

Digest This Project Reflection

I included this, not only for you but for myself as well. I always enjoy looking back at research at the time and see how it has evolved and changed. We all have some understanding about the digestive system but here you will find a very in depth but also very digestible content. This was the first project where, I was able to take what I already knew and do more research and find more current research to help build this project. The most challenging part for me, was trying to take all this relevant information and try to squeeze it into a short video. I am deeply interested in this topic and as I said before it ever changing but by creating this project, it helped me explain to patients and clients in a simple way that was also very effective. Overall, I think this project is in my top 5, throughout the course because it was my first time taking very complex systems and breaking them down.