

[CBI Home](#)[Past Emails](#)[Program Enquiries](#)[Contact Us](#)

Welcome to your
Corporate Bodies
International Fortnightly
Health Email

Fortnightly Challenge

Stretch yourself
10 minutes daily!!



**Corporate Bodies
International**

Phone: 1300 21 31 41

Fax: (02) 9439 9366

Email: [click here](#)



This fortnight's healthy topic...

Myth Buster: Drinking after eating will dilute the stomach acid and inhibit indigestion



Myth Buster

This myth is busted. The stomach, like the rest of the body, is amazing in the way it reacts to change.

The stomach reacts to change in pH by a feedback mechanism loop to maintain the optimal level of acidity (pH) for digestion.

You can temporarily change the pH, but the stomach will restore it to normal shortly afterwards.

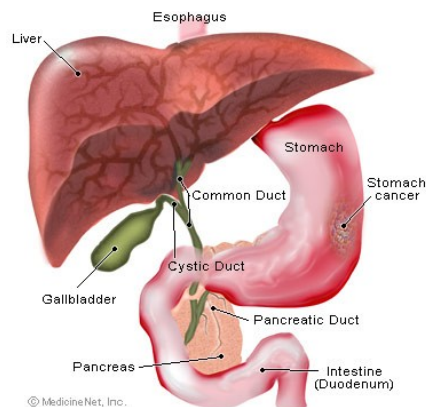
The Stomach

The stomach is a bag designed to store food while the protein in that food is broken down into smaller pieces called amino acids.

The enzymes responsible for protein breakdown, called pepsin, require a very low pH, or a very acidic environment to work.

To maintain this pH, specialized cells in the stomach lining secrete hydrochloric acid. Nasty stuff! Normally, this acid would destroy any body cells it came into contact with.

The stomach lining has specialized cells to protect it from corrosive effects.



Picture from www.medicinenet.com

Here's to demystifying another health topic!

Yours in Health, **[The Corporate Bodies Team.](#)**