

Digestive System Quiz Answer Key

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Anus This is the opening at the very end of the digestive system through which faeces leaves the body. Did you know? Your mouth produces about 1.5 litres of saliva each day. One person produces ...

The structure of the digestive system

The yeasty, odor-free bowel movement, he assured, was the key to health and happiness. Fruit and grains, he nodded, were the answer. While Kellogg was ... for the human body to evolve an adequate ...

Eat This

inhibit the process linking nitrates with formation of cancer-causing chemicals in the digestive system. However, there is major uncertainty around the level and frequency of antioxidant intake ...

Nitrate risk probably higher than new study suggests

Insoluble fibre does not dissolve. Instead, it helps food pass through your digestive system quickly. This type of fibre helps keep you regular. * SUGAR: Sugar is a simple carbohydrate ...

Personal trainer's warning: This is what happens to your body when you give up carbohydrates - and how to reduce your intake correctly

Digestive system: Massage aids relaxation and therefore can help to increase the movement of food and waste products through the digestive system. This relaxation can have a balancing effect on ...

Why massage is good for your health

Thayer's answer: Take the long ... Take our heart-smart quiz Heart helper: soluble fiber Soluble fiber acts like a scouring pad for your circulatory system, clearing out harmful low-density ...

Heart-healthy foods keep your ticker in top shape

• Key symptoms include chest discomfort, burning in the throat, bitter taste, heartburn • GERD can lead to more dangerous ailments if left untreated Bottom Line: A chronic burning in your ...

Burning question: What is GERD?

and we're here to answer them. The term osteoporosis means ... of the

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bones typically caused by vitamin D deficiency and digestive and kidney disorders) and Paget's disease of the bone ...

Let's Talk About Osteoporosis

Whether consuming cocoa, known to be packed with powerful antioxidants that protect our cells from damage, helps us age better, is a question scientists want to definitively answer. 'High ...

Does Consuming Cocoa Help You Age Better?

Shanghai Institution of Digestive Disease, 145 Middle Shandong Rd, Shanghai 200001, China. 2 Key Laboratory of Gastroenterology & Hepatology, Ministry of Health, Shanghai Jiao-Tong University ...

Evaluation and Clinical Significance of the Stomach Age Model for Evaluating Aging of the Stomach

By comparing data from numerous studies and through several key findings and clinical research, Dr. Ghannoum concludes that diet modification, nutritional supplements and lifestyle changes can ...

Microbiome is Key to Fighting Depression

In an open-access system, this occurs during the scheduling process, when patients should be queried about chronic constipation, laxative use or a history of poor bowel cleansing during a previous ...

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