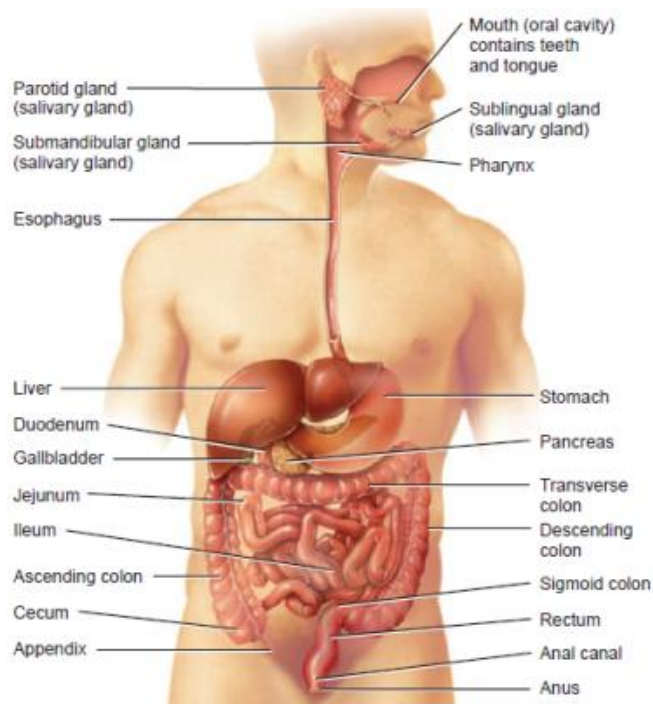


**APLGO Product of the Month Zoom Call  
With Ruth Mayne  
November 13, 2023**

**ICE – Q & A**

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**Proper Digestion is the Key to Digestive Health**



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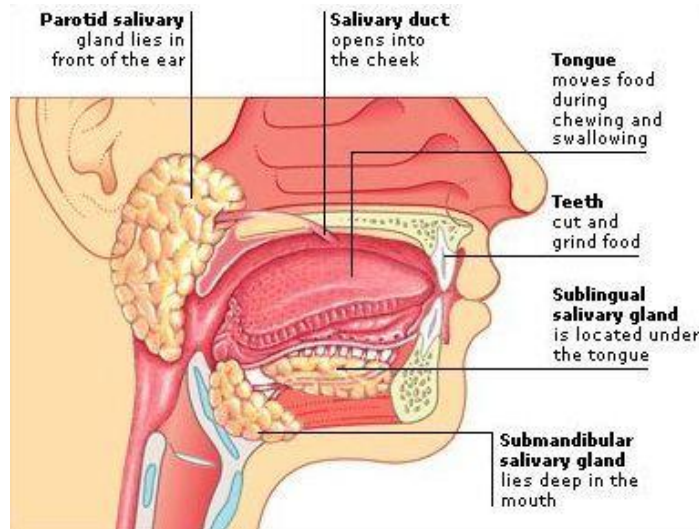
**1. What are the steps in the body for proper digestion and avoiding digestive health issues?**

• **Avoiding Digestion Issues:**

- Staying hydrated with purified water throughout every day—drink water whenever you are thirsty.
- Chewing food thoroughly; avoid shoving large bulks of food in your mouth.
- Avoid eating hurriedly, swallowing before thorough chewing.
- Balance raw fresh enzyme-active foods (leafy green salads, raw vegetables, raw nuts and seeds) with cooked foods at every meal.
- Avoid overeating and distending the stomach; stop eating when you feel satisfied and before you feel full.

