

DIGEST THAT!

lyrics by Tobin Mueller

SOLOISTS:

I say mm mm hmm, digest that!
I say mm mm hmm, digest that!

You get hungry, so you eat.
You chew up some food, say, a dandy little sweet treat.
M-m-m, to your tongue it tastes fine.
But the rest of you needs more on which to dine.
Like vitamins and minerals...and bulk to push it through...
Protein, water, stuff that's really good for you.
Your body needs nutrients, not just fat.
You are what you eat...so DIGEST THAT!

Mm hmm. Mm hmm. Digest that.
I say mm mm hmm, digest that!

Food is fuel your body needs.
You cut it into pieces and grind it with your teeth.
That's when saliva mixes in.
Your tongue rolls it around and you start swallowin'.
Into your oesophagus
It is squeezed and channeled by peristalsis.
Then, flop, into the acid pool...just like an acrobat;
You're really churnin' now, so DIGEST THAT!

Mm hmm. Mm hmm. Digest that.
I say mm mm hmm, digest that!

Wait, our journey's just begun.
Now the stuff you ate goes to the duodenum.
There we get enzymes and bile and stuff.
The food is breakin' down, but still not quite enough.
So down intestines it slides slow:
Twenty feet of tubing all coiled just so.
Amino acids get absorbed...and so does fat.
No longer appetizing...now that you've DIGESTED THAT!

Mm hmm. Mm hmm. Digest that.
I say mm mm hmm, digest that!

Lymph vessels take the fat around.
Blood vessels take the rest; there's still more to be done.
Nutrients now in the blood have more before them:
Most go to the liver that processes and stores them.
Then they're sent to other glands...or body cells...to keep us well.
The waste that's left behind's no appetizer...
But be a diplomat: It's "fertilizer."
Just don't DIGEST THAT!

CHORUS:

Mm hmm. Mm hmm. Digest that.
I say mm mm hmm, digest that!

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Mm hmm. Mm hmm. Digest that.
I say mm mm hmm, digest that!

I say hmm hmm hmm, don't digest that!

VOICES:

Glub glub. Mm-mm.
<smack - smack>
Glub glub!

Glub glub. Mm-mm.
<smack - smack>

Glub glub. Mm-mm.
<smack - smack>
Glub glub!

Glub glub. Mm-mm.
<smack - smack>
Glub glub!

Glub glub. Mm-mm.
<smack - smack>
Glub glub!