

Better Digestion

“Proper Digestion is Primarily a Lifestyle Choice”

THINGS YOU CAN DO:

Liquefy every bite. Chew your food a minimum of 30 times.

Don't drink with meals! Drink 45-60 minutes before or after meals.

Don't over eat! Eat only until satisfied, not until you're full.

Take Live Probiotics before bed and upon rising daily, on empty stomach.

Try to eat the right combinations. Eat fruit on empty stomach. Eat carbs away from meat based proteins meals.

Eat bitter veggies (dandelion greens, kale, chard, turnip greens).

Use digestive enzymes and bitters before meals to stimulate the digestive juices. This helps with digestive issues.

Eliminate as much processed food and sugar as possible.

Eat only mild, temperature foods. Avoid extreme temperatures.

Only eat when you are happy and not stressed.

Talk, sing, laugh and pray with and to your food.

Demand higher quality foods from your grocer.

Caffeine, sugar, alcohol and stress block the digestive process.

Cook for or with some one you love to be around. Have fun, experiment with new foods.

Avoid nightshades, such as tomatoes, potatoes, green peppers, zucchini, unless eating them with a calcium source such as greens, sesame seeds, good organic white cheese, etc...

Find out your blood type and learn the foods that best work your blood type. (Eat Right For Your Blood Type, by Dr. Peter J.D'Adamo)

Here are a few herbs to counter most digestive dysfunctions.

Herbs are non-invasive and have little or no side effects!

Sedatives: Chamomile, Lavender, Catnip, and Hops.

Stimulants: Cayenne, Ginger, Rosemary, Bitter herbs, and Burdock.

Tonic Herbs: Garlic, Ginkgo, Dandelion, Chickweed, burdock.

Anti-gas: Fennel seeds, Cardamom, Ginger, chamomile.