

# Natural Health Tips

## Keep your tummy warm - No ice, please!

It is easy to note when we're cold and we need a warmer jacket or an additional blanket. But we seldom pay attention to what happens beneath the skin layers. Our digestion is critically depending on the right amount and quality of the gastric juice (in the stomach), the digestive enzymes in the pancreatic juice and other chemicals produced by our digestive organs and glands. The Chinese call the digestive system the "Boiling Cauldron". Ayurvedic medicine calls it "Agni" - digestive fire. Whether we look at it through the Oriental perspective and do not want to cool what needs to be hot - or through the Western perspective and do not want to dilute the digestive chemicals and change their properties, we do our digestion a great favor by not drinking ice-cold beverages or ingesting ice-cold foods.

Here is what Dr. Hari Sharma, M.D. and Dr. Rama Kant Mishra, G.A.M.S. have to say about it:

*"The "agni fire" of digestion. Obviously, the West doesn't know about it. When you eat, you want to have your digestive fire nicely burning away so you can transform your food into nutrients. Cold puts out the fire. Ice really puts it out. Ice is the antithesis of digestion, but nobody in the mainstream of food seems to recognize this yet.*

*Somebody ought to advise the airlines... When the steward walks down the aisle with his drinks, the plastic glasses are always full of ice. You have to ask him to dump the ice, and he has trouble not looking annoyed when you do. Your favorite white-table-cloth restaurant is no better. At your seat when you sit down are glasses filled with ice water. Ask for water without ice, and they'll just fish the cubes out of your ice-cold water (which really misses the point). When you sip a little (and douse your digestive fire in the process), the always-attentive waiter comes around to clink more ice water into your glass.*

*The only alternative to hot tea in a restaurant is "iced tea". You can't just have room-temperature tea.*

*Buy a water bottle from your local Seven Eleven, and the store thinks it's doing you a favor by keeping it in the cooler. Ask for room-temperature water, and the salesclerk eyebrow shoots up as if you're a weirdo. People seem to think that room temperature water doesn't quench thirst, but it really does.*

*Ice. Ice. Ice. America thinks it is inseparable from drinks, but in reality, it chills the flavor, chills your belly, chills your liver, and slows digestion just when you need it most. Go on a campaign to avoid ice. Don't just order "lemonade", order "lemonade, no ice"."*

--- From: The Answer To Cancer by Hari Sharma and Rama K. Mishra, SelectBooks, Inc. - 2002