

Ten Tips for Stronger Digestion

1. Don't drink water with your meal – and never drink it cold

- a. Drink water before your meal
- b. Drinking water with meal dilutes digestive juices
- c. Cold water robs digestive energy from your body
- d. Soup is okay, can sip tea with a meal

2. Don't eat cold foods

- a. Cold foods deplete your digestive energy

3. Do some light exercise before breakfast

- a. Walking, light stretching, etc. Get your energy moving a bit

4. Breakfast like a king, lunch like a prince, dinner like a pauper

- a. Digestive energy is stronger in morning, weaker at night
- b. No appetite for breakfast means weak digestive energy
- c. Eat a bigger breakfast and a lighter dinner for more energy and better sleep

5. Eat fresh food – not processed, packaged or canned

- a. Stale food uses your energy to digest
- b. Fresh food supplies the energy to digest AND gives you energy

6. Avoid sweet food (sugar, candy, fruit, fruit juices, colas, bread, pasta)

- a. Sweet food makes you burn energy reserves
- b. Sweet food weakens your digestive energy
- c. Sweet food feeds the wrong kind of bacteria in your gut

7. Eat lots of warm veggies

- a. Veggies have lots of fiber which feed the good bacteria
- b. Raw veggies take energy to digest - so cook them lightly
- c. Cooking with ginger makes veggies easier to digest
- d. If you're not hungry for veggies your digestive energy is weak

8. Don't worry about things you can't change

- a. Excess worry weakens your digestive energy

9. Trust in God to show you the way

- a. Meditate or pray before bed to release your worry

10. Bless your food before you eat

- a. Shifting your mental attitude to gratitude aids digestion
- b. Saying grace strengthens your protective energy against potential microbes and toxins in your food