



BIOFIT-360 WEEK 2

Digestion, Absorption & Immunity

The Journey From Food to Healing

Dr. Sharron K. Jenkins, Ph.D.

"If your body cannot absorb nutrients properly, can it truly heal?"

Welcome to Week 2

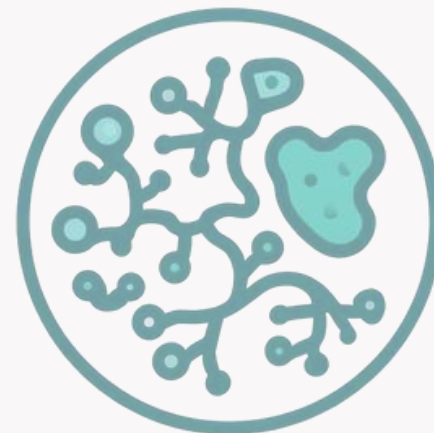
🦠 LAST WEEK: Meet Your Microbiome

- What the microbiome is
- Why gut bacteria matter
- Prebiotics vs. probiotics
- The gut-brain connection



🍏 THIS WEEK: Digestion & Immunity

- How the body digests food
- How nutrients are absorbed
- How digestion affects immunity
- Why digestion matters for healing



The Healing Equation



🍏 Food Consumed → 🔬 Food Digested → 💊 Nutrients Absorbed
→ 🧬 Cells Nourished → ❤️ Healing & Repair



Key Concept: "Your body can only use what it can digest and absorb."





How Digestion Works

Mouth

Chewing breaks food into smaller pieces. Saliva contains amylase, which begins carbohydrate digestion immediately.

Stomach

Hydrochloric acid and digestive enzymes break down proteins. Food is churned into a liquid called chyme.

Small Intestine

The primary site of digestion and nutrient absorption. Villi and microvilli absorb amino acids, fats, vitamins, and minerals.

Large Intestine

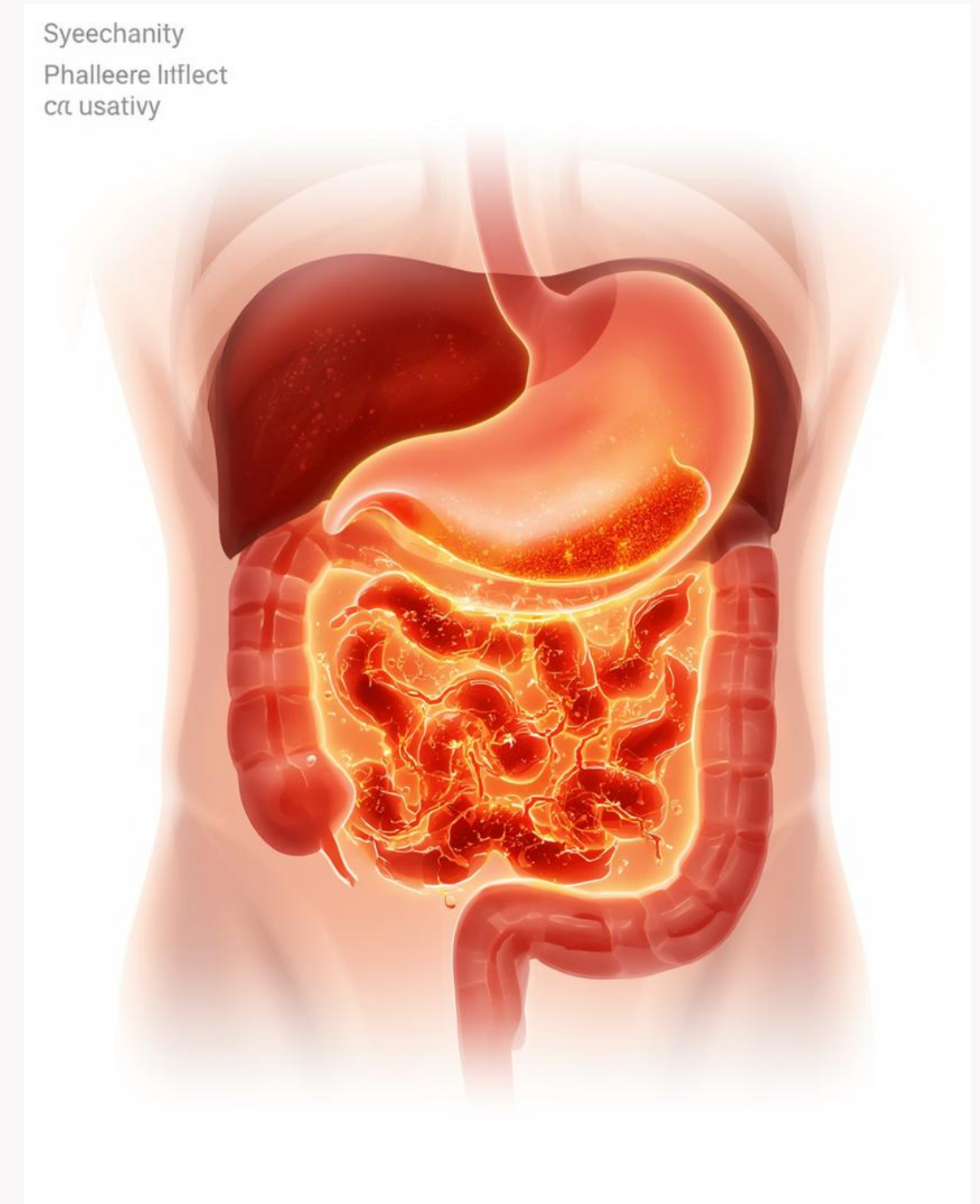
Absorbs water and electrolytes. Home to trillions of microbiome bacteria that ferment fiber and support immunity.

