

Dietary & Lifestyle Basic Principals

Easy tips to improve digestion

1.



Decrease Fluid 30 min before and 1 hour after meals

This will maximise pH in the gut

2.



Minimise caffeine 1-2 hours before meals

3.



Food combining principles:

- Avoid combining meat, chicken, fish & fats with complex/refined carbohydrates
- Do not combine fruit and starches with proteins
- Do not combine different types of proteins - eating one type of meat simplifies digestion
 - *What are starchy vegetables: sweet potatoes, pumpkin, potato*
 - *What are starchy foods: All refined and complex carbohydrates - these include cakes, bread, pasta, rice, oats, and alternative grains.*

4.



Consider how to you cook your meats

Slow roasting, sous viding, braising, & stewing your red meats can improve digestion and absorption. This can also be done with chicken and fish.

5.



Consider pickling or fermenting some of your vegetables to aid in digestion

6.



Taking apple cider vinegar or lemon juice to enhance digestion?

Ensure that you are only having small amounts of water with them and take them before protein meals.

7.



Practice slowing down before and after meals - especially a protein meal