

# HOW TO KEEP YOUR DIGESTION HEALTHY

- High Fiber
- Food Combining
- Whole Foods
- No Junk



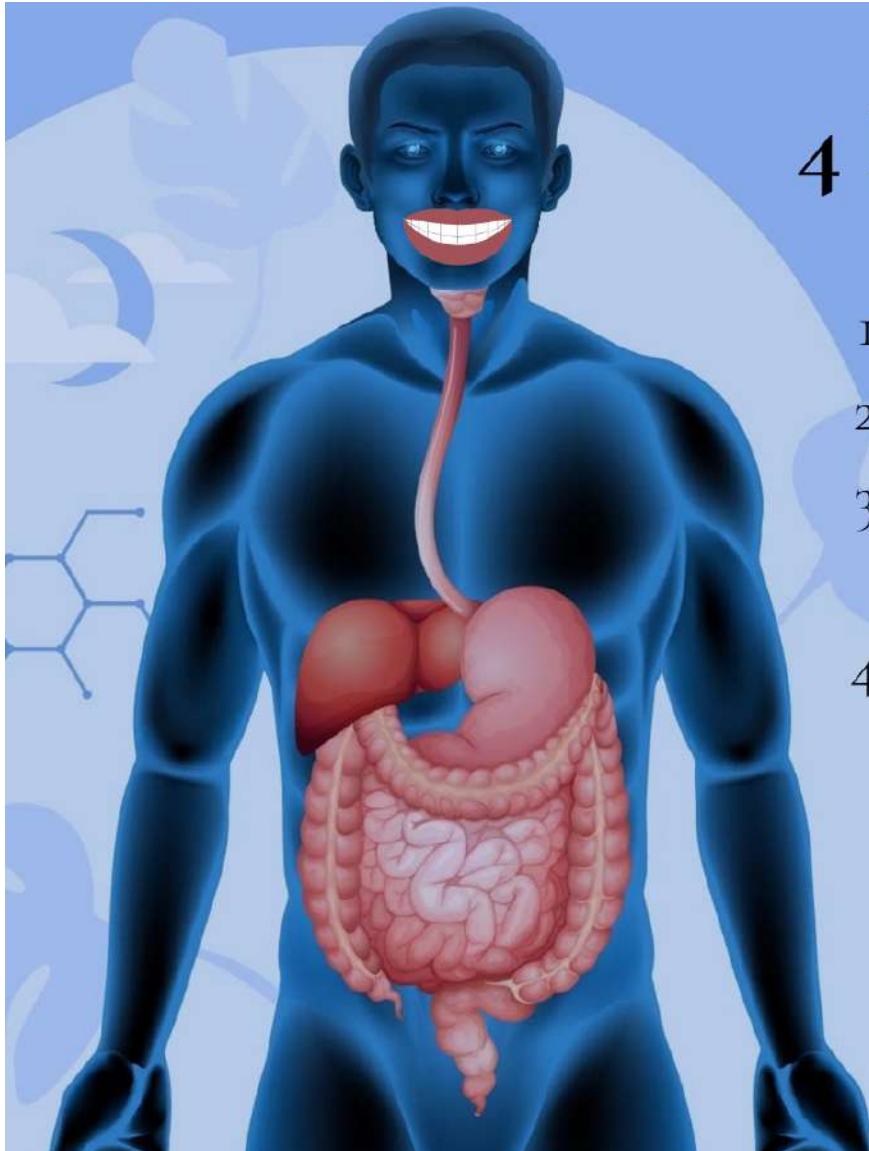
You spend time and money buying the healthiest foods. But do you actually receive nutrition from all your food? How much of those precious nutrients do you actually absorb into your cells? Today we will talk about how to keep your digestion healthy. High Fiber cleans the intestines and feeds your microbiome. When we combine food harmoniously, and eat in layers, we can keep the intestines clean. To keep the intestines healthy, we need to eat fresh, whole foods from the garden, not processed, packaged, or stored for a long time. If we eat bad food, junk food, or toxins, these go directly into our blood and we will be sick.


### **The 4 Critical Steps in Healthy Digestion**

Digestion starts in your mouth. You chew, swallow, and your digestive organs each do their job to break it down into molecules so you can absorb it. What your body doesn't use is excreted as waste. Digestion takes place primarily in your mouth, stomach, small intestine. Elimination happens in the large intestine.

