



DIGESTION FOUNDATIONS

Daily checklist



Use this checklist as a daily reminder. You don't need to do everything perfectly. Consistency matters more than checking every box.

- ☒ **Eat in a relaxed state:** Pause before meals. Take a few deeps breaths and try to eat without rushing or distractions.
- ☒ **Chew thoroughly:** Slow down and chew every bite well so there's less work for your digestion system.
- ☒ **Eat meals at regular times:** Aim for consistent meal timing to support your body's natural digestive rhythms.
- ☒ **Move gently after meals:** Take a short post meal walk or do light movement to help food move through your digestive tract.
- ☒ **Stay hydrated with minerals:** Sip water throughout the day and consider adding a pinch of sea salt for mineral support.
- ☒ **Choose mostly whole foods:** Focus on whole or minimally processed foods that are easier for your body to digest and absorb.
- ☒ **Reduce toxin exposure when possible:** Make simple swaps like filtering your water or using glass food storage to support gut health.