

# Healthy practices for good digestion - We are what we eat!

'Let Food Be Thy Medicine and Medicine Be Thy Food' Hippocrates 400BC

for your well being

## Selfcare tips:

- eat slowly in a relaxed environment
- eat sitting down at a table & free from distractions
- do not rush - chew your food slowly & thoroughly for optimum nutrient absorption
- negative thoughts weaken the immune system ☹️
- do not drink with food (½ hr before/after food)
- do not overeat (especially at night as your liver has to work overtime)



## Tips for healthy eating & minimizing toxins:

- try to eat as organically as possible (more nutrients & less toxins)
- eat Alkaline, natural, unprocessed 'whole' foods, close to their natural
- eat more alkaline foods & less acid foods (see alkaline chart)
- small meals, more often
- eat a variety of colourful and raw foods
- eat 3-4 servings of fish per week
- avoid anti-nutrients (caffeine, sugar, artificial ingredients, alcohol)
- Ginger & Peppermint herbal teas aid digestion
- Drink plenty of water to flush out toxins (especially following a treatment)
- Avoid environmental toxins – fumes, smoke, pollution
- Choose safe, natural & environmentally friendly cleaning products
- Choose natural skin care, deodorants, toothpaste & hair care products free from nasty chemicals – the skin is the biggest organ!



**A liver cleansing diet stimulates the release of wastes from the body.**

**It increases the flow of bile and overall liver function and has a blood purifying effect.**



***Organs such as the liver, pancreas and gall bladder play important roles in digestion and their healthy functioning is necessary for good digestion. If digestion is poor we cannot get the nutrition and energy we need from food.***

## **Stress Reduction Techniques**

Regular exercise is key to relieving stress and vital to digestion  
Breathing exercises and meditation calm the nervous system

sole touch  
therapy

for your well being

