GOOD DIGESTION

If you have a busy life there are ways to ensure that digestion happens properly.

1. CREATE. MEAL TIMES AND EAT ALONE if necessary. Happiness is the best digestive aid.

2. GIVE THANKS FOR THE GIFT OF FOOD. Blessing your food makes it more alkaline.

3. CHEW AND INSALIVATE YOUR FOOD WELL. This also makes it more alkaline, enhances textures. Fill stomach halfway with food, a quarter with liquid, having the last quarter empty for digestion. Lose liquid with gas. Avoid soft meals with water.

4. ADD ALKALINE COMBINATIONS. You may be able to tolerate many combinations, otherwise follow basic rule of

   "NO PROTEIN WITH STARCH." PROTEIN - foods, meats, proteins, seafood, eggs, dairy. Starches - foods and nuts combine well with all vegetables except starch vegetables like potatoes, turnips, pumpkins. Eat proteins first and add salads and cooked vegetables later in the meal. Fruits that help digest protein can be eaten 45 minutes before and are: apples, apricots, blueberries, grapefruit, kiwi, lemons, limes, oranges, papayas, peaches, pears, pineapples, plums, raspberries, strawberries. PROTEIN/STARCH foods, beans are various combinations of protein and starch, and may cause indigestion.

They can be tolerated when cooked well (discard overnight soak water) with digestive herbs. Beans eaten with grains from complete proteins. Sprouted beans raw are better digested and more alkaline-forming. STARCHES which are grains, cereals, peas, potato, parsnip, kohlrabi, turnip, barley, sweet potato, corn, potatoes, veggies. Salads and vegetables contain alkaline-forming foods and nuts combine well with all vegetables except starch vegetables like potatoes, turnips, pumpkins. Dairy foods (light protein) with starch, is a more tolerable combination than meat with starch.

Alkaline food combinations. It's the main ingredients that count, so a garnish of a small amount of cheese on your bread, a bit of yoghurt with rice, or a little piece of meat with a big serving of vegetables (a little protein with a lot of alkaline vegetables) can be tolerated, especially when 80% of alkaline vegetables matter with cooked vegetable and raw mixed vegetable salads.

A protein-based meal of chicken or meat with vegetables and salad could have gravy (starch) added and be digested well. Most milk (cheese and yogurt) has too much sodium and other minerals. If digestive stress occurs then return to basic rule of "no starch with protein."

Soy milk is more compatible with cereals than milk as it contains more B vitamins and less sodium. Meat and cereals, soy and cereals, but not all combinations of meat and cereals are well digested. In general, diets that are more alkaline, 100% plant-based, or contain more alkaline foods, especially fruits and vegetables, have lower blood pH levels.

GOLDEN RULE: The best diet for everyone is the diet that evolves towards that which is naturally present in the body. What a healthy diet looks like can vary from person to person and depend on individual circumstances.

Meal to stimulate the digestive cage. Consult a Herbalist for herbs that suit your individual constitutional needs. Pepper multi hit an hour before food is a safe digestive aid. Or a spoon of organic apple cider vinegar in water before meals, or a herbal tea with the meal, helps digestion.

6. DIGESTIVE ENZYMES CAN BE TAKEN in meal.

Or increase raw content of meals to give your body the raw material it needs to make its own enzymes. Raw fruits and veggies and sprouted seeds and beans are excellent for enzyme replenishment, as are fermented foods such as yoghurt, miso, tempeh, sauerkraut, sour dough and cultured cheeses.

7. EAT A WIDE VARIETY OF FOLDS. Suspected allergic foods may be tolerated once in 4 days.

8. ACID-TYPE FOODS - like arugula, parsley, strawberries, kiwifruit and tomatoes, become alkaline-forming after metabolism. They can cause a sudden release of acidity as a rash, stop eating them, and reintroduce more slowly a few days later.

EXCESS ACID WASTE

Excess acid waste is the cause of many ailments. If your diet is largely composed of red meat, cereals, breads, white flour, foods rich in proteins, sugar, coffee, tea, alcohol, sugar, and all the usual signs of over-acidity (signs listed in next column) that may follow in the days after a bout of indigestion. Relief of digestive stress - Mild - any juice of a lemon in warm water, or any alkaline-tasting fruit juice. Strong - a liter of freshly pressed orange and lemon juice, or halved pear juice (not too much, or you will throw it away.

5. DIETARY HERBS can be cooked in with food, i.e. fenugreek, coriander, parsley, dill, cumin, caraway, anise, tarragon, curcuma, and parsley and curry beans. Herbal teas (chamomile and peppermint) and tinctures (dandelion) can be taken before the meal to stimulate the digestive cage. Consult a Herbalist for herbs that suit your individual constitutional needs. Pepper multi hit an hour before food is a safe digestive aid. Or a spoon of organic apple cider vinegar in water before meals, or a herbal tea with the meal, helps digestion.

9. TRADITIONAL PROBLEMS can be addressed using a properly balanced diet containing alkaline-forming foods. Be sure to eat a wide variety of foods to supplement the nutrients needed by your body. For example, include plenty of fresh fruits and vegetables, which are rich in vitamins and minerals. Also, include whole grains, legumes, nuts, and seeds, which are rich in fiber.

10. MAINTAIN A BALANCED DIET that includes a variety of foods, including beans, nuts, fruits, and vegetables. Avoid processed foods and added sugars.

11. EAT AT LEAST 8-10 SERVINGS OF FRESH VEGETABLES per day. This will help ensure that you are getting a wide variety of nutrients.

12. DRINK AT LEAST 8-10 CUPS OF FLUIDS per day to help with digestion and hydration.

13. AVOID ARTIFICIAL SWEETENERS and processed foods that are high in sugar or refined carbohydrates.

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