



## Introduction

The gastrointestinal system is a complex network of organs and tissues that work together to process food, absorb nutrients, and eliminate waste. It is a vital part of the human body, and its proper functioning is essential for overall health and well-being. The digestive system is divided into two main parts: the upper and lower digestive tracts. The upper digestive tract includes the mouth, pharynx, and esophagus, while the lower digestive tract includes the stomach, small intestine, and large intestine. The process of digestion begins in the mouth, where food is broken down into smaller pieces and mixed with saliva. This process is continued in the stomach, where food is further broken down and mixed with gastric juices. The resulting mixture then moves into the small intestine, where it is absorbed and transported to the rest of the body. The large intestine is responsible for the final stages of digestion, including the absorption of water and the formation of feces. The gastrointestinal system is also closely linked to the immune system, and its proper functioning is essential for a strong immune response. In this opinion piece, we will explore the various components of the gastrointestinal system and discuss the latest research findings in this field.