



Guidelines For Good Digestion

Good Health Requires Good Digestion

Factors Contributing to Dysbiosis

- **Stress:** Chronic, physical, emotional & psychological
- **Poor Food Choices:** Diets high in fat, sugar, refined foods and low in fiber and nutrients
- **Medications:** Antibiotics, pain killers, oral contraceptives
- **Poor Transit Time:** Leads to proliferation of unhealthy bacteria
- **Alcohol & Cigarettes:** Avoid these irritates to your body
- **Lack of Exercise:** Exercise helps with digestion
- **Low Stomach Hydrochloric Acid (HCL)**
- **Environmental Toxins, Irritants, Heavy Metals**

Digestion Related Problems:

Crohn's disease, irritable bowel syndrome, ulcerative colitis, heartburn, indigestion, arthritis, constipation, many auto immune diseases, food sensitivity, chronic fatigue syndrome, eczema, psoriasis, migraine headaches.

Digestive Problem Symptoms:

diarrhea, pain, gas, weight loss, constipation, bloating, indigestion, low energy levels

Everything that our body does is dependent on what we eat and how our body digests, absorbs and assimilates that food. All of the body systems work synergistically together; the digestive system is integral to all the other body systems. Proper nourishment is needed for the intestinal tract to have good immunity and to repair and renew itself every 3-5 days. Introduce foods, herbs and natural substance to help your body rejuvenate.

20 STEPS TO IMPROVED DIGESTION

1. **Eat a healthy diet of whole nutrient dense foods**
2. **Eat fiber rich foods**
3. **Chew food extremely well**
4. **Eat in a relaxed and calm state to get into the parasympathetic mode**
5. **Eat small, frequent meals**
6. **Avoid refined foods and high sugar foods**
7. **Keep a healthy pH by eating alkaline forming foods**
8. **Drink plenty of pure water, herbs teas, fresh fruit and mineral juices**
9. **Avoid drinking excessively with meals**
10. **Eat fermented foods routinely like yogurt, kefir, sauerkraut, kimchi, pickles, olives, tempeh, miso, kombucha for good digestion and healthy bacteria**
11. **Learn about eating foods with healthy fats**
12. **Have adequate essential fatty acids in the diet such as flax and pumpkin seed, walnut seed & oil, evening primrose, deep sea fish like salmon, mackerel, tuna, sardines, trout and cod liver oil**
13. **Learn to respond to stress with a healthy coping mechanisms**
14. **Exercise at least 3 days a week for 30 minutes per day**
15. **Add bitter herbs (i.e. dandelion, gentian) or Swedish bitters**
16. **Consider using glutamine and other nutrient helpers**
17. **Consider supplemental prebiotics and probiotics to replenish good bacteria**
18. **Consume mucilaginous foods and herbs like flax, fenugreek, marshmallow**
19. **Ask your health professional about restorative herbs and supplements**
20. **Support liver and colon health with foods in the cruciferous vegetable family,**

References: Bartholomy, Paula. Lectures on Physiology and Anatomy of the Digestive Process. Hawthorn University. 2006.
Lipiski, Elizabeth. Digestive Wellness. 3rd Edition. Los Angeles, CA: McGraw Hill/Contemporary Books, 2005.