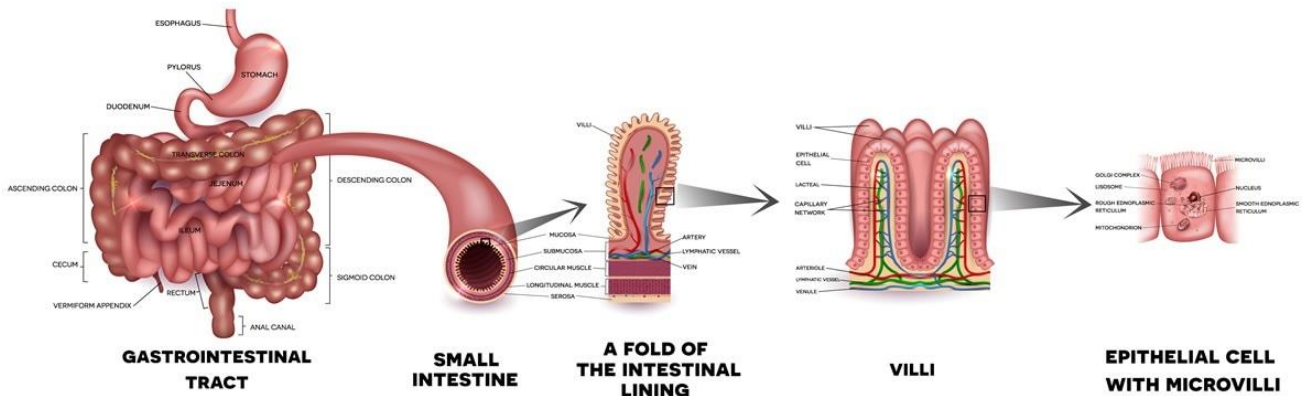
- Steps in the Digestive Process:

### Proper Digestion Begins in the Mouth



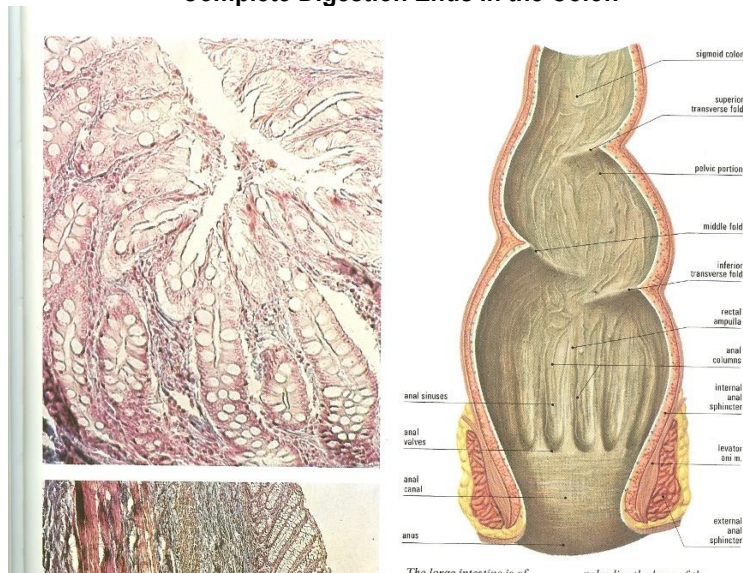
Reference: <https://studiousguy.com/digestive-system-diagram-function/>

### Peristaltic Actions, Breaking Down Food Bolus Material, Nutrient Absorption in the Small Intestine



Reference: [News Medical Life Sciences](https://www.news-medical-life.com/)