# 4 Digestion Stages

1. Chewing - Teeth
2. Stomach - Chemical Churning
3. Small Intestine - Digestion & Absorption in Blood
4. Large Intestine - Elimination



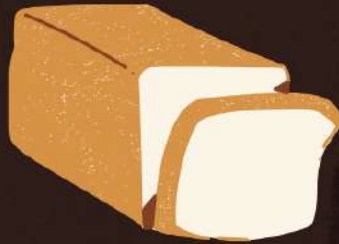


**High Fiber Foods  
Clean Your Body**

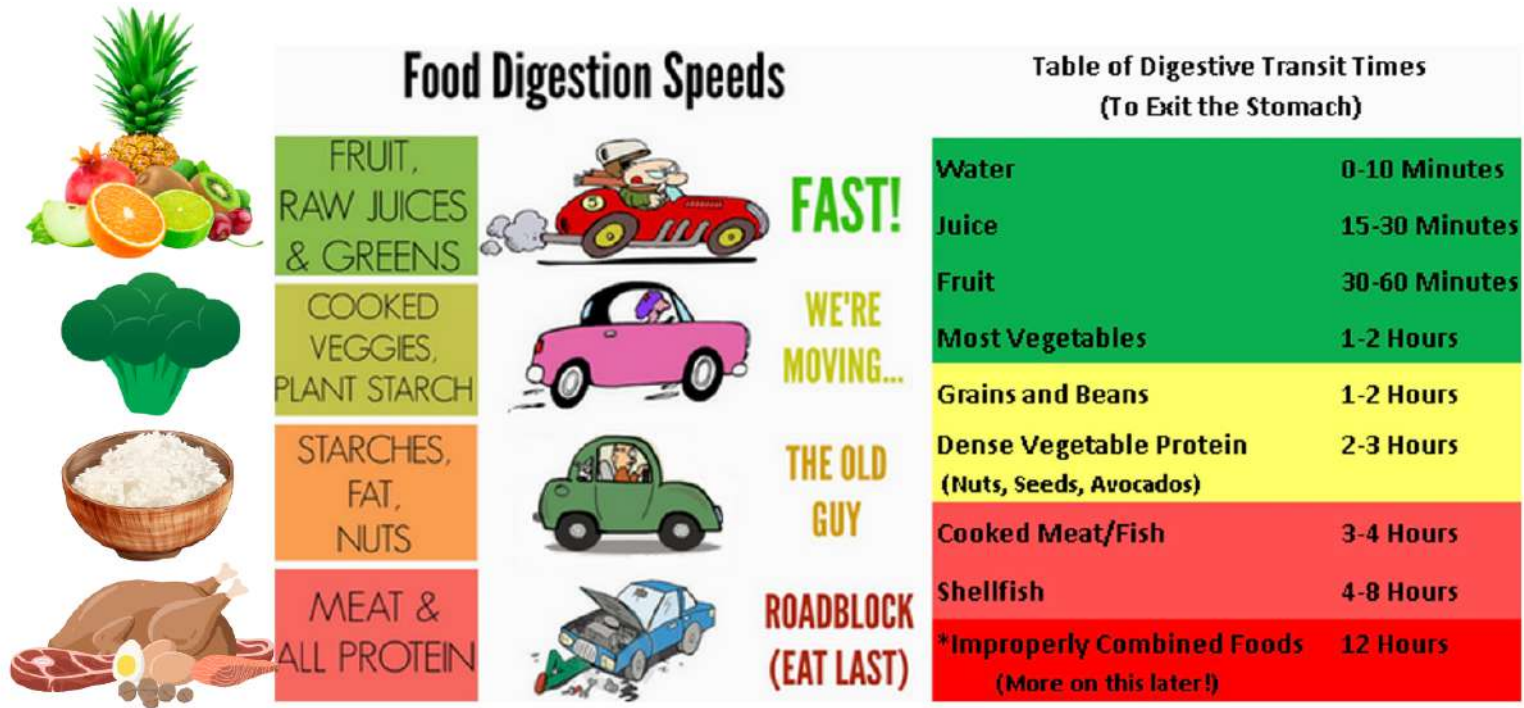


# Low Fiber Foods are Soft

They Can't Keep Your Intestines Clean

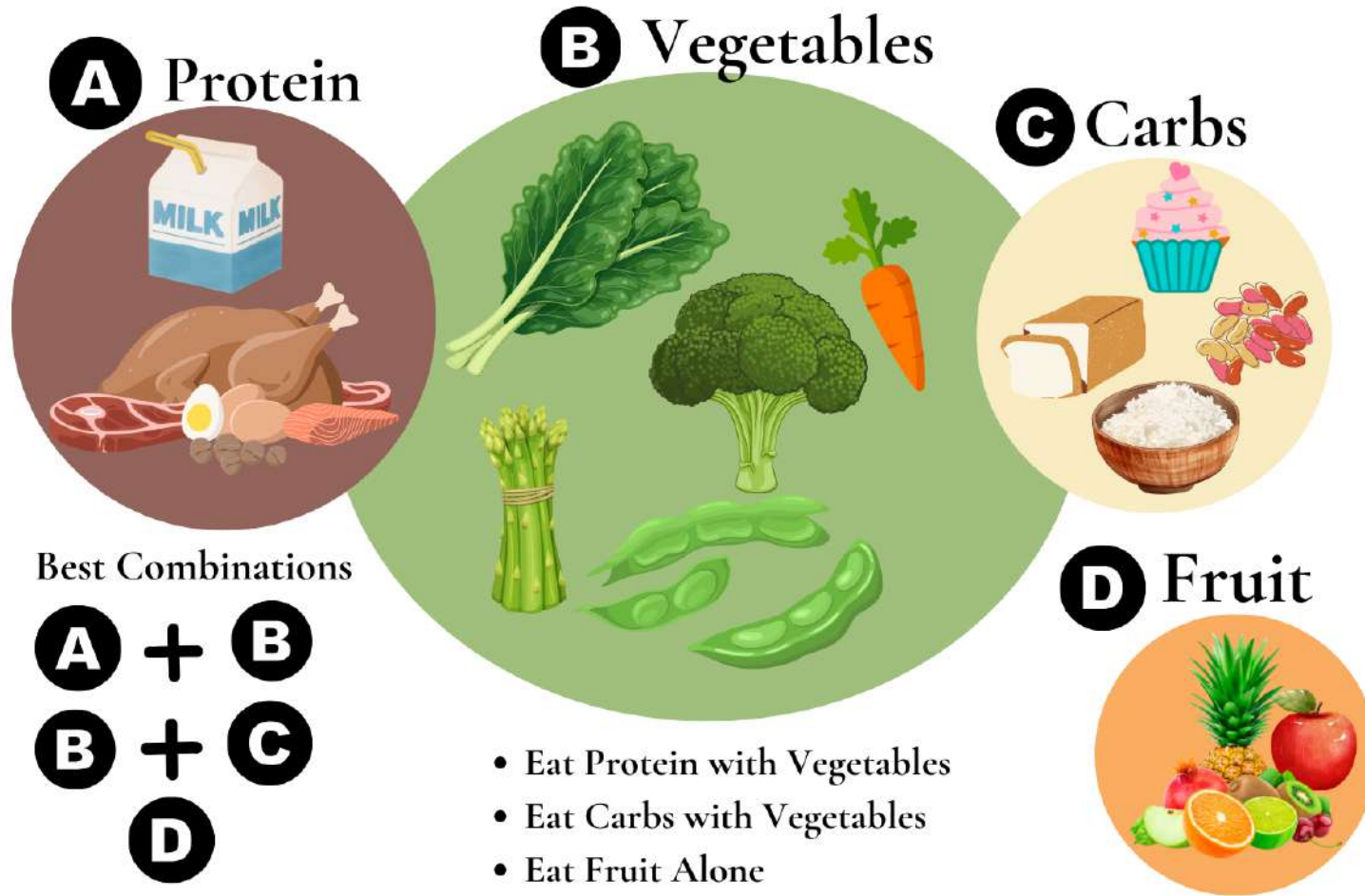


# Time to Digest in Stomach



**VIDEO: How to Use Food Combining Guidelines**  
[https://www.youtube.com/watch?v=kugr\\_7xwKLE](https://www.youtube.com/watch?v=kugr_7xwKLE)

# Smart Food Combinations



Cats eat meat. They absorb 80 - 90% of their food. Cows eat grass, and absorb 20-30% of the nutrients. The rest is left in a huge cow pie. What about humans? Some humans absorb only 10%. Some humans absorb 80% of the food they eat. The average human absorbs only 45% of the food they eat. Why is this? What happens to the lost food? The undigested food is your poop, recycled back into the Earth. Every person is different.

