



10 ways to Improve your digestion

Improved digestion is the basis of good health. Indigestion, wind, constipation and bloating are all signs that your digestion is impaired. Solving these problems can bring increased energy levels, brighter skin and enhanced immunity.

- **Chewