



Healthy digestion relies on a co-ordination of all the process involved in breaking down food. This includes everything from the simple act of mindful chewing to the action of friendly bacteria in the colon that prepare the stool for elimination.

Five simple actions to aid your Digestion

- 1. Just eat** - Put your attention on the process of eating. Take time to have a meal, rather than catch your food on the run or whilst doing other things. When your attention is on the eating process, digestion isn't a distraction, it's the main event.
- 2. Eat slowly** - This allows time for the signals from the senses to get to the brain and stimulate the production of digestive enzymes, muscular contractions, and other processes necessary for digestion before the food arrives.
- 3. Chew well** - Chew your food until it is liquid before swallowing. Chewing shreds fibres, mashes and macerates food and mixes it with saliva. If the food is not chewed properly, digestion is impeded, and digestion may take much longer because the food does not have sufficient surface area exposed to the digestive juices for digestion to occur efficiently.
- 4. Don't wash your food down** - Too much liquid with your meals may dilute your digestive juices. Try not to drink large amounts of fluid 30 minutes before a meal or an hour afterwards. A little liquid with the meal is ok, if needed.
- 5. Don't eat too much** - Try to leave about 1/3 of the stomach empty. This would leave room for food to be mixed and churned with the digestive juices, prevent indigestion and weight gain down the line.

Foods that support digestive secretions

Bitter foods help to stimulate stomach acid and other digestive juices. Eating a small amount of these foods at the beginning of a meal helps to prepare the body to digest the rest of the meal:

- Aloe Vera
- Apple cider vinegar
- Bitter Melon
- Chicory
- Endive
- Green bitter vegetables
- Lemon juice
- Rocket
- Dandelion leaves
- Rhubarb
- Fresh Turmeric Root
- Fenugreek



Food habits to promote healthy Digestion

- ⇒ Take a glass of warm water with ½ of lemon 30 min before breakfast,
- ⇒ Take 2 tbsp of apple cider vinegar with 1/3 glass of water before main meals,
- ⇒ Take a tablespoon of Aloe Vera juice before each meal,
- ⇒ Introduce bitter foods at the start of each meal, e.g., grated bitter melon, chicory, endive, dandelion leaves, or rocket to a side salad and eat these foods first,
- ⇒ Add fenugreek and turmeric to your dishes.



Maintaining Healthy Digestion

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Foods that support the intestine and bowel

The following foods help to soothe and lubricate the intestines:

Almond	Honey	Sesame oil
Apple	Liquorice root	Soy products
Apricot	Okra	Spinach
Banana	Peach	
Cauliflower	Pear	
Flax & Chia seeds	Pine nut	
	Prune	



These foods are a natural source of friendly bacteria and can help to maintain a healthy gut flora:

Kefir – fermented milk drink	Miso	Other pickles
Live yogurt (goats, sheep, coconut)	Pickles	Miso
Live cheeses	Kim Chi – Collective name for a variety of Korean pickled vegetable dishes	Tempeh
Sauerkraut	Olives	Tamari Sauce
		Natto
		Other fermented foods



These foods are natural prebiotics, this means they help to feed friendly bacteria:

Artichoke	Garlic	Raisins
Asparagus	Goat's milk	Salsify
Banana	Green beans	Shallots
Chicory	Jerusalem artichoke	Sprouted wheat
Dandelion greens	Leeks	Tomatoes
Dark green leafy vegetables	Legumes	Unrefined barley
Flaxseed	Onions	Unrefined oats



These foods help to promote regular bowel movements:

Asparagus	Fig	Pressed prune juice
Black sesame seed	Oat bran	Soaked flax seeds
Cabbage	Papaya	Sweet potato
Coconut	Peas	



Recipes suggestions:

- ⇒ <https://christinebailey.co.uk>
- ⇒ <https://detoxkitchen.co.uk>
- ⇒ www.dietdoctor.com

References:

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- <https://www.hopkinsmedicine.org/health/wellness-and-prevention/your-digestive-system-5-ways-to-support-gut-health>
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