

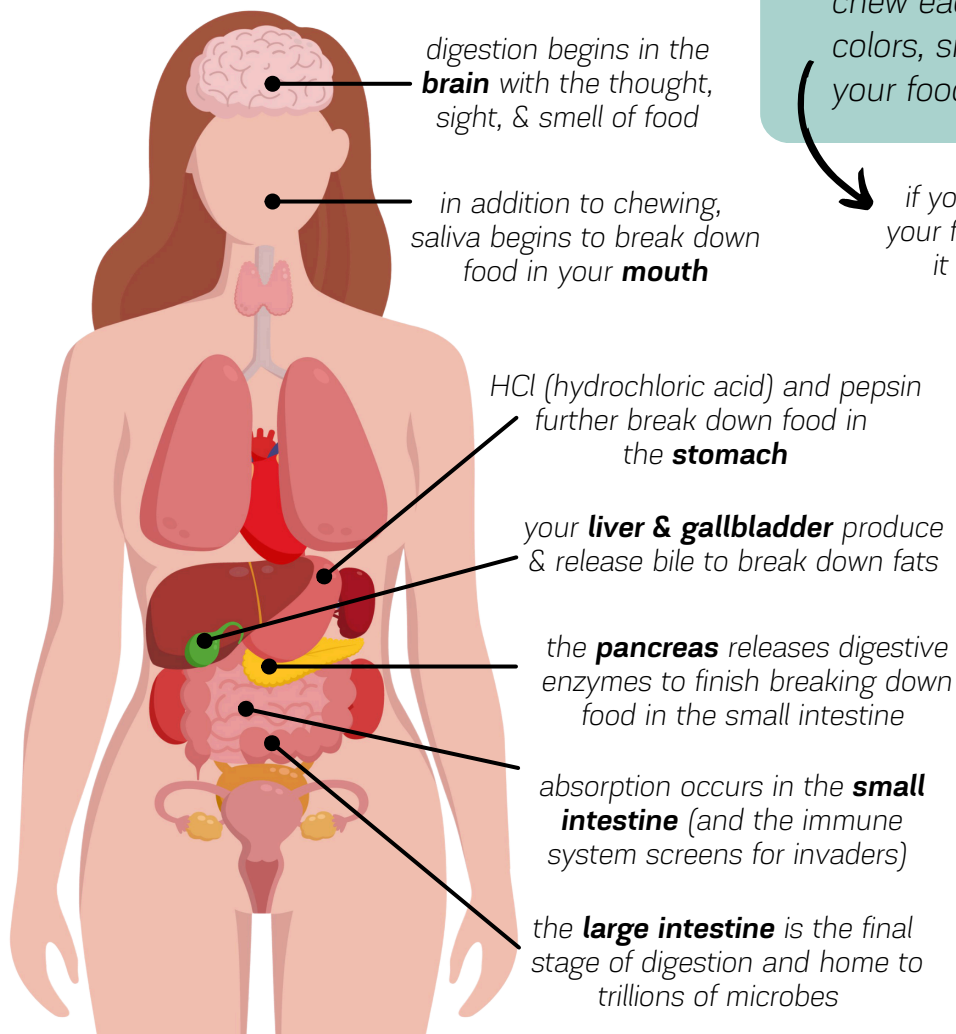
# Digestion

## YOU ARE WHAT YOU ABSORB

You may have heard “you are what you eat.” But the truth is “you are what you absorb.” it is essential to eat a nutrient-dense, properly-prepared diet, but you must also break down and absorb the nutrients you consume! Optimizing digestion is one of the most critical ways to support whole-body health.

