

5 WAYS TO OPTIMIZE YOUR DIGESTIVE FIRE

EAT AND BE NOURISHED



MINDFUL EATING

Digestion begins in the mind

It's no wonder that digestive disorders are on the rise. In a world where we are always in a rush or "multitasking" to be efficient we are actually running in a constant state of stress. When the body is stressed digestive enzymes are depleted and stomach acid is shut down. This leaves us bloated and constipated. When you eat take five minutes to set the "mood". Light a candle, put on music and always be sitting down. Most importantly turn off your phone and put it out of sight. Taste every bite, notice its texture. It seems simple but simply doing has cured some clients IBS.

SIP GINGER TEA WITH MEALS

Stimulating agni

Ginger has many benefits. It acts as a carminative relieving gas and bloating, and because of its warming properties it can aid someone who has low digestive function by stimulating stomach acid to break down proteins better.

EAT REAL FOOD

If it's made of plants eat it, if it was made in a plant don't

Real food is anything that comes from the earth and is made by plants. Green leafy vegetables, sweet potatoes, squash, grass fed meats and poultry. Fake food are anything that has undergone extensive processing such as white pastas, breads, cookies, diet bars etc.

INCORPORATE CULTURED VEGGIES

Support a healthy microbiome

Raw sauerkraut or kimchi eaten with meals like a condiment will provide the gut with good bacteria and help with the digestive process. (**You are looking for RAW, unpasteurized fermented veggies. They can also be made cheaply at home.) These foods contain both prebiotics and probiotics to support a healthy microbiome

EAT UNTIL YOU ARE 80% FULL

This will optimize energy

This allows enough space for the digestive juices to breakdown food. Think of a furnace... if you filled the furnace full of wood and then tried to light it you wouldn't create a very good fire because there is not enough space for oxygen to help keep the flames going. In the same way if you fill your stomach full of food then you will not create enough space to ignite your digestive fire so to speak.

SOURCE: WWW.MYNOURISHINGROOTS.COM