The Stomach: Your First Line of Defense

Hydrochloric Acid Helps:

- ✓ Break down proteins
- ✓ Activate digestive enzymes
- ✓ Kill harmful microorganisms
- ✓ Prepare nutrients for absorption

"Digestion is Chemistry — your stomach is a biological reactor."

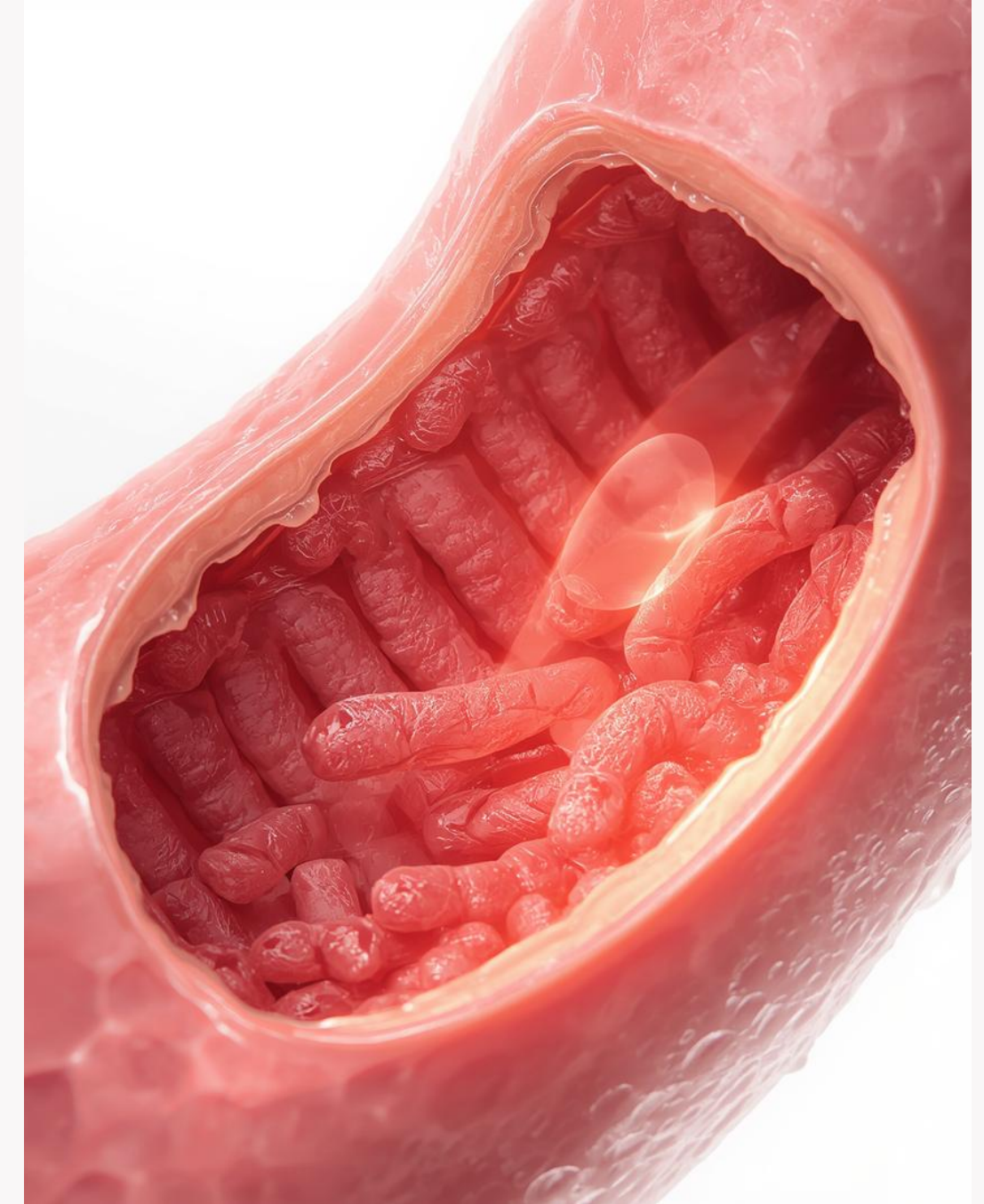


The Small Intestine: The Absorption Center

Nearly all nutrient absorption occurs here.

- ✓ Amino Acids
- ✓ Vitamins
- ✓ Minerals
- ✓ Healthy Fats
- ✓ Water
- ✓ Plant Nutrients

Surface area maximized by millions of villi and microvilli.



Why Nutrient Absorption Matters



Nutrients Support:

-  Energy Production
-  Cellular Repair
-  Brain Function
-  Immune Function
-  Muscle Maintenance
-  Hormone Production

