PERISTALSIS

Meaning: Peristalsis is the rhythmic, wave-like contraction of muscles in the digestive tract that propels food along the gastrointestinal system.

1. Peristalsis is the wave-like muscle contractions that move food through the digestive tract.
2. The process of peristalsis is essential for proper digestion and nutrient absorption.
3. After swallowing, peristalsis begins in the esophagus to push the food towards the stomach.
4. Disruptions in peristalsis can lead to digestive disorders such as constipation or dysphagia.
5. Understanding how peristalsis works can help in managing certain gastrointestinal conditions.

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