



① Digestion starts as soon as Sammy enters your mouth.

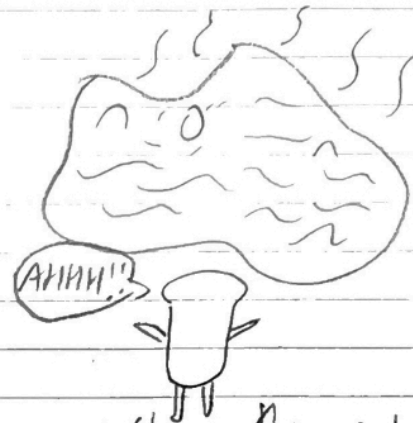


② Saliva flies in to help break down the food.

As the teeth throw Sammy around, Saliva helps start the digestion process.



③ As Sammy makes his way down the esophagus, the throat contracts, speeding up his descent. After that workout from the mouth, this is a nice massage.



④ Sammy reaches the end of the esophagus and falls into the stomach.



⑤ As Sammy gets more comfortable in the stomach, it begins to squeeze tighter. This is the stomach walls playing their role in digestion.



⑥ As Sammy lies in the stomach, digestive acids and enzymes come to take the nutrients your body needs.

(7)



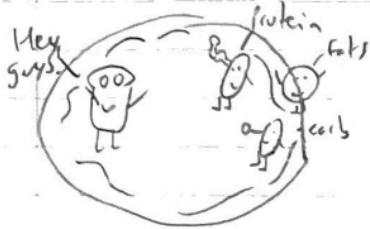
As Sammy passes through the small intestine, the villi extract all essential nutrients for the body to operate and grow.

(8)



After the villi extract the nutrients, they enter the bloodstream. They are then processed by the liver and delivered to the cells that need them.

(9)



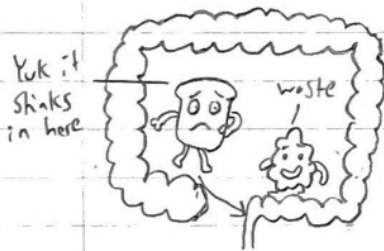
These nutrients are turned from protein → muscle, carb → energy, and fats → reserve.



water being squeezed by colon (large intestine)

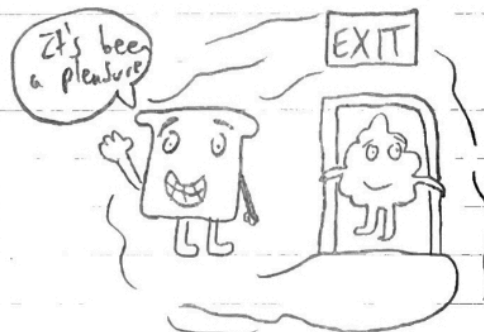
As Sammy moves into the large intestine, it begins to squeeze him to remove the water and hydrate the body. This also starts the waste process.

(11)



The leftovers become waste and continue towards the end of the colon to be expelled.

(12)



In this final stage of digestion, the body eliminates leftovers from the food.