Important Truth:

"You can eat healthy foods and still become nutrient deficient if absorption is impaired."

Every system in your body depends on nutrients being properly digested, absorbed, and delivered to your cells.

If your gut is compromised, even the best diet may not be enough.



Your Gut & Your Immune System

🛡️ 70% of your immune system is associated with the gut.

Your gut decides:

- ✓ What enters the bloodstream
- ✓ What remains outside
- ✓ What triggers immune response

The gut is your body's most powerful immune organ.

Gut Barrier Function:



Healthy Barrier

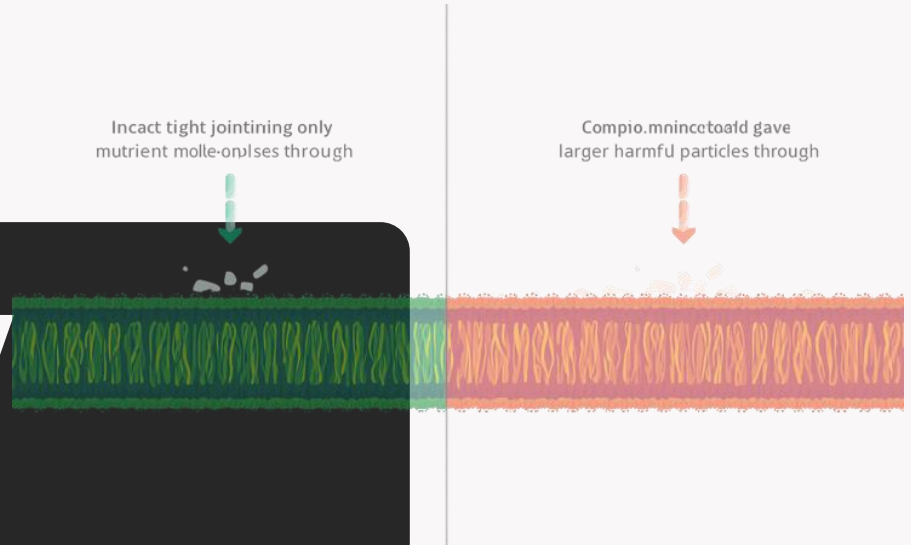
- Protection from harmful substances
- Supports immune balance
- Reduces inflammation



