

# Guidelines For Healthy Digestion

Following is a summary of guidelines that help to create the optimum conditions for digestion. They are ones that will allow one's natural processes of digestion, absorption, elimination and intestinal immunity to work as efficiently as possible. Every program of health restoration and disease prevention needs to pay particular attention to these factors.

## Timing

- Eat only when genuinely hungry
- Have the largest meal in the middle of the day (if you are to have a larger meal)
- Rest at least 10 minutes before and 20 minutes after each meal
- Spend at least 30 minutes eating each meal
- Allow at least 3 hours between meals and snacks

## Setting the mood

- Do not eat when angry, anxious, upset, worried or overtired
- Begin each meal quietly, with a silent pause or saying grace
- Eat with congenial company in pleasant conversation, or eat alone
- When eating alone, sit in contemplative silence or with pleasant music
- Avoid reading, watching TV or arguing while eating

## Awareness

- Take your time eating and chew your food thoroughly
- Take time to enjoy the tastes, textures and aromas of the food
- Imagine the food being transformed into your bodily cells
- Swallow only when each mouthful has turned to paste
- Eat only enough to feel good. Never eat until you feel stuffed.

## Food Selection

- Drink 2 litres of purified water daily or at least  $\frac{1}{2}$  your weight in ounces – Ex: If you are 150 pounds, then drink 75 ounces of water daily. To find out how many cups, divide by 8.
- Consume large amounts of dietary fibre, mainly from fresh vegetables
- Avoid processed foods, refined sugars and flours
- Consume alcohol and caffeine sparingly and avoid consuming with meals as they minimize absorption of nutrients

- Suspect allergy/intolerance to any food to which one has addictive cravings or to any that produces excess mucus or gastrointestinal distress of any kind
- Observe your body's reactions to dairy, gluten and wheat to see if you have an intolerance or allergy to them

## **Food Combining**

- Do not combine sources of sugar or fruit with proteins or fats at the same meal
- Eat fruits or drink fruit juice 30 minutes before or 2 to 3 hours after meals
- Sip water when mouth is empty or at the end of a meal

## **Supplements**

- Take vitamin-mineral supplements with meals
- Support digestive weaknesses by taking appropriate supplementary enzymes

## **Infants**

- Nurse infants for as long as possible (up to 24 months).
- While nursing, avoid foods that can trigger allergic responses to the baby. Avoid taking medications, drinking coffee or drinking alcohol as these can affect the baby.
- First solid foods should be pureed meats, green vegetables and fruit
- No cereals or starchy foods until infant has teeth to grind them

**Source:** [Digestion: Inner Pathway to Health](#) – by: [David Rowland](#)