

THE DO'S & DON'TS OF *Digestion*

DO...

Eat a Healthy Diet

- Chew your food well
- Drink sufficient water
- Include a variety of plants in your diet
- Eat enough fiber
- Add in berries and green tea
- Implement quality supplements
- Try warm foods instead of cold

Live a Quality Lifestyle

- Get moving
- Stop smoking & drink less alcohol
- Reduce your stress

DON'T...

Eat a Poor Diet

- Cut out added sugars
- Eliminate refined oils & grains
- Avoid processed food

Stress Out All the Time

- Practice work/life balance
- Take time for yourself

Overload with Toxins

- Avoid copious amounts of alcohol
- Limit drugs - medications, painkillers
- Eliminate pesticides, food preservatives, dyes