

# Digestive Health

*Good digestion builds good blood. Good blood keeps your body healthy.*

*Nature provides everything you need for good health*

## **How can you boost digestion?**

- First thing upon waking in the morning, scrape tongue with tongue scraper
- Drink tall glass of warm water after scraping tongue (warm water relaxes bowels)
- Eat slower (20 min meals), breath between bites & put your fork down
- Drink herbal tea in the morning and/or evening (hot or cold)
- Cut back the amount of sugar you eat daily (5 grams or less)
- Drink water in between meals and not with meals (add electrolytes)
- Take 3 deep breaths at least 3 times a day
- Eat 3 balanced meals a day (lunch largest meal not dinner)
- Eat to only 80% full (satisfied but not stuffed or over full)
- Eat in a relaxed manner (No standing, TV, driving or politics while eating)
- \*Before meals, warm water, pinch of salt, lemon & lime wedge + slice of ginger

## **What causes inflammation? What helps relieve it? What nutrients do we need?**

### **What does easy to digest food look like?**

Basmati rice, berries, fermented foods, coconut oil, quinoa, oatmeal, sweet potato, sweet peas, squashes, bone broth, ginger, nut milk, melons, puffed rice

### **Steps to transitioning to better health;**

1. First identify, "What is not working?"
2. Next, make a goal
3. Look at pantry - get rid of food that is not working
4. Learn to read labels - what are you looking for? >5g of sugar + more protein
5. Buy more veggies or whole food supplies regularly
6. Create simple meals outside of the box or traditions
7. Keep a food journal
8. Listen to your body, it will tell you what it needs or what isn't working

**Food tips;** frozen organic veggies/fruit, flaxseed ground, shredded carrots, cabbage, broccoli slaw, avocados as guac, org corn tortillas, start an ingredient in advance or in bulk (ie. rice, beans, meat or potatoes)

*Food is thy medicine*

*You are what you eat*