## Complete Digestion Ends in the Colon



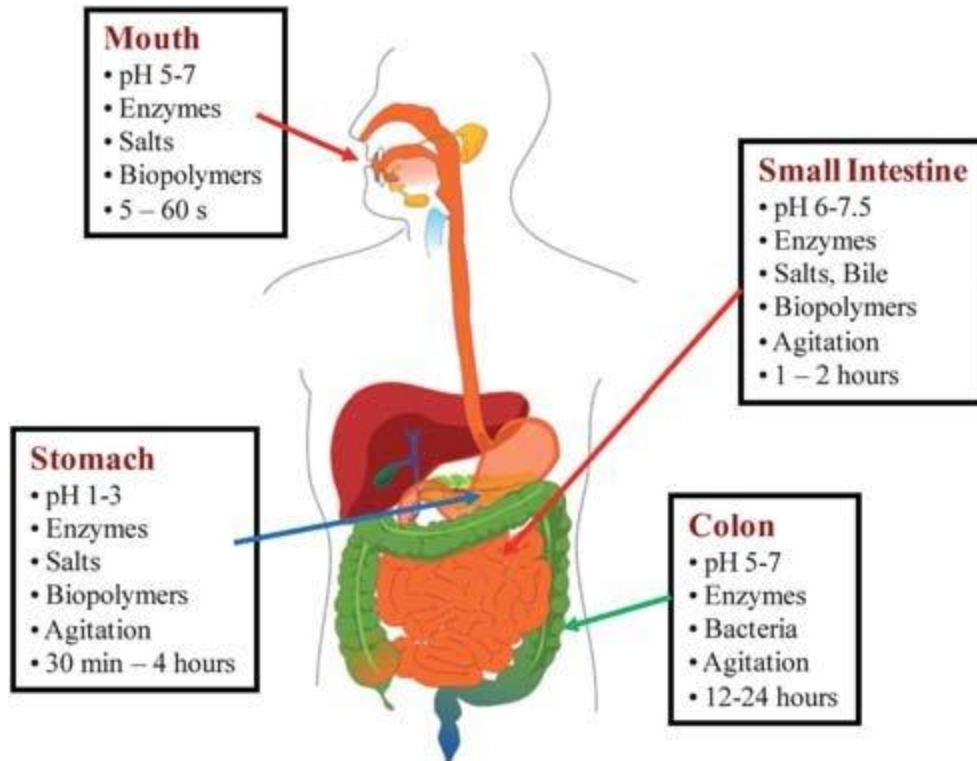
Colon Cells and Last Segment of Descending Colon

## 2. How important is acid-alkaline balance for digestive health, and what is the proper acid-alkaline balance in the body?

- Different areas of the body require different levels of acidity and alkalinity. Overall normal pH on a saliva test should be around 7 on the pH scale.

Organ, fluid or membrane	pH	Function of pH
(1) Skin	Natural pH is between 4 and 6.5 [17]	Barrier protection from microbes
(2) Urine	4.6 to 8.0 [18]	Limit overgrowth of microbes
(3) Gastric	1.35 to 3.5	Break down protein
(4) Bile	7.6 to 8.8	Neutralize stomach acid, aid in digestion
(5) Pancreatic fluid	8.8	Neutralize stomach acid, aid in digestion
(6) Vaginal fluid	<4.7 [13]	Limit overgrowth of opportunistic microbes
(7) Cerebrospinal fluid	7.3	Bathes the exterior of the brain
(8) Intracellular fluid	6.0–7.2 [19]	Due to acid production in cells
(9) Serum venous	7.35	Tightly regulated
(10) Serum arterial	7.4	Tightly regulated

- **Normal pH Acid-Alkaline Levels in the Digestive System**



- Too alkaline causes excess carbon dioxide in the lungs, leading to hypoventilation or decreased rate of breathing.
- Too high acidity (metabolic and/or respiratory acidosis) conditions lead to decreased carbon dioxide (CO<sub>2</sub>) in the form of bicarbonate and an increase in hydrogen, and may result in:
  - Accelerated heartbeat (tachycardia)
  - Confusion or dizziness
  - High fatigue
  - Loss of appetite
  - Headache
  - Rapid breathing; long deep breathing
  - Nausea, vomiting
  - Weakness

Reference:

Burger MK, Schaller DJ. Metabolic Acidosis. [Updated 2023 Jul 17]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2023 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK482146/>

