

# TOP TIPS FOR GREAT DIGESTION

Here are my top tips for great digestion. Follow these digestive rules and watch as you have less gas, less bloating and less belching.

## DON'T DRINK ICY COLD DRINKS

Icy cold drinks reduce your digestive juices, which is a bad thing because you need a good amount of digestive juices to digest your food and assimilate your nutrients.

## DON'T DRINK WITH MEALS

Small sips of room temperature water should be okay, but ultimately wait until after your meal to drink. Drinking too much during mealtime will dilute your digestive juices.

## STIMULATE YOUR DIGESTIVE JUICES

Before each main meal take either a shot of lemon juice in water or apple cider vinegar in water or take a digestive bitters tincture. These stimulate your stomach acid, which is important because stomach acids breaks down protein and protein builds hormones. Unfortunately our stomach acid declines as we age and most people over the age of 40 have some form of underactive stomach. I like to take a digestive bitters tincture. The one I love is Canadian Bitters by St. Francis Herb Farm. I love it because it comes choc full of other incredible herbs that support liver health.

## TAKE A DAILY PROBIOTIC

You need a probiotic daily because probiotics are transient, leaving the gut frequently. Make sure you take one that has a CFU (Colony Forming Units) count of 25 billion, and one that has multiple strains of bacteria in it. This good bacteria aids in multiple digestive functions.

## ENJOY FERMENTED FOODS

Fermented foods are another way in which you can get a daily dose of probiotics. These fermented foods not only give you a whack of valuable nutrition, but they also populate your gut with some very friendly bacteria.

## CHEW YOUR FOOD REALLY WELL

Don't underestimate how important it is to take your time when you eat and chew your food really well. It's also beneficial to sit down and remove any distractions and to not eat when you're stressed out (when you're stressed your body focuses on enhancing our stress response instead of things such as digestion).

## AIM FOR TWO BOWEL MOVEMENTS PER DAY

How can you do this? Eat more fibre! I recommend 50 grams of fibre daily. Some great ways to do this include using psyllium husks. Add ½ a teaspoon of psyllium to water and drink it down quickly. Warning: you MUST drink ample water when you take psyllium as it's a soluble fibre and will make you constipated if you don't drink enough. Rule of thumb is to drink half your body weight in pounds, in ounces of water. For example, if you weigh 140lbs then drink 70 ounces of water every, single, day. PGX is also a great fibre supplement you can try and be sure to get your fair share of veggies every day (70% of your plate should be vegetables by volume). Note: increase your fibre intake slowly. If you go too fast you may experience gas, constipation or bloating.

## INCLUDE GELATIN IN YOUR DIET

Gelatin helps to heal a leaky gut, and most people have some degree of gut leakiness. When you have a leaky gut things that shouldn't get into your bloodstream, do. Once this happens, your body mounts an attack on the "foreign" particles. This paves the way for allergies, autoimmune disease and more.

## REMOVE GLUTEN AND DAIRY FROM YOUR DIET

Unfortunately gluten and dairy are pro-inflammatory foods that affect the vast majority of people. Remove them from your diet to see if this makes an impact on your digestion.

