the esophagus, a muscular tube that connects the mouth to the stomach. The walls of the esophagus contract in a wave-like motion called peristalsis, which pushes the food down towards the stomach. This happens involuntarily, meaning we don't have to consciously think about it.



## Where Does All That Food Go?: How Metabolism

**Fuels Life** by Barry Levy (Kindle Edition)

★★★★★ 5 out of 5

Language : English

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Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled  
Print length : 236 pages



## **Welcome to the Stomach**

When the food reaches the stomach, it is greeted by powerful gastric juices that help break it down further. These gastric juices contain hydrochloric acid and enzymes, which aid in the digestion process. The stomach also contracts and relaxes to mix the food with the gastric juices, creating a semi-solid mixture known as chyme.

## **Small Intestine: The Nutrient Extraction Zone**

From the stomach, the chyme enters the small intestine, which is where the majority of digestion and nutrient absorption takes place. The small intestine is a long, narrow tube lined with millions of tiny finger-like structures called villi. These villi are responsible for absorbing nutrients from the chyme into the bloodstream.

## **The Colon: Water Absorption and Waste Formation**

After the small intestine has extracted all the nutrients, the remaining waste material travels into the large intestine, also known as the colon. The primary function of the colon is to reabsorb the water and electrolytes from the waste material before it is eliminated from the body.

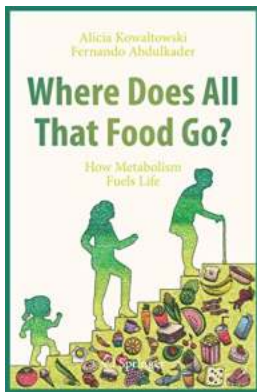
## **The Final Destination: Elimination**

Finally, what is now known as feces, passes from the colon into the rectum, which is the lower part of the digestive system. The rectum stores the feces until it is ready to be eliminated through the anus. The entire process from the mouth to

elimination typically takes around 24 to 72 hours, depending on the individual and the type of food consumed.

So, the next time you enjoy a delicious meal, take a moment to appreciate the incredible journey your food takes through your digestive system. From the mouth to the stomach, small intestine, colon, and finally elimination, our bodies work tirelessly to process and extract all the necessary nutrients from the food we eat.

Understanding how our bodies process food can help us make informed choices about our diet and overall health. So, let's give our digestive system the love and care it deserves by fueling it with nutritious foods and maintaining a healthy lifestyle!



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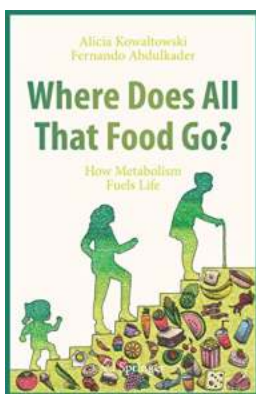


Most of us eat (or incorporate into our bodies) quite a bit of stuff that does not look, act or function even remotely like us. Unless our food mysteriously disappears inside of us, this must mean we change its molecular structure in some way. In fact, we are constantly modifying our molecules through chemical reactions, which together constitute our Metabolism. At any given moment, we

transform (metabolize) millions of molecules within our bodies, building new ones, breaking down others, and exchanging them with the world around us.

Metabolism is much more than the reason you gain weight when you overeat, it is a process that is so central for life that it defines what a living being is.

We will explore what metabolism is, how these chemical reactions that constitute Metabolism are organized and how they are regulated (including the effects of hormones). We will follow the transformations of each type of nutrient (carbohydrates, proteins and lipids) within our bodies and cells, from the mouth, through our intestines and then within the different organs in our body. We will discuss metabolic and evolutionary reasons why so many people today struggle with excessive weight gain, and why some (rarer) people find it hard to gain weight, even when eating large amounts. We will also discuss changes in metabolism with diseases such as diabetes and heart attack, as well as conditions such as exercise and aging.



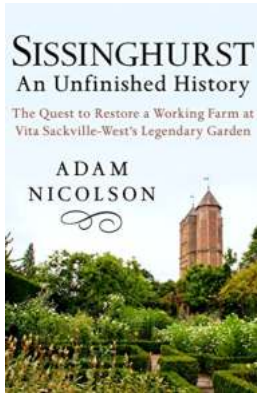
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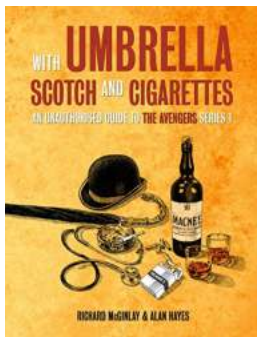
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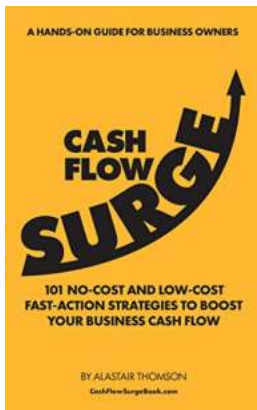
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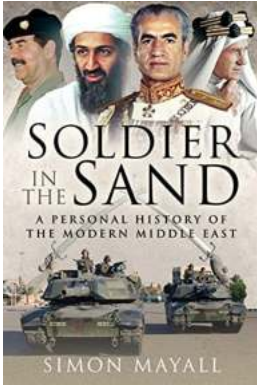
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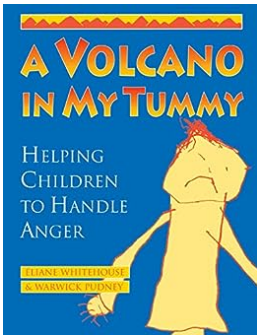
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where does all that snot come from

where does all that breathes take place

where does all that and a bag of chips come from

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