

# The Inside Passage



*Twenty-Six Feet. Every Stop Matters. What Moves Through You Either Builds You or Breaks You.*

## **Station 1 — The Oral Cavity** — *Where the Journey Begins*

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- Digestion does not start in the stomach — it starts here
- Chewing is the first act of medicine — skip it and every station downstream suffers
- Salivary amylase is already breaking down carbs before you swallow
- The oral microbiome is your body's first security checkpoint
- Neglect this station and the damage travels — to the heart, the brain, and beyond

## **Station 2 — The Esophagus** — *The Corridor*

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- A ten-second transit — but the door at the bottom must close tight
- A leaking lower esophageal sphincter is not a heartburn problem — it is a lifestyle problem
- Acid coming up is not too much acid — it is acid in the wrong place
- This corridor was built for one-way traffic — keep it that way

## **Station 3 — The Stomach** — *The Acid Chamber*

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- pH of 1 to 3 — as acidic as battery acid — and that is exactly what you need
- Low stomach acid is epidemic — and most people are making it worse with antacids
- H. pylori lives silently in half the world's population — most have no idea
- The stomach does not just digest food — it sterilizes it
- Suppress the acid long enough and protein digestion collapses system-wide

## **Station 4 — The Small Intestine** — *The Great Absorber*

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- Twenty-two feet — the most important real estate in your body
- Surface area of a tennis court when healthy — a postage stamp when damaged
- This is where your supplements either work or get wasted
- Leaky gut begins here — and from here it goes everywhere
- A compromised lining is not a gut problem — it is a whole-body problem

## **Station 5 — Liver & Gallbladder — *The Processing Plant***

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- No bile — no fat digestion — no fat-soluble vitamins
- Everything absorbed from the gut goes through the liver first — it is the body's filter
- A sluggish gallbladder is quiet until it is not — then it gets loud fast
- Bitter foods are the ancestral signal that gets bile moving — we stopped eating them

## **Station 6 — The Pancreas — *The Enzyme Factory***

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- Without pancreatic enzymes, food passes through instead of feeding you
- Enzyme output declines with age — almost nobody addresses this
- The pancreas also runs blood sugar — two jobs, both critical, both neglected
- Processed food and chronic stress are the two fastest ways to wear this organ down

## **Station 7 — The Large Intestine — *The Microbiome Metropolis***

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- Thirty-eight trillion residents — outnumber your own cells
- They make vitamins, regulate immunity, and wire directly into your brain
- Feed them fiber or feed the pathogens — there is no neutral choice
- A depleted microbiome does not just affect digestion — it affects your mood, your focus, your resilience
- This is where the Caveman diet pays its biggest dividend

## **Station 8 — The Exit Ramp — *The Final Report Card***

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- What comes out is a direct readout of what went on above
- Type 4 on the Bristol Stool Scale is the target — smooth, complete, effortless
- Straining is not normal — it is a signal
- Transit time of 18 to 24 hours means the system is running on schedule
- If the exit ramp is struggling, do not treat the exit — investigate the route