

Tips for Optimal Digestion

Below are my tips to create optimal conditions for digestion. They are the ones that will allow one's natural processes of digestion, absorption, elimination and intestinal immunity to work as efficiently as possible.

Optimal digestion helps with better all-day energy and easy weight loss too!

Healthy digestion is the cornerstone to any healthy regime.

Tip #1: Choose easier to digest foods vs hard to digest foods

EASIER TO DIGEST FOODS vs HARD TO DIGEST FOODS

- slightly cooked veggies vs raw vegetables (unless in vinaigrette dressing)
- bone broth meat soups vs charbroiled, fully cooked meat and potatoes
- free range/organic chicken and eggs vs factory farmed and confined
- fish and chicken vs fully cooked red meats
- previously soaked nuts and seeds vs raw nuts (un soaked or nut sprouted)
- ground flax seeds vs whole flax seeds
- previously soaked or sprouted grains and legumes vs un soaked and whole
- white rice vs brown rice
- raw dairy vs pasteurized dairy
- sheep or goat cheese vs cheese from cow
- buffalo milk vs cow milk (important for autistic spectrum disorder)

Tip #2: Proper food combinations

It is important *not* to combine raw fruit with animal proteins in the same meal. For example, don't eat eggs and strawberries in the same meal. (Cooked fruit may be tolerated.)

WHY? Most of the sugar from the raw fruit gets digested in the intestine rather than the stomach. If eaten alone, raw fruit will pass through the stomach in minutes. Animal proteins, however, need to stay in the stomach for 2 ½ - 4 hours. *If sugar and protein are eaten together, the stomach holds onto the entire mass, causing putrefaction, gas and bloating.*

When combining raw fruit, choose from these items: high quality protein powder, nuts and/or seeds (previously soaked or sprouted), raw milk or raw milk cheese, non-homogenized yogurt or kefir (preferably made from pasture-fed cows, sheep or goats). Adding dark leafy greens to this combination is fine when blended for 3+ minutes.

SMOOTHIE EXAMPLE:

A good example of this combination is a smoothie made with 1 cup of berries or 1 whole fruit, handful of kale or spinach (leaves only), ¼ cup of chia or hemp seeds and 1 cup of almond or coconut milk Add serving of protein powder (2-4 scoops) Blend for 3 minutes (to break down the kale if using)

Tip #3: Eat foods and drink beverages at room temperature

Consuming foods and beverages at room temperature helps your stomach's motility and digestion.

Tip #4: Eat one meat protein per meal

Some people get indigestion when they combine two or more meat proteins at one sitting. To reduce this likelihood, choose a single meat source per meal. For instance, don't have chicken and prawns, or a meat patty with bacon. *Eggs and bacon seem to be fine for most people.*

Tip #5: When exercising, choose the right pre workout snack. If you are hungry before exercising, choose an easy to digest snack. 3 of my TOP pre workout choices are

- 1) Protein powder + Powdered greens + Fibre powder + coconut milk or almond milk. SHAKE. DRINK. GO
- 2) **The Perfect Protein Bar – Crunchy Chocolate Almond** Recipe found here <https://askmichale.com/the-perfect-protein-bar/>
- 3) **The Perfect Plant Based Protein Bar – Crunchy Chocolate Almond** Recipe found here (soon to be published)

Alternatively, have a bar like a Good Fats Bar found in your Natural Health Food Store.

Tip #6: Dinking your water AWAY from meals

Stop liquids 30 min before and resume 1-2 hrs after. Too much water at mealtimes dilute your body's enzymes that are needed to digest your meals.

Note: A young person with ample hydrochloric acid might get away with unwise food combinations, because HCL neutralizes the by-products of putrefaction. However, this situation changes as we get older!

Tip #7: Consume apple cider vinegar or take digestive enzymes

Apple cider vinegar is helpful to prepare the body for good digestion. Take 1-2 tsps. in a small glass of warm water just prior to eating your meals.

Digestive enzymes, that are carefully formulated, will help you to digest your foods. Make sure your digestive enzymes contain Betaine HCL, ox bile, and enzymes needed to break down proteins, carbohydrates and fats (ie protease, amylase, and lipase). The KEY is the HCL and ox bile.

Tip #8: Relax and enjoy your food

Taking time to sit calmly and chew your food slowly may be all you need to ensure proper digestion. Take time to enjoy the tastes, textures and aromas of the food. Swallow only when each mouthful has turned to a paste (even chew your smoothies and green drinks). Only eat enough to feel good. Never stuff yourself. A calm, attentive attitude also allows your brain to register when full.

Make it a practice to chew your food 20 X before swallowing. Be the last one to leave the table. Strive not to walk and eat. Eat AFTER you eat is a good practice though. Slow walking, not jogging 😊

Tip #9: Setting the Mood

Do not eat when angry, anxious, upset or overtired. If you feel the need to eat in these states, choose easy to digest foods (see Tip #1 above).

Begin each meal quietly, with a silent pause or saying grace. Avoid watching TV or arguing while eating. Play some soothing music and light a beeswax candle. This is what I do 😊

Tip #10: Timing

Eat only when hungry and stop when 80% full. Stop eating foods 2-4 hrs before bedtime (i.e. dinner at 6 or 6:30pm, bedtime at 9 or 9:30pm)

Tip #11: Get enough sleep

According to T.S. Wiley in her book, *Lights Out – Sleep, Sugar, and Survival*, “If you want to control your appetite (blood sugar levels), you must sleep as many hours as you would in nature according to seasonal light exposure.

That means 8 hrs in summer and 9.5 in winter time.

If you can't go cold turkey, read for 15 – 20 min or have an Epsom salts bath.

Reading will put you to sleep faster than late-night television anyway.

Want your own Personalized Nutrition Plan? Pick what plan works for you by going here <https://askmichale.com/personalized-nutritional-consulting/>

Fit n Healthy Nutritional Consulting
Diet and Detox Specialist
Michale Hartte BAsc (Nutr), NNCP, CH
250 718 1653
askmichale@gmail.com
www.askmichale.com