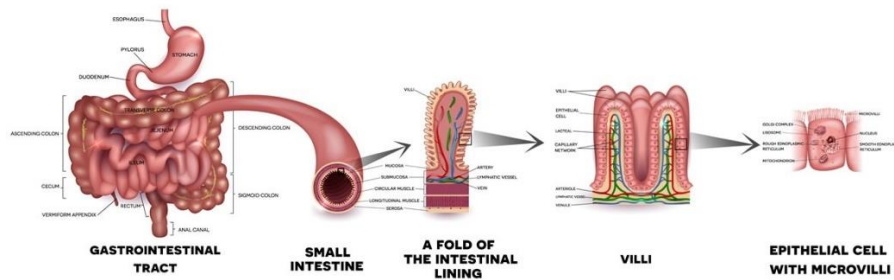
Schwalfenberg G. K. The alkaline diet: is there evidence that an alkaline pH diet benefits health? *J Environ Public Health*. 2012;2012:727630. doi: 10.1155/2012/727630. Epub 2011 Oct 12. PMID: 22013455; PMCID: PMC3195546. [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3195546/#:~:text=Life%20on%20earth%20depends%20on,\)%20to%20survive%20%5B1%5D](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3195546/#:~:text=Life%20on%20earth%20depends%20on,)%20to%20survive%20%5B1%5D)

### 3. Where in the entire digestive process do most problems occur?

- The stomach, which is due to a lack of hydrochloric acid and digestive enzyme production; and the colon, where invasive anaerobic microorganisms overpopulate and cause illness and toxification.

### 4. Where are nutrients absorbed and then transported to needed sites in the body?

- Most are absorbed in the small intestine.

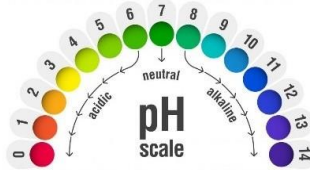


Reference: [News Medical Life Sciences](#)

### 5. What are the different types of digestive upsets or conditions that ICE can help with?

- **First, understand the causes of digestive system malfunctions:**
  - a. Pathogenic (illness-causing, inflammatory organisms): anaerobic bacteria, parasites.
  - b. Lack of critical raw food enzymes leading to insufficient digestive enzymes.
  - c. Insufficient production of hydrochloric acid (HCl) secretions in the stomach.
  - d. Overeating, subjecting the stomach and digestive tract to excessive amounts of food at a meal.
  - e. Habitual consumption of indigestible, inflammatory trans fats: fried foods, hydrogenated fats (margarine, shortening).
  - f. Habitual consumption of refined carbohydrates (sugar, flour) that feed and increase the population of illness-causing microbial bacteria, parasites, and fungal growths.
  - g. Improper complete mastication of foods before swallowing, the first step in breaking down foods properly.
  - h. Eating too fast, swallowing before enzyme actions in the mouth can take place.
  - i. Slowed motility, allowing overgrowth of toxic, invasive anaerobic bacteria, yeast, and parasite populations in the colon.

- Secondly, understand the types of conditions and how the botanicals in ICE can help:

