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PUBLISHERS WEEKLY OCT 2, 1995. Continuing with his quest for physical and emotional health, Deepak Chopra (Ageless Body, Timeless Mind) zeroes in on common intestinal disorders in Perfect Digestion: The Key to Balanced Living, due in October from Harmony.

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Perfect Digestion The Key To Balanced Living [PDF, EPUB EBOOK]

The process of digestion Stage 1 – The mouth. Digestion starts in the mouth where the food is broken down mechanically by the teeth and chemically by the enzyme amylase (contained in saliva).

What is digestion? - BBC Bitesize

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