## A NORTH TO SOUTH PROCESS

should be optimized in this order



## IMPROVE DIGESTION

- **REST TO DIGEST**  
*eat in a parasympathetic state of receiving when you are sitting down, not distracted, calm, and relaxed*
- **SUPPORT STOMACH ACID**  
*try digestive bitters or a little apple cider vinegar or lemon in your water before eating (and minimize drinking water with meals)*
- **EAT INTENTIONALLY**  
*practice gratitude, take your time, chew each bite to a liquid, enjoy the colors, smell, texture, and flavor of your food*



if you tend to eat too fast, try putting your fork down between bites or holding it with your non-dominant hand

## all health begins in the gut

- bloating, burping, gas
- stomach pain
- acid reflux/GERD
- nausea
- infrequent, hard, and/or loose stools
- allergies/sinus pressure
- autoimmune issues
- mental health issues
- acne and rashes
- hormone imbalance
- unhealthy weight gain



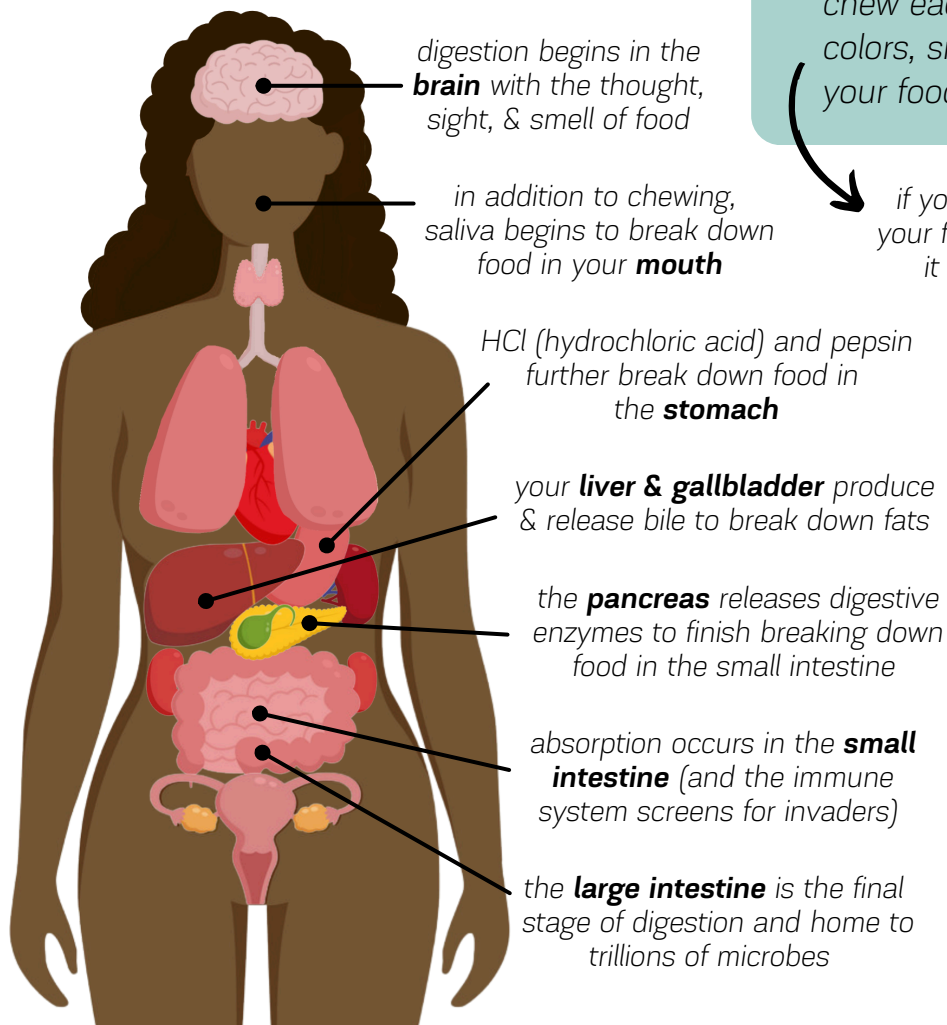
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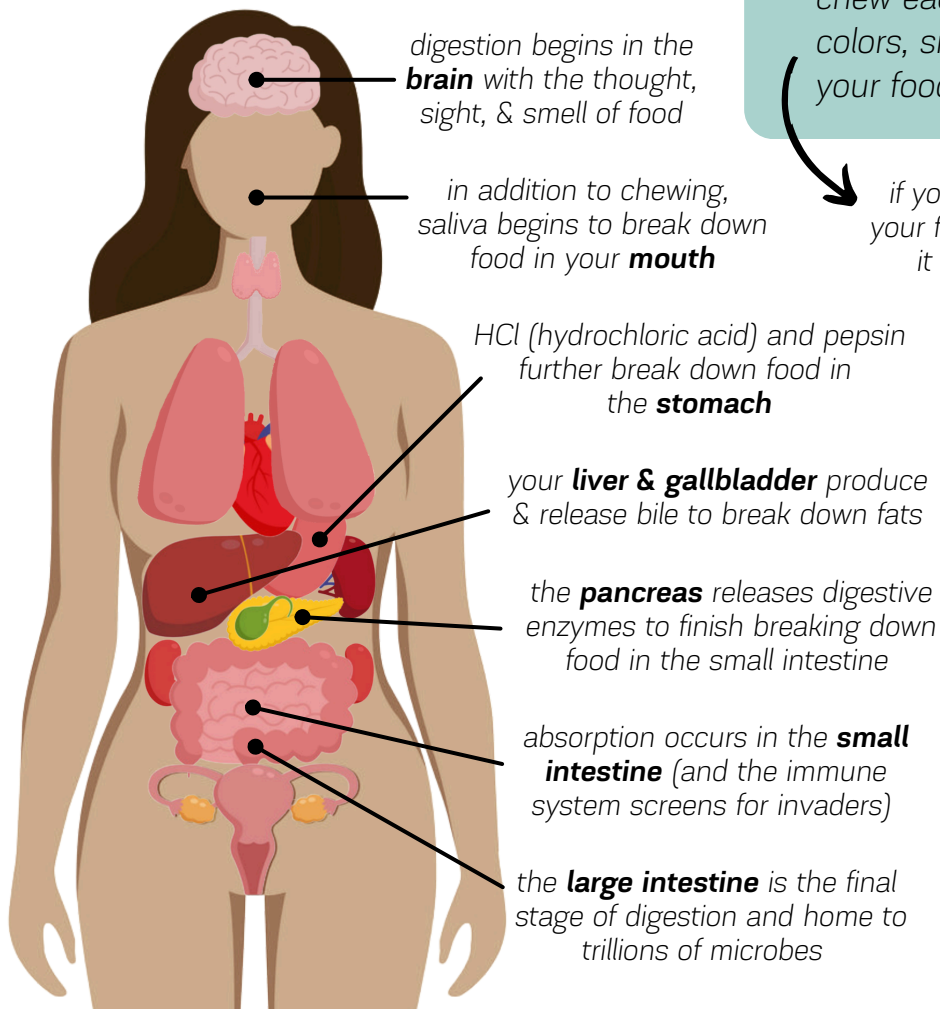