Warning Signs, Malfunctions Imbalances, Deficiencies*	ICE	Natural Nourishing, Corrective Effects at the Micro Cell Level
<b>Constipation</b> – dehydration, lack of dietary fiber, lack of exercise (poor circulation), irritable bowel conditions.	<b>Aloe</b> <b>Carrot</b> <b>Chamomile</b>	Water, dietary soluble (water absorbing fiber) and insoluble fiber (roughage). Anti-inflammatory in lower intestine's bowel conditions. Anti-inflammatory preventing bowel irritations.
<b>Cramping</b> – Sluggish peristaltic motions, blockages, mineral deficiencies.	<b>Aloe</b> <b>Carrot</b> <b>Chamomile</b> <b>Meadowsweet</b> <b>Leaf</b>	Water, insoluble dietary fiber (see above), tissue repair aid through phytonutrients (phytochemicals in plant fluids), and essential oil in ICE botanicals. Soothes inflammation and helps remove blockages in digestive tract. Antispasmodic. Anti-ulcer, anti-microbial.
<b>Diarrhea</b> – anaerobic (illness-causing) bacteria, parasites, poor nutrient absorption, overeating and overwhelming the stomach's digestive process, not chewing food thoroughly.	<b>Aloe</b> <b>Chamomile</b> <b>Licorice Root</b> <b>Meadowsweet</b> <b>Leaf</b>	Anti-microbial phytochemicals: antiviral, antibacterial, anti-parasitic, Anti-fungal. Anti-diarrheal, antibacterial. Antimicrobial, anti-diarrheal, anti-toxin after bacterial infections. Antimicrobial.
<b>Pain</b> – Burning sensations in stomach, localized pain, stomach pain, "heartburn", bloating.	<b>Aloe</b> <b>Licorice Root</b> <b>Meadowsweet</b> <b>Leaf</b>	Antimicrobial phytochemicals. Anti-inflammatory. Helps prevent dyspepsia ("heartburn", stomach pain, bloating), contains salicylates, gentle pain reliever compounds, anti-bacterial, anti-parasitic.
<b>Flatulence</b> – pressure, odorous gases, overwhelming the stomach's digestive secretions hydrochloric acid (HCL) and digestive enzymes. Not chewing food thoroughly before swallowing. Toxins released from bacteria metabolic byproducts.	<b>Aloe</b>	Neutralizes free radicals, reducing gasses formed when overeating and low HCL and enzyme production, and insufficient raw food enzymes present at every meal.
<b>Sluggish Motility</b> – going more than a day without a bowel movement, being sedentary, dehydration, insufficient dietary fiber. High dietary fats leading to gallbladder problems.	<b>Aloe</b> <b>Carrot</b> <b>Chamomile</b>	Softens fecal material for improved transport through intestines. Improving fat transport, removing toxins and other cellular wastes. Improving gallbladder functions for digesting fats. Improving dyspepsia, improves rate of gastric emptying of food masses in the stomach.
<b>Damaged Tissues</b> – ruptures, inflammation.	<b>Aloe</b> <b>Carrot</b> <b>Chamomile</b> <b>Meadowsweet</b> <b>Leaf</b> <b>Sea Buckthorn</b> <b>Berry</b>	Rapid healing of tissue linings. Coumarins in carrots are Involved in repairing tissues of injuries. Ulcer-repairing, useful in repairing post-surgery skin legions in colostomies. Preventing ulcer, antibacterial, anti-gastritis, tissue-repairing properties.  Shown to repair tissues in gastritis and peptic ulcer; repairing the stomach's tissue lining mucous membranes.
<b>High acidity conditions</b> – a cascade effect of inflammatory responses in all tissues, toxicity.	<b>Aloe</b> <b>Carrot</b>	Normalizing pH to proper range of 7.35 – 7.45  

\*Seek medical advice sooner than later, particularly if problems worsen and become severe.

**6. Every botanical offers an array of different nutrients known to address the needs of different systems in the body, a spillover effect that makes all of APL's lozenges multifunctional. What are some of those beneficial effects of the ICE botanicals?**

- The various health benefits in ICE botanicals are due to their specific array of phytochemical compounds.
- Compilations of much research from around the world gathered into peer-reviewed studies reveal the many findings of just how the many phytochemicals assist a vast array of the body's systems and their cellular functions.

**Other ICE Botanicals Benefits - System Functions Facilitated**

	Aloe Leaf (Gel)	Carrot	Chamomile (German) Flower	Licorice Root	Meadowsweet Leaf	Sea Buckthorn Berry
Anti-Microbial (Aiding Immune Response to Foreign Pathogens)	Anti-Bacterial, Anti-fungal	Neutralizes Free Radicals	Antibacterial	Increases Immune Resistance to Infectious Bacteria, Viruses	Helps Repair Stomach Ulcers, Destroys Ulcer-Causing Helicobacter Pylori, Essential Oils are Potent Antimicrobials	
Anti-Inflammatory	Plant Sterols	Anti-Arthritis	Soothes Nervous System Pain Response	Soothes Nervous System Pain Response	Pain Relieving Salicylates, Anti-Fever	Pain Relief, Reduces Inflammatory C-Reactive Protein in the Body
Blood Sugar Balancing Effect	Mucopolysaccharides Improve Type 2 Diabetic Conditions	Low Glycemic Index (Safe for Diabetes)	Antidiabetic			
Bone, Joint Health	Hydrates Joints	Anti-Osteoporosis, Prevents Painful Uric Acid Crystals in Joints			Anti-Arthritic, Anti-Gout, Anti-Rheumatic	
Bowel Functions	Anti-inflammatory				Anti-Diarrheal	
Blood Vessels, Circulation	Clears Blood Vessels and Capillaries		Helps Stop Bleeding		Anticoagulant, Improves Energy Production and Oxygenation	Helps Prevent Thrombosis (Clots Blocking Arteries)
Detoxification	Binds to Toxic Chemicals, Removes Toxic Metabolic Byproducts	Protects Liver with Detox,		Reduces Toxinoses (Cleanses System of Staph Pneumonia Bacteria Exotoxin By Products)	Helps Rid Body of Cellular Byproducts, Debris	Protects Against Radiation and Toxic Chemicals
Fluid-Balancing Effect					Diuretic	
Heart	Reduces Blood Cholesterol, Helpful for Improving Blood Flow in Angina Pectoris	Carotenoids Protect Against Free Radical Damage of Heart Tissues and Blood Vessels		Protects Against Infection in Heart's Lining and Valves		Positive Effects on Atherosclerosis and Coronary Heart Disease, Helps Reduce Cholesterol

