



STEPS TO GOOD DIGESTION

Our bodies rely on us to provide quality nutrients and energy through the food we eat and the liquids we drink. When our digestive process is sluggish, either through faulty digestion, absorption or poor food choices, our bodies become deficient and cannot perform as effectively as we need them to.

1. Eat in a Calm, Relaxed State:

The body has two branches of the nervous system. The first branch governs all digestive system functions from the secretion of saliva all the way to the work of the liver and the kidneys. The other branch governs one's stress response, also known as "fight or flight". When one branch of the nervous system is working – for example, you are rushing to make dinner while the phone is ringing, your children are fighting and you have a meeting at 8 pm – the other branch of the nervous system that is responsible for digestion is shut off. In other words, you cannot adequately digest your food and feel stressed at the same time! Avoid eating while stressed or emotionally upset.

2. Chew Your Food:

Chewing is an essential component of the digestive system process. Digestion starts in the mouth. Be sure to chew your food into a paste and not gulp it down in large pieces. If food is not properly chewed before it reaches the stomach, more energy is needed to digest it. Unchewed food can be seen as harmful invaders and can trigger a negative reaction in the body that can lead to indigestion and constipation. Partially digested food can ferment in the small and large intestines causing gas, bloating, IBS and allergies. Chewing your food will help you to consume less food while feeling fuller!

3. Avoid Drinking Large Quantities Carbonated Liquid When Eating:

In order to break down and absorb the food you eat, limit caffeinated and carbonated drinks, especially with meals. The fluids consumed with meals dilute the digestive enzymes your body secretes, additionally, carbonation makes you feel full faster, resulting in you eating less quality food.

4. Avoid Overeating:

Eating excessive amounts places a strain on the digestive system and food cannot be properly broken down and absorbed. Food in the stomach needs to be churned. When you overeat, there is not any room left to churn, which can result in gaseousness, fatigue and bloating.

Chew your food properly. Eat balanced meals with appropriate portions, and be mindful when eating. Avoid watching TV, reading or engaging in a serious conversation. Keep in mind that it takes about 20 minutes for your brain to signal you that you are full. Always wait before eating seconds!

