

# 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