

# Regulate Your Digestion

**What** Regulate Your Digestion

**When** At every meal

**Why** Your digestion has an effect on your entire body. When it is out of balance, it can cause the rest of your body to be out of balance, causing pain, muscle aches, fatigue, depression, mood swings, poor sleep, etc.

**How**

- 1st: and foremost, replace the coffee. It is not the caffeine in the coffee, it is the bean itself. The process of roasting beans leaves many carcinogens that you end up ingesting. Coffee is also like an inferno in your stomach. Any acid regurgitation, pain, coffee will make it worse.
  - Replace coffee with green tea or even Chicory tea that tastes similar to coffee.
- 2nd: Cook all your food. Yes, salads and sushi may seem very healthy, but raw food can affect your stomach and cause gas, bloating, and loose stools. Be sure and
  - Cook all your food.
  - Steam, bake or sauté all your veggies.
  - Use cooked spinach as your base and put all your salad toppings, such as raw lettuce, on the spinach instead.
  - Try baking your fruit
    - Cooked stone fruit, apples and pears are a great way to enjoy your fruit.
- 3rd: Watch how nuts effect your digestion. Too many can often cause your stomach to feel uncomfortable.
- 4th: try to keep a food journal for 2 weeks and make a note any time your stomach feels uncomfortable. This will enable you to track what might be bothering your digestion.