

— Digestive Health

The human digestive system is a series of organs that converts food into essential nutrients that are absorbed into the body and moves the unused waste material out of the body. It is essential to good health, because if the digestive system shuts down, the body cannot be nourished or rid itself of waste.

The digestive tract, also known as the gastrointestinal (GI) tract, starts at the mouth, continues to the esophagus, stomach, small intestine, large intestine (commonly referred to as the colon) and rectum, and ends at the anus.

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Pancrease

The pancreas produces juices that help break down food and hormones that help control blood sugar levels. Problems with the pancreas can lead to many health problems that can include the following; Pancreatitis, or inflammation of the pancreas: This happens when digestive enzymes start digesting the pancreas itself, Pancreatic cancer and Cystic fibrosis, a genetic disorder in which thick, sticky mucus can also block tubes in your pancrea.

The pancreas also plays a role in diabetes. In type 1 diabetes, the beta cells of the pancreas no longer make insulin because the body's immune system has attacked them. In type 2 diabetes, the pancreas loses the ability to secrete enough insulin in response to meals. Pancreatic cancer usually begins in the cells that produce the juices. Some risk factors for developing pancreatic cancer include; smoking, long-term diabetes, chronic pancreatitis and certain hereditary disorders

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