

Stimulate Your Saliva Secretion And Be Younger

I want to keep myself young and energetic.

Doesn't everybody want to be young and energetic, so that they'd be healthy and beautiful? That is the reason why there are so many different kinds of fitness club and health foods that are introduced on TV and magazines, tens and hundreds of them everyday. But, there are ways you can do to be young and energetic without using any equipment or supplements. You can do it by secreting more saliva.



What's very important about giving off saliva is that it makes the so-called, fountain of youth hormone secreted. The reason for this is because saliva contains a large amount of hormone called parotin, which is called, the youthful hormone. When you secrete much parotin, it activates metabolism and development of muscles, internal organs, bones and teeth and it keeps your body young.

This fountain of the youth hormone is secreted from the parotid glands, which is one of the salivary glands. During meals, the act of chewing stimulates the parasympathetic nerves and it lets the secretion of saliva and parotin at the same time.

It is told from long ago to chew well when we are eating because it helps the digestive absorption, but there was another reason why it was important because chewing well increases the fountain of youth hormone.

By giving off a lot of saliva from chewing, we can increase the amount of parotin. And by chewing well, the food that we put in our mouth will be mix with saliva and parotin will start working. And it will be taken in together with the nutritional substances into blood and affects the whole body.

From now on, we don't need to be ashamed of drooling. We will become younger and younger as we give off saliva. But saliva has a tendency to lessen as we gets older. Babies salivates so much that the bibs get soaked. But we only salivate that much when we see something that is sour or see someone eating sour food.

Saliva is secreted from the salivary glands inside the mouth. The development of the salivary glands stops when we are about 15 yrs. old and will decline after 20 yrs. old, and the amount of saliva will decrease after that.

For that reason, it is said that about 40 % of the elderlies are complaining about the dry mouth. There are people who need to have a throat lozenge in their mouth all the time because of dry mouth and these people with "throat lozenge syndrome" are increasing.

The aging makes the amount of saliva less and there's an increase of people with "throat lozenge syndrome" that can't let go their candies. It is said that, now in Japan, 1 out of 4 people are suffering from this "throat lozenge syndrome."

The more you give off saliva, the more you get younger. Every person you meet will be amazed and say, "You don't look like your age." In order for us to be like that, we need to give off much more saliva.

It is Better Not To Eat Liquid Diet When You Have an Upset Stomach

There are two major functions of saliva, it gives digestive action and it regulates the environment inside the mouth.

The mechanism of digestive action first starts when the food goes into the mouth. When the food is chewed, the stimulation signal goes to the brain to prompt the saliva to be secreted. The saliva that is filling up in the mouth has a digestive enzyme, amylase that will digest the starch that is in the food. When the starch is digested, pepsin, a digestive enzyme of stomach will start working and makes the digestion smooth. Large chunk of food will not be absorbed well. By the workings of the digestive enzymes, the food will be in a mashed liquid form, and only then, the nutrients will be able to be absorbed from the walls of the intestine.

If you don't chew enough and just swallow the food, the saliva secretion won't be enough, so the food that you ate will just be discharged as feces and will be wasted because of insufficient digestion. That is the reason why, I instruct to chew well to salivate before swallowing even for the liquid food, such as soup or beverages.

We should be mindful of the saliva digestive action especially when we have bad stomach. When you had too much drink or food the day before, your stomach will feel heavy and many people choose to have foods like porridge, noodles, soup, buckwheat noodles, *udon* (thick wheat noodles) and etc. because they try not to put too much burden on the stomach.

And, you've probably had an experience when someone made some porridge for you when you caught a cold and not feeling well, because porridge seems to be good for digestion. But actually, if you think about your body, I must say that it is a big mistake.

The reason I say this is because I have noticed that the patients with serious symptoms vomit when they eat food, such as porridge and *udon*, but when they eat regular food with steamed rice, chewing slowly, they don't vomit.

I have felt keenly about the importance of chewing because it will give abundance of saliva inside the mouth. After we put food in our mouth, we start the motion called, chewing, only then, saliva and the digestive enzymes that are in the saliva will be secreted. The food that we tend to just swallow without chewing well, because it goes through the throat smoothly, actually puts a burden on our weakened stomach more than we think.

We can say that porridge and noodles are comparatively easier to digest than food, such as,

meat and fried food, or vegetables with lot of fiber. But, when we just swallow the food without chewing, it gives more burden to the stomach than we can imagine, and, the effort of choosing the food that are gentle to the stomach can inadvertently cause heavy stomach and vomiting.