Damaged Barrier

- Increased inflammation
- Immune overactivation
- Greater risk of disease

The Gut Barrier: Your Security Checkpoint



✓ HEALTHY GUT BARRIER

- ✓ Allows nutrients through
- ✓ Blocks harmful substances
- ✓ Supports immune balance
- ✓ Reduces inflammation
- ✓ Protects bloodstream

⚠ COMPROMISED BARRIER

- ✗ Increased immune activation
- ✗ Increased inflammation
- ✗ Digestive symptoms
- ✗ Greater metabolic dysfunction
- ✗ Leaky gut risk



Why Poor Digestion Causes Fatigue

Inefficient digestion leads to:

- ✗ Fewer nutrients absorbed
- ✗ Reduced cellular energy production
- ✗ More fatigue & poor recovery
- ✗ Brain fog
- 💡 Your body signals hunger for nutrients — not calories.

Digestion and Cravings

Poor digestion may cause:

-  Sugar cravings
-  Refined carb cravings
-  Energy crashes
-  Midday fatigue

Cravings reflect nutrient status and blood sugar instability — not just willpower.

How Inflammation Begins in the Digestive Tract



Contributors to Gut Inflammation

- ✗ Highly processed foods
- ✗ Excess sugar
- ✗ Poor sleep
- ✗ Chronic stress
- ✗ Alcohol excess
- ✗ Microbiome imbalance
- ✗ Food sensitivities

Key Truth

Chronic inflammation often starts in the gut.

Every food choice, sleep habit, and stress level either calms or fuels the inflammatory response in your digestive tract.

Protecting your gut lining is protecting your health.





Signs Your Digestive System Needs Attention

- ✓ Bloating
- ✓ Gas
- ✓ Constipation
- ✓ Diarrhea
- ✓ Reflux

- ✓ Food sensitivities
- ✓ Brain fog
- ✓ Fatigue
- ✓ Frequent cravings
- ✓ Difficulty losing weight





Practical Strategies to Improve Digestion

-  Eat whole foods
-  Increase vegetables
-  Stay hydrated
-  Manage stress

-  Prioritize sleep
-  Chew thoroughly
-  Follow your eating window
-  Move daily



The BioFit Takeaway



1 Eat → 2 Digest → 3 Absorb → 4 Utilize
Healing requires all four steps — every single day.



"You are not simply what you eat. You are what you digest, absorb, and utilize."
— Dr. Sharron K. Jenkins, Ph.D.

Week 2 Reflection

Ask Yourself:

- ✓ Am I chewing my food thoroughly?
- ✓ Am I supporting digestion with healthy food choices?
- ✓ Am I experiencing bloating, fatigue, or cravings?
- ✓ Am I giving my digestive system time to rest between meals?

Thank You

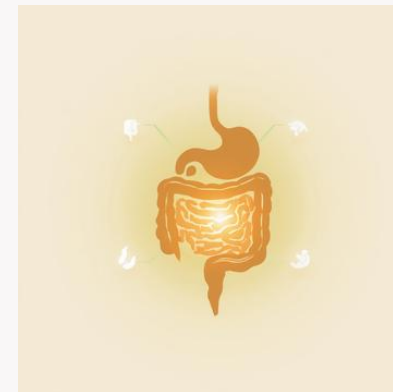
Stay Safe. Stay Informed. Stay
BioFit.

Key Question



If your body cannot
absorb nutrients properly,
can it truly heal?

Discussion Topics



🦠 Digestion 🧬 Absorption 🛡️
Immunity 🔥 Inflammation ⚖️
Metabolic Health