

STEPS TO GOOD DIGESTION



- The process of digestion can be enhanced by following a few key steps
- In doing so, you will feel better, get more from your food and have a better understanding of what foods are best for you
- They may seem basic but they are powerful – do not underestimate how much they can help



Steps

1. Chew your food - this is critical to start the process of digestion correctly, secreting hormones for regulating appetite and for sending the food in the correct format into the body
2. Slow down – take 20 minutes minimum to eat a meal – longer is better.
 - This allows for signals to be sent correctly to the body.
 - It takes pressure off the stomach and the digestive tract and will prevent overeating



Steps

3. Don't eat when stressed – Stress shuts down the digestive process so that energy can be used to deal with the stress – it is part of the fight or flight response

- Create a calm environment for eating

4. Don't drink with meals – Excess liquid in the stomach creates issues with volume

- Can cause bloating and gas and interfere with stomach acid by diluting it
- You can sip small amounts if needed, especially with dry food
- Amount eaten is also a factor



Steps

5. Try probiotics and digestive enzymes

- Enzymes can aid digestion and save stress on your pancreas
- Probiotics can help with the intestinal stages of digestion

6. Try food combining or food sequencing

- Food combining is the theory as to which foods should go together and which should be eaten separately
- Food sequencing refers to eating the food on the plate in a certain order



Steps

7. Eat Small Meals More Often – by having less to eat at each meal, it is easy to keep the body fueled through out the day without overeating, until you know what works best for you

8. Never eat more than 80% full – you feel satisfied and comfortable when eating a meal

- This may sound like a lot of work but planning meals around what you have time to do is the key to being able to always follow the steps and eventually it will all become second nature



Steps

- Mastering the steps is the way to start to improve the process of digestion and having a better functioning GI tract
- More importantly, it gives the tools to truly enjoy your meal and your food
- Eating will become an event you look forward to several times a day and not just when you have the time

