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# LITTLE CHOICES TO HELP IMPROVE DIGESTION

Digestion is important for breaking down food into nutrients, which the body uses for energy, growth, and cell repair.

## 1 DON'T OVEREAT

Overindulgence can be a pain in your stomach. Overeating is taxing on the digestive system and can cause heartburn as well as affect your digestion.

## EAT REAL FOODS

Food additives in processed foods contribute to increased gut inflammation leading to a condition called Leaky Gut Syndrome. Avoiding food additives, trans fats and artificial sweeteners may improve your digestion and protect against digestive diseases.

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## 3 MOVE YOUR BODY

Digestion takes healthy muscle tone all around the abdomen for food to digest properly. Moving your body helps your food move through your digestive system so exercise can greatly improve digestion, even if you don't change what you eat.

## 4 MANAGE YOUR STRESS

Feelings of stress or anxiety can mess with your digestive system because stress slows down your digestion. Reducing stress can lower inflammation in the gut and allow your body to focus on absorbing the nutrients you need keeping you nourished.

## 5 DRINK PLENTY OF WATER

The stomach needs water for digestion, and drinking plenty of it will help digestion by dissolving fats and soluble fiber. Drinking water will help food to pass through proper digestion and absorption of nutrients.

## EAT MORE FIBER

Fiber helps to keep your food moving through your intestines easily. It dilutes the effects of any toxic compounds and speeds transit time through the colon working to remove bad bacteria from your colon and body. Eat both types: Soluble fiber absorbs toxins and unneeded cholesterol, and insoluble fiber hastens elimination.

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## 7 ADD IN PROBIOTICS

Probiotics are a good bacteria that you actually want in your system. We need good bacteria to strengthen the immune system, reduce chronic inflammation, help remedy leaky gut and more.

Probiotics aid digestion and improve nutrient absorption. You can take a quality probiotics supplement or consume raw fermented foods like sauerkraut or coconut kefir.

## 8 CHEW YOUR FOOD

Chewing is crucial for proper digestion. Our saliva contains lots of enzymes that aid digestion. Eating slowly is known to help prevent common digestive issues such as indigestion, bloating and gas.

## 9 INCREASE STOMACH ACID

Low stomach acid can create heartburn, belching or gas, fatigue, headaches and other digestive issues. Increase stomach acid by adding raw fermented apple cider vinegar or freshly-squeezed lemon juice to your water each morning.

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## 10 ADD IN ENZYMES

Digestive enzymes are necessary for this process, as they break down molecules like fats, proteins and carbs into even smaller molecules that can be easily absorbed.

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