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| Once somebody admits and understands that there is a problem they are more adept to dealing with the problem not to mention more willing. America needs to realize that there is not necessarily a reason that something happens, but that it should just be enough that something did happen. The ultimate responsibility of all people in modern society is that to make life changes that will ultimately benefit them in other ways than just their digestive tract. "One of the most striking changes I have seen is how much less exercise my patients get today compared with a couple of generations ago. As machine sand computer have made our daily lives easier, we humans no longer have to perform many physical tasks-like washing clothes with a scrub board or tilling the soil to grow food for dinner-chores that gave our ancestors a good workout."[\*](http://docs.google.com/gitnick.html)  A change in lifestyle is what is ultimately necessary to allow for the kind of digestion that we would most like to have in our everyday lives. An example of the type of change, which refers to this, is reducing the intake of caffeine into your body that will decrease tension in your intestinal tract and in turn make your intestines less irritable.  Some other suggestions as to changing your diet include cutting back foods very high in fats such as milk and cheese, which will produce gas and bloating. Too much food high in acid such as lemons, oranges, tomatoes, and tomato sauce will increase the PH of your intestines to the point where they can become very irritated. This can cause your body to try and expel the food as quickly as possible resulting in diarrhea.  Recently, in Reader’s Digest there was an article based around the obesity that is common in Americans. The reason? "The problem is that getting fat is deeply ingrained in American culture."[\*](http://docs.google.com/rd.html) America is a country of immigrants, and while immigrants bring many rich traditions and many foods to eat Americans bastardize these left and right. A plate of Fettuccine Alfredo in Rome consists of a 11 oz. Portion with 825 calories, while in New York City it is served at 20 oz., and 1500 calories. Another example is the croissant. In a French bakery in Paris a 2 oz. Croissant contains 215 calories, while in New York City the portions are doubled. The problem is not in the food, but in the attitudes of the people buying the foods. Lifestyle changes are needed to make this country healthy again.  The need to understand what is happening to your body is so great that it seems almost irresponsible not to understand what is happening inside of your body. It is a necessity that people understand how interactions take place within their bodies if they expect to lead a healthy existence.    ([Intro1](http://docs.google.com/introduction.html))([Intro2](http://docs.google.com/intro2.html))([Intro3](http://docs.google.com/intro3.html))([Intro4](http://docs.google.com/intro4.html))  [[Home](http://docs.google.com/home.html)][[Introduction](http://docs.google.com/introduction.html)][[Hypothesis](http://docs.google.com/hypothesis.html)][[Procedure](http://docs.google.com/procedure.html)][[Data](http://docs.google.com/data.html)][[Conclusions](http://docs.google.com/conclusions.html)][[Bilio/Links](http://docs.google.com/biblio.html)]  [[2002 Projects](http://docs.google.com/AP2002/index.html)][[2001 Projects](http://docs.google.com/index.html)][[2000 Projects](http://docs.google.com/AP2000/index.html)][[1999 Projects](http://docs.google.com/AP99/index.html)][[1998 Projects](http://docs.google.com/AP98/index.html)] |