



TARA THORNE HEALTH

HAPPY HORMONES COURSE

DIGESTION TIPS





TARA THORNE HEALTH HAPPY HORMONES COURSE DIGESTION TIPS

DIGESTION TIPS

You're not what you *eat*, you're what you *absorb*. You could be eating the most healthy diet in the world but if you're not absorbing the nutrients from your meal, what's the point? Digestion is crucial for hormonal health because our bodies run on micronutrients. So we want to ensure you're absorbing all the goodness from your diet by having healthy digestion. Plus - unhealthy digestion can lead to uncomfortable symptoms such as burping, gas, heartburn, a feeling of fullness after you eat, even skin problems and fatigue can be traced back to poor digestion oftentimes.

This guide outlines some tips for improving your digestion so you can get the most out of your meals and improve indigestion symptoms.

REDUCE STRESS BEFORE YOU EAT

Before you eat ensure you're not stressed. Stress will turn off your digestive processes because the body isn't concerned about digesting food if it thinks you're trying to run away from a tiger. Taking three deep breaths before you eat is helpful to get you out of "fight or flight" and into the "rest and digest" mode, ready for your meals.

DON'T DRINK WITH YOUR MEALS

Drinking with your meals will dilute your stomach acid and digestive juices, which are crucial for helping you breakdown your food and liberate the nutrients from your food.



TARA THORNE HEALTH

HAPPY HORMONES COURSE

DIGESTION TIPS

DIGESTION TIPS

DON'T EAT WHEN YOU'RE IN A RUSH & CHEW YOU'RE FOOD PROPERLY

Simply slowing down to eat your food and ensuring you chew it properly will make a huge difference to your digestion.

LEMON WATER IN THE MORNING

To start your mornings off aim to drink at least 10 oz of water with juice from about 1/2 a lemon in it as well as a good pinch of good quality sea salt like Redmon's Real Salt. The lemon water will help boost digestive function and the salt will help with cellular hydration and mineral balance.

BITTERS / APPLE CIDER VINEGAR

Use some ACV in water and shoot it back before each main meal. Use about 2 - 3 tsp of ACV. You can also use digestive bitters as well as or instead of ACV. This is a healthy habit you can keep up for life. My favourite brand in Canada is Canadian Bitters by St. Francis Herb Farm and you can get this via my Fullscript store [here](#). In the US I like Quicksilver bitters, (you can get this via my Fullscript store [here](#)) or Urban Moonshine bitters. If you're in Australia or the UK please reach out to me and I can help you purchase some in your area.



TARA THORNE HEALTH

HAPPY HORMONES COURSE

DIGESTION TIPS

DIGESTION TIPS

DIGESTIVE ENZYMES

Enzymes are a great support if you're struggling with digestion. Many women I work with inside The Hormone Balance Solution have low pancreatic enzymes, (a marker we see on the GI Map stool test). Often this is due to low stomach acid, (HCL) because HCL stimulates the release of pancreatic enzymes from the pancreas. Taking enzymes can help you digest your food and prevent gut dysbiosis. If you're in Canada you can get some enzymes via my Fullscript store [here](#) or if you're in the US you can get them from my Fullscript store [here](#). If you're in Australia or the UK please reach out to me and I can help you purchase some in your area. Otherwise, these are some good enzymes you can get from iHerb:

- [Now Foods Plant Enzymes](#)
- [Source Naturals Daily Essential Enzymes](#)

TUDCA

If you struggle with gallbladder issues or liver congestion then TUDCA may be the supplement for you. You may suffer with gallbladder / bile issues if you are nauseated after you eat fatty foods or fatty foods just don't sit right and upset your stomach. Or, you may have pale stools or stools that float, or there's a greasy film in the toilet bowl after you have a bowel movement. TUDCA supports the liver, digestion and mitochondrial health, (the powerhouses of your cells). It's a natural component of bile and the TUDCA I recommend can help lower inflammation and prevent free radical damage. It's quite the amazing supplement! To purchase click [here](#).



TARA THORNE HEALTH
HAPPY HORMONES COURSE
DIGESTION TIPS

DISCLAIMER

I am not medically qualified;

I am not a substitute for advice from a qualified doctor;

I recommend you consult your doctor before making any changes to your diet or exercise regime or taking any supplements listed in this document;

Please do not take supplements listed in this document if you're pregnant, breastfeeding, on medications, or have a health condition, unless discussed with your doctor first;

I am not liable for any losses you may suffer by relying on my advice.