

“Proper Digestion is Primarily a Lifestyle Choice”

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THINGS WE CAN DO:

Chew food a minimum of 30 times, or until food becomes liquefied.

Eat all meals without drinking any fluids.

Eat only until satisfied, not full.

Try to eat the right combinations.

Take Acidophilus and Bifidus before bed or at rising daily, on empty stomach.

Eat fruit on empty stomach.

Eat bitter foods (dandelion greens, kale, chard, turnip greens)

If you have bad digestion, use digestive enzymes and bitters before meals to stimulate the digestive juices.

Try to eliminate all processed foods and sugars as much as possible.

Eat only mild, temperature foods.

Only eat when you are happy and not stressed.

Talk, sing, laugh and pray with and to your food.

You can demand higher quality foods from your grocer.

Try to avoid caffeine, sugar, and alcohol during meals, as they stop the digestive process.

Cook for or with some one you love to be around. Have fun, experiment with new foods.

Avoid nightshades, such as tomatoes, potatoes, green peppers, zucchini, unless eating them with a calcium source such as sesame seeds, good organic white cheese, etc...

Find out your blood type and learn the foods that best work that type (Eat Right For Your Blood Type, by Dr. Peter J.D'Adamo)

Use HERBS to counter any digestive dysfunction, as they are non-invasive and have little or no side effects!

Sedatives: Chamomile, Lavender, Catnip, and Hops.

Stimulants: Cayenne, Ginger, Rosemary, Bitter herbs, and Burdock. Tonic Herbs:

Garlic, Ginkgo, Dandelion, Chickweed.

Anti-gas: Fennel seeds

Indigestion happens when we eat too much, too fast, too rich, too sweet, the wrong combinations, etc.

To relieve symptoms: Use herbs like Fennel seeds, Coriander, Caraway seeds and Ginger.

To Increase Acidity: Cayenne and Papaya

To Decrease Acidity: Chamomile and Fennel Seeds

Diseases start over a long period of time and progress into serious, threatening problems, i.e., Irritable Bowel Syndrome, Spastic Colon, Colon Cancer, Diverticulitis, Gastritis, Ulcers and so on. Herbs and life-style changes are very helpful in these conditions when allopathic medicines fail.

1. **Weight Loss**: Requires a lifetime commitment to a healthier lifestyle.

- a. Reduce caloric intake mildly.
- b. Reduce high-glycemic foods (refer to hand-out).
- c. Drink water (preferably distilled), right amount for your weight: divide your weight in half and drink that many ounces per day.
- d. Exercise more often. Some people respond better to vigorous exercise, whereas, others respond better to yoga-like exercise.
- e. Take supplements like: Essential Fatty Acids, Kelp, Lecithin, Calcium, Co-Enzyme Q10, Amino Acid Complex, and DHEA.

Herbs to reduce water retention: Dandelion leaf, Alfalfa, Corn silk, Gravel root, Horsetail, Juniper berries, Yarrow, and Thyme.

Herbs to cleanse digestive tract: Aloe Vera juice, Burdock root, Cayenne, Bayberry bark, Fennel seeds, and Fenugreek.

Herbs to aid thyroid and adrenals: Siberian Ginseng, Bladder wrack, Borage seed, Hawthorn berry, and Sarsaparilla.

Herbs to improve digestion and metabolism: Cayenne, Ginger, Cardamom, Cinnamon, Mustard seed, and Green tea.

Other Suggestions for Digestive Healing

Rotate Foods – Eat each type of food no more than twice per week.

Complex Carbohydrates – Whole grains, sprouted grains, etc.

Switch to Natural Sugars – Barley Malt, raw unprocessed Honey, Brown Rice Syrup, and Stevia powder or liquid. Processed sugars are very addictive and set us up for weight gain and water retention.

Colonic Irrigations – Cleanses out toxic buildup off colon walls that has accumulated over many years.

CHANGE BEGINS WITH ONE...small...STEP AT A TIME