



Master Your
DIGESTION

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All About Digestion

Keys to digestions:

1. Hydration
2. Fibre
3. Essential Fatty Acids
4. Bitter taste
5. Pre/Pro-biotics
6. Mindfulness/Reduce stressors

- **Hydration** - 2-3L per day is optimal. Optimize with electrolytes/salts!

Our bodies are 70% water. We require water to perform all our cellular functions.

If we are dehydrated our bodies cannot function optimally. We are unable to concentrate, we become lethargic, age faster, feel joint pain, and hold onto toxins that circulate through our systems that often cause damage on many levels.

In many locations, tap water is not the best choice because it contains chlorine which binds with our body's store of iodine. If this occurs, our thyroid function could be impaired. Tap water may contain many other toxins. Ideally having spring water or re-mineralized water is best. This might not be easily available for you, but if you can, I would encourage this!

If feel thirsty, you are likely already dehydrated. Drink up! Your body will thank you :)

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To add extra minerals to your water sprinkle in a pinch of Himalayan rock salt, Celtic sea salt or trace minerals can be purchased as a supplement from the health foods store.

Good choices for water:

- Santevia water filtration system (to filter tap water)
- Monashee Spring water (bottled) – best bottled water according to our research
- Built in water filters (carbon, reverse osmosis) – you may want to add trace minerals back to reverse osmosis systems.

Keep in mind if you are thirsty, ANY water is better than no water... even from the tap!



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- **Fibre: For keeping colon healthy.**

- It is a good idea to get fibre from soluble and insoluble sources;
- Insoluble fibre (like the stringy parts of celery) adds roughage to stool.

Sources: Wheat bran and whole grains, as well as the skins of many fruits and vegetables, and seeds, are rich sources;

- Water-soluble fibre makes stools heavier and speeds (or slows, depending on what is needed) their passage through the gut. Like a sponge, it absorbs many times its weight in water, swelling up and helping to eliminate feces and relieve constipation and even diarrhea.

Sources: Pectin, and other compounds found in oat bran, legumes (peas, kidney beans, lentils), some seeds, brown rice, barley, fruits (such as apples), vegetables, seed husks, flaxseed, and psyllium.

- Water-soluble fiber binds up bile for it to be excreted through the stool. Bile carries extra cholesterol from the body. Up to 94% of bile can be reabsorbed if it is not eliminated. This means cholesterol, toxins, and hormones, which were trying to leave the body are able to re-enter the bloodstream.

Try adding oat bran to cereals, unsweetened applesauce or organic plain yogurt as a snack between meals.



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- **Essential Fatty Acids/Omega 3:**

- EFAs are needed for functioning of the brain, lack of EFA's can lead to forgetfulness, decreased alertness, brain fog;
- responsible for production of prostaglandins, which are the substances that literally make your immune system;
- lubricate your colon, allowing for easier transit through your digestive tract;
- enhances the release of sex hormones, and both relieve pain and inflammation, even at a cellular level;
- The daily requirement of EFAs is satisfied by an amount equivalent to 10-20 percent total of your daily caloric intake.
- Sources of Omega 3: fish (especially wild pacific salmon, herring, sardines), flax seed, walnuts, walnut oil, hemp seeds & oil;
- Sources of omega 6: borage oil, evening primrose oil, hemp oil, flax oil, sunflower oil, safflower oil, and black currant oil; and Raw nuts and seeds are a source as well.

Make sure not to cook with omega-3 and 6 oils as they are very sensitive to heat, light and oxygen. Store them in a dark cool place (fridge).



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- **Bitter taste:**

The bitter taste tends to be non-existent in the Standard American Diet. Starting meals off with a salad full of bitter greens and a dressing that includes apple cider vinegar is a great way to jump start digestion. This will increase the acidity of the stomach before the bulk of the meal gets there in order to properly digest and absorb essential nutrients.

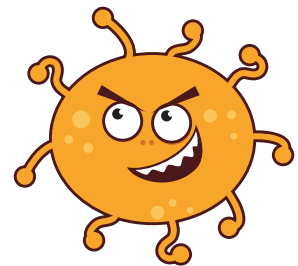
- **Pre/Probiotics:**

Studies have shown the average North American has about 85% undesirable bacteria and 15% good bacteria in their gut. Ideally we would have these ratios flipped!

Good bacteria help us to properly absorb our nutrients, contribute to our immune system and also produce valuable B-vitamins for us.

Consume fermented foods, such as miso, sauerkraut, plain organic yogurt, tempeh, or kefir (add to a shake/smoothie), or taking a probiotic supplement.

An acidic environment promotes the growth of “bad” bacteria, yeast and parasites therefore alkalinizing foods should make up around 75-80% of your diet (see charts) and acidifying foods 20-25%.



do small things
with great love



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