

Guidelines to improve digestion and overall health



Your digestive health is to be considered of great importance, and the case may be that once improved, symptoms of discomfort/ill-health are greatly reduced or eliminated.

1. Chew foods properly

The enzyme ptyalin in the saliva, breaks down carbohydrates. It is important to chew each mouthful thoroughly in order for the body to break down foods properly for its utilization.

2. Do not eat slouched on the sofa

When eating, it should be a relaxed, tranquil environment. If you eat with knees higher than the hips, such as one the sofa, you will be compressing the internal organs involved with digestion.

3. Aim for 2-3 bowel movements a day

Toxicity can build up in the intestines if proper elimination is not present. This can affect the cleanliness of the blood, and thus over tax the liver and organs of detoxification.

Good fibre, such as flax seeds, psyllium husks, and chia are helpful.

Drinking enough good quality water is imperative for the bowel to move.

You may have to take a herbal laxative such as aloe vera or cascara Sagrada to encourage the intestines.

4. Some foods / drinks to avoid from the diet

- **Sugar:** Refined processed sugars are found everywhere in ready-made foods. Read ingredient labels thoroughly. Significant for weight loss. Fruit is fine. What is not fine, are cakes, biscuits, sauces, and pastries.
- **Dairy Milk and dairy products**
Substitute cows milk for almond, or oat milk
Cheese is processed and best avoided. Raw goat/sheep cheese is your best option if you were to have a small amount.
- **Table Salt**
Substitute for Himalayan salt which is a whole salt and does not tax the adrenals.
- **Meat**
Animal meat is not recommended. Antibiotics, growth hormones amongst others are still present in the meat even when cooked. Your body will respond to the hormones and chemicals. and may give rise to hormonal imbalances, and weight gain.
Fish also contains high levels of heavy metals, and if farmed, they will contain hormones, chemicals, and antibiotics to name a few.

- **Alcohol, coffee, and fizzy drinks degrade your health**

Substitute for alcohol free drinks. Chicory root instead of coffee. Fizzy drinks overload your body with carbon dioxide, which is the air that we breathe out, too much in the body is toxic. Teas that are good for digestion are: fennel seed tea, flax seed tea, anis seed tea

5. Drink away from foods

When you eat, there are certain concentrations of enzymes and hydrochloric acid in your stomach designed to break down food. When you ingest water, you can dilute the concentration. You may drink some apple juice or carrot juice if you are thirsty during eating.

6. Knowing your blood group may help

More information can be found online or with Dr D'Adamo's book: Eat right for your blood type.

As a general idea, here are some examples:

Blood Type A: Must eat vegetarian diet as animal produce does not suit the blood type. Avoid Bananas and mangoes.

Blood Type B: Chicken can be toxic.

Blood Type O: Can tolerate meat, ideally must avoid potatoes and peppers. Sweet potatoes are fine.

7. How to cook foods

You can eat raw, although if you have a sore or upset stomach, you can lightly steam foods so that it is not so hard on the digestive system.

Steaming, baking, and boiling foods are preferable if cooking.

Never microwave and avoid frying and deep frying.

BREAKFAST EXAMPLES

- Fruit smoothies or vegetable such as Celery juice with cucumber smoothie
- Soaked toasted buckwheat, with almond milk, topped fruit
- Chia seed mixed with almond milk the night before – it will be a yoghurt consistency. Add fruit as a topping.
- Organic pea protein shake with almond or oat milk

LUNCH/DINNER EXAMPLES

- Vegetable soups or stews
- Salad
- Baked sweet potato and red cabbage, with a side of sliced tomatoes, cucumbers and avocado
- Curry with brown rice
- Guacamole or hummus with vegetable sticks

Recommended recipe sources:

Medical Medium:

Website: <http://www.medicalmedium.com/medical-medium-blog-recipes.htm>

Book: Life Changing Foods, Anthony William. Medical Medium

Oh She Glows

Website: <https://ohsheglows.com/categories/recipes-2/>

Deliciously Ella

Website: <https://deliciouslyella.com/category/recipes/>