Is your digestion efficient? How SMART is your digestive system?

Many years ago we ate simple food. Sometimes we ate just one or two things at a time. Now we put many foods on our plate, and we love to eat different flavors. But it can confuse the stomach chemistry. If you eat non-harmonizing foods, your body will send the food through to the end, but you will absorb less nutrition.

How much YOU assimilate is changes every day, and very and hard to measure. To actually receive all the good nutrition you eat, you need to understand how your digestion works. You can optimize your digestion. Just like a computer hacker is very smart, understands the inner mechanisms of the computer and can hack into the computer. So to bio-hack your body for super-health, you need to learn a little about each organ and your body chemistry.

**The most important factors in your digestion are:**

- How well you chew your food,
- Nutrient-density of the food
- Type of food (i.e. Starches, proteins, fats),
- whether it is raw or cooked,



- life force in the food,
- digestive enzymes present,
- your intestinal microbiome flora,
- health of your organs,
- your emotional state,
- your stress level,
- level of toxins,
- empty calories, i.e. useless material you need to eliminate.
- Your metabolism rate,
- exercise and activity level,
- quantity of food you eat,
- your age,
- the time of day,
- your internal body temperature,
- temperature of the food consumed.

**Food combining** has a big effect on your digestive efficiency. Foods that digest well together make a healthy inner microbiome. Poor food combining is a major cause of exhaustion, poor microbiome, auto-immune disease, brain fog, emotional stress, accelerated aging, gas, and stinky poop. If you want to optimize your health and save money, food combining is your secret friend. These tools can help you bio-hack your own digestion to health.

## **How to Bio-Hack Your digestion for Health with Smart Food Combining**

Different food types require different enzymes to be secreted in your stomach, and each enzyme needs either an acid or alkaline environment in which to break down your food. Food combining rules are to not mix proteins and carbs in the same meal. This means no bread with your fried chicken, no eggs over noodles, no potatoes with meat. Here's why:

Carbs require an alkaline digestive medium to digest. But the stomach is acid, which is good for digesting meat. If you mix proteins and starches in the same meal, you're mixing acids and alkaline foods. So the acids and alkali neutralize each other. Then what happens? The stomach tries to do its job for a few hours. And when it's had enough, it sends the whole batch down to the intestines and says "ok, you work on this for a while". This creates a stinky mess in the intestines - inflammation, partially digested food, the accumulation of mucoid plaque, poor absorption, candida, fermentation of some foods, and general bacterial chaos. Finally the food is excreted out of the system and your poop smells bad. How healthy is that?

We consider four primary categories of food: proteins, vegetables, carbohydrates, and fruits. You can think of your digestion in layers. It takes 30 minutes for fruit to leave the stomach. It takes 1-2 hours for other foods empty the stomach. But if you eat a big meal with ALL the foods together, it will take many hours longer. Listen to your body. Just be aware and notice what your body likes.

Dessert *after* a meal can ruin your digestion. Unless dessert matches the foods in your meal, it will be trapped in your stomach with all that other food, where it may rot or ferment because the chemicals have cancelled each other out. It's far better to eat fruit 30-60 minutes *before* dinner.

# Kick Empty Foods!




### **Simplify your meals, Optimize your digestion.**

You can help your body assimilate your food by eating simple meals that use the same enzymes. Then wait 3 hours, and have another meal of different types of food. Here are some of the enzymes in the digestive process, and their ph.

#### **Other ways to Optimize Your Digestion.**

- 1. Eat slowly. Calmly. Chew your food 100 times.**
- 2. Eat Clean Food, Organic with no pesticides, no GMO**  
Ask for organic foods, because pesticides destroy nutrients and kill your body microbiome.
- 3. Eat simple foods, not many menu items, in smart food combinations to maximize your absorption.**
- 4. Eat warm foods, lightly cooked.**
- 5. Drink plenty of water between meals**  
Not with your meals. This allows your precious digestive liquids to work on your food at full strength.
- 6. Eat WHOLE Foods, fresh from the garden, and less PROCESSED FOOD**



Happiness for me is largely  
a matter of digestion.

Lin Yutang

 quote fancy