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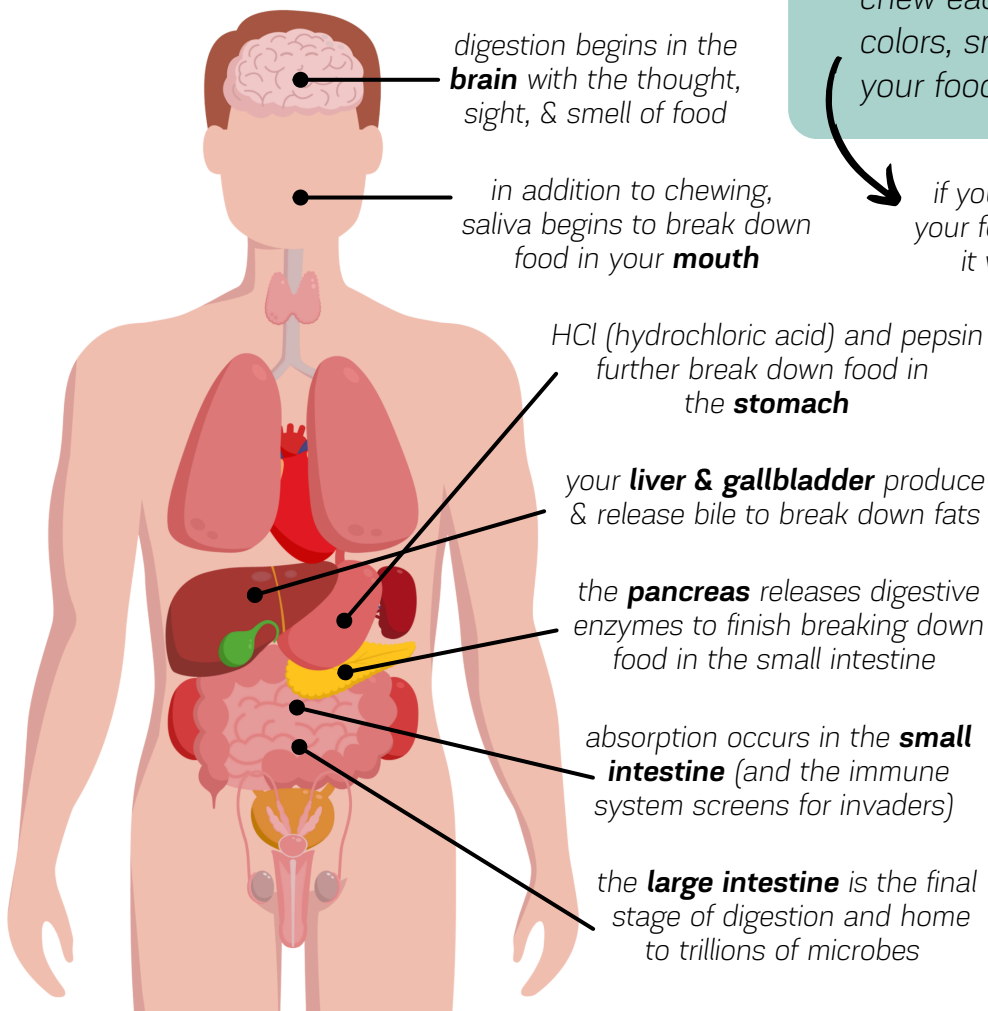
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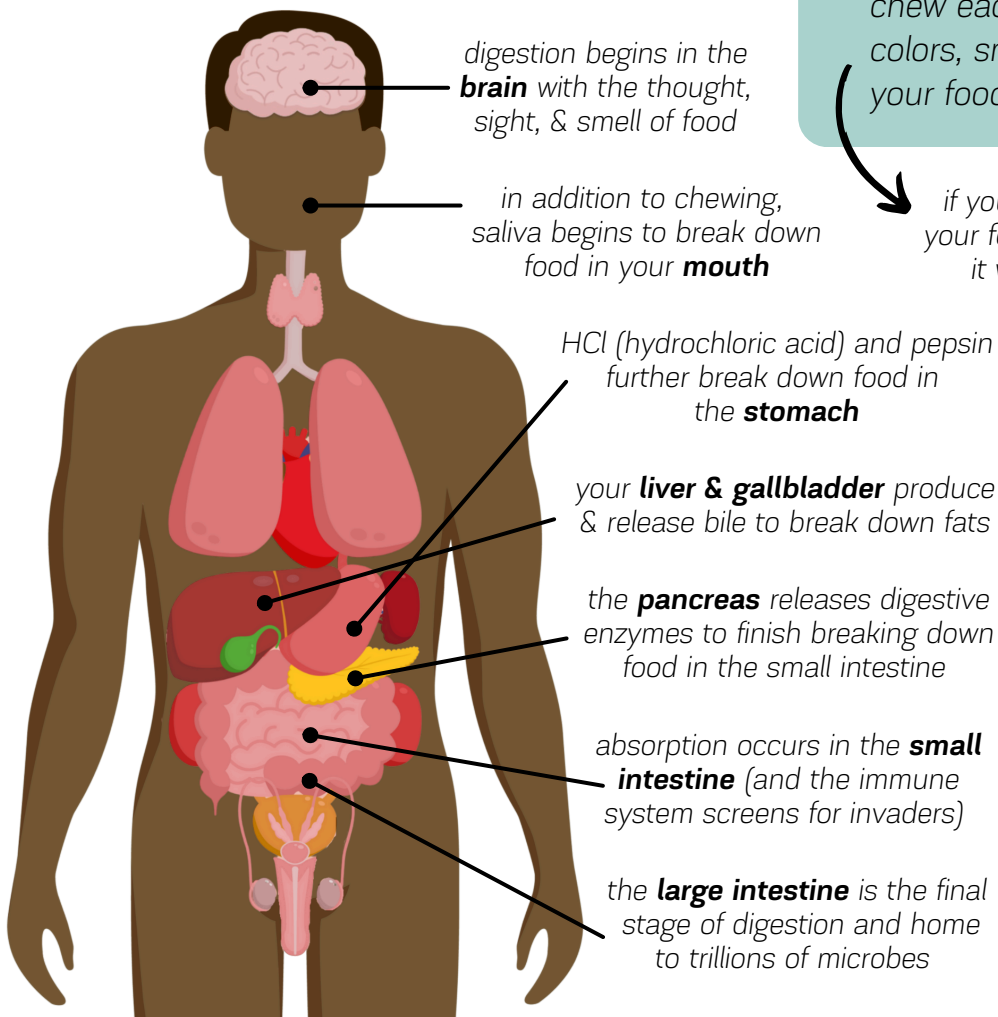
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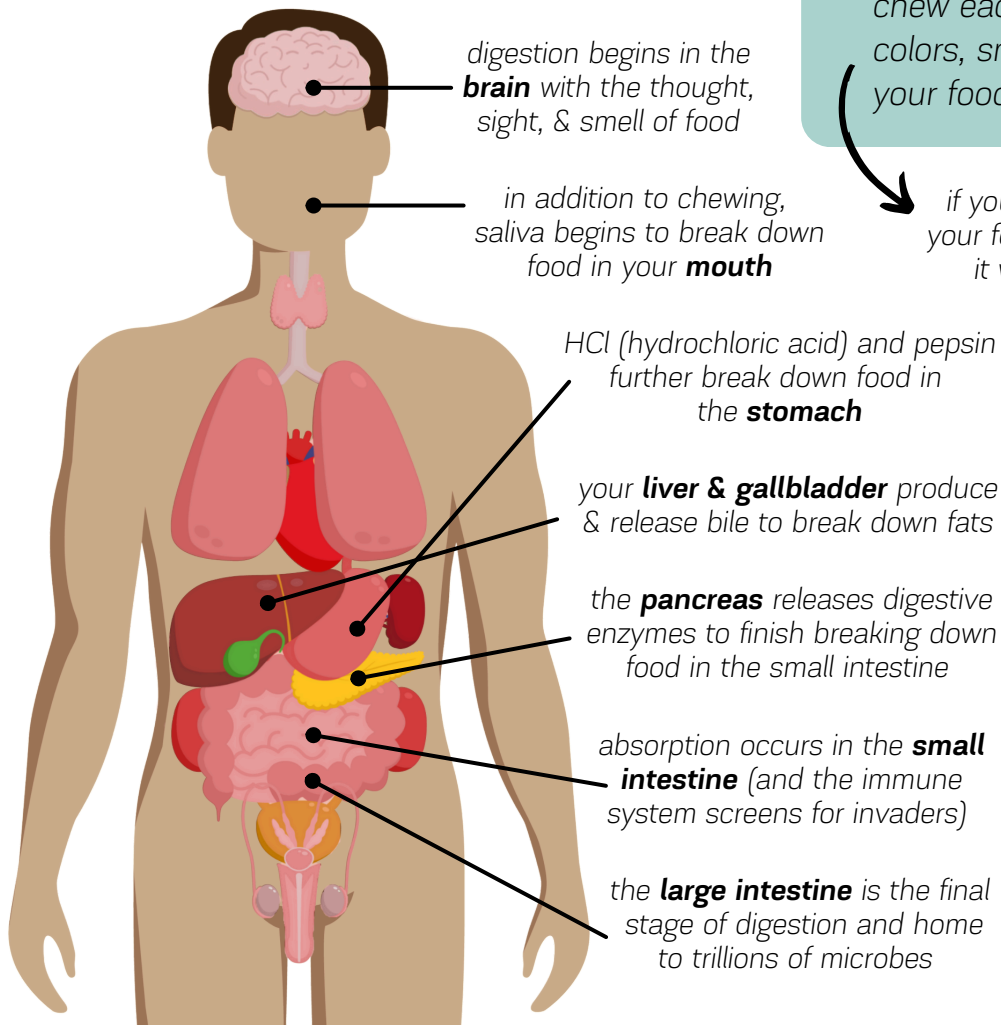
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