

Digestion Series

7 tips:

- 1) Cooling and warming foods. Ying and yang balance.
- 2) Fasting. Give digestion a break sometimes.
- 3) Meal timing and quantity of food at each meal.
- 4) Be happy when you eat.
- 5) Look into different supplements that can help with digestion like HCl, digestive enzymes, and probiotic.
- 6) Add sea salt to your meals.
- 7) Add good quality healthy fats to each meal.

And one last tip → look into damaged metabolism. See if you have a broken metabolism from years of dieting, chronic stress, poor eating habits, etc.

Looking into ways to fix metabolism can help with overall digestion.