**Overview of the Digestive System**

1. **Purpose of Digestion:**
   * Breakdown of food into simpler substances.
   * Absorption of nutrients for energy production and growth.
2. **Major Components of the Digestive System:**
   * **Mouth:** Chewing and enzymatic breakdown begin here.
   * **Esophagus:** Transports food to the stomach.
   * **Stomach:** Uses acids and enzymes to break down food.
3. **Accessory Organs:**
   * **Liver:** Produces bile to help digest fats.
   * **Pancreas:** Releases digestive enzymes.

**The Digestive Process**

1. **Ingestion:**
   * The process of taking food into the mouth.
   * Involves chewing and swallowing.
2. **Digestion:**
   * Mechanical digestion (chewing, churning).
   * Chemical digestion (enzymes breaking down food).
3. **Absorption:**
   * Nutrients absorbed by the small intestine into the bloodstream.
   * Water absorbed in the large intestine.

**Nutrient Absorption and Disorders**

1. **Nutrient Absorption:**
   * Carbohydrates → Glucose.
   * Proteins → Amino acids.
   * Fats → Fatty acids and glycerol.
2. **Common Digestive Disorders:**
   * **Gastritis:** Inflammation of the stomach lining.
   * **Acid Reflux:** Backflow of stomach acid into the esophagus.
   * **Constipation:** Difficulty in bowel movement.
3. **Maintaining Digestive Health:**
   * Eating fiber-rich foods.
   * Staying hydrated.
   * Avoiding excessive fatty and spicy foods.