(Continued)

	Aloe Leaf (Gel)	Carrot	Chamomile (German) Flower	Licorice Root	Meadowsweet Leaf	Sea Buckthorn Berry
Kidneys	Helps Regulate Fluids Filtration and Blood Pressure	Protects Against Free Radical Damage of the Kidneys, Urinary Tract Infections	Improves Urinary Bladder Function, Helps Regulate Fluids, Reducing Hypertension		Effective Against Genitourinary Tract Problems, Promotes Smooth Urine Flow	Helps Normalize Blood Pressure
Liver		Protects Against Free Radical Damage of Liver Tissues	Helps Improve Liver Function			
Lungs		Protects Against Free Radical Damage of Lung Tissues, Bronchial Asthma		Eliminates Phlegm, Relieves Coughing		
Hormone Balancing			PMS, Helps Correct Menstrual Cycle, Amino Acid Glycine Relieves Cramps, Helps Regulate Sleep			Contains Serotonin, the "Happiness Hormone", Shown to Help Reduce Visceral Fat, Helps Regulate Metabolism
Immune System	Shown to Reverse Genital Herpes	Anti-mutagenic	Anti-Cancer, Stops Tumor Growth	Antibacterial, Anti-Viral	Prevents Abnormal Cell Growth, Aids Immune Cells Neutralization and Destruction of Free Radicals, Repairs Damaged Cells	Aid in Rapid Wound Healing, Prevents Precancerous Cell Mutations
Nervous System			Anti-Inflammation, Pain Relief, Antiseptic, Anti-anxiety Mild Sedative, Promotes Sleep/relaxation, Anti-Spasmodic			Helps Reduce Adverse Stress
Skin	Healing, Soothing, Clears Various Skin Conditions	Protects Against Sun Damage	Soothing to the Skin, Promotes Healthy Skin Cells	Used for Minor Skin Infections		Anti-Eczema, Anti-Dermatitis, Effective on Skin Burns, Chemical Burns, Radiation Burns,



## 7. How does ICE work with MLS to improve digestive health and other areas of our health?

- The botanicals in MLS address various functions in all body systems, including improving the functions of the stomach, intestines, liver, heart, kidneys, the glandular/ hormonal, immune system, and the communication pathways in the nervous system.
- MLS makes an excellent boost with ICE since its botanicals contain a great array of phytochemical compounds in helping with the repair and functions of the digestive system:
  - Promoting Proper Digestion
  - Promoting Beneficial Aerobic Bacteria in the Gut (Colon)
  - Antiviral, Antibacterial, Anti-Parasitic, Anti-Fungal
  - Protecting the Tissue Linings of the Digestive Tract
  - Anti-inflammatory, Soothing and Healing Inflamed Tissues
  - Immune Boosting
  - Improving and Protecting Functions of Digestive System Accessory Organs: Gallbladder and Liver Fat Digestion, and Pancreas/Glucose Metabolism
  - Neutralizing System-Damaging or Toxic Free Radicals
  - Protein-Digesting Enzymes

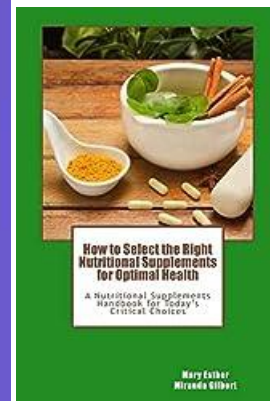
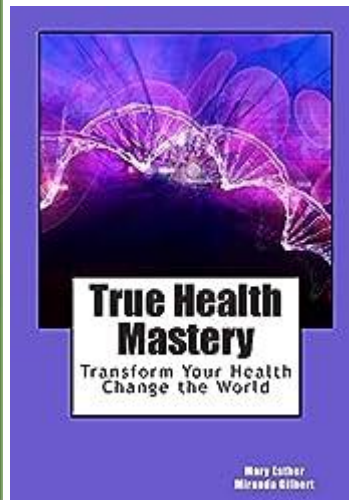
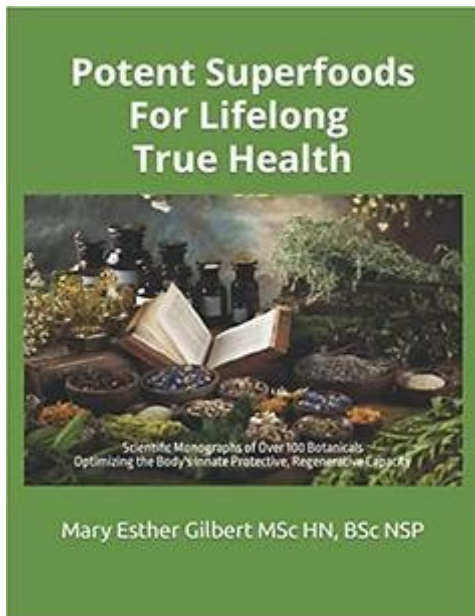
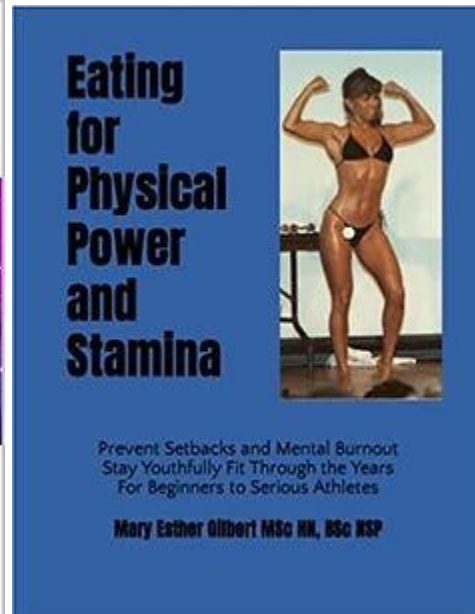
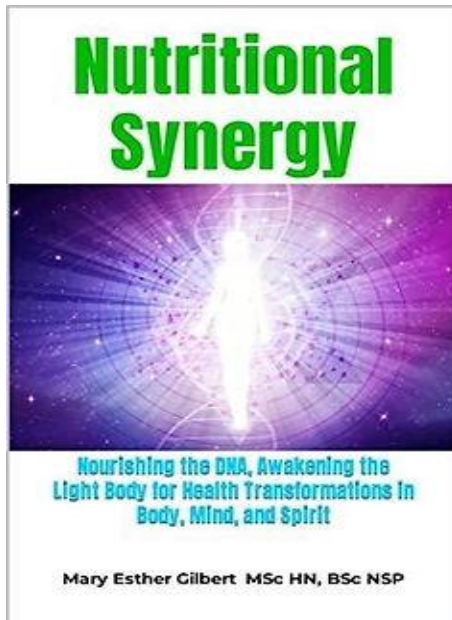
### Overall Reference Source:

**Gilbert, M. E. (2021). Potent Superfoods for Lifelong True Health. Tucson, AZ: Holistic Choices Publishing.**

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