

## Digestive System

The digestive system is basically a long tube, which runs from the mouth to the bottom. It has several loops and coils. Starting at the mouth, food and liquid passes straight into the stomach which acts like a liquidiser, churning food in the digestive juices and passing it into the small intestines (bowel). Some nutrients from the food are now absorbed to provide energy and materials the body needs to keep healthy.

At the end of the small intestine, digestion is complete but the contents are still in liquid form, so the colon has the job of taking water back into the body leaving behind waste material in a semi-solid form. It is then stored in the rectum before being expelled from the anus at a convenient time or in babies as a reflex action. This process usually takes several hours.

What is loud tie day about? For the last three years lots of people have worn loud, wild and crazy ties, scarves and home made inventions to draw the attention and awareness of bowel cancer and saving peoples lives.

The sort of things you could do is design posters – ties – scarves –

You can help to save lives from Bowel Cancer:- 46 people die every day from bowel cancer in this country! 34,500 people being diagnosed every year with bowel cancer, almost half die. Maybe we are too shy and embarrassed to talk about 'that' end of the body (bottoms and bowels)? Beating Bowel Cancer are saving lives by educating the public about the symptoms and improving diagnosis and training centres across the country. We need help

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to continue to save people from this dreadful disease, people like you who are not shy and embarrassed to wear wacky ties and neckwear. Can save lives by supporting LOUD TIE DAY and remembering the 3B's

**BOWEL AWEARNESS**

**BETTER DIET**

**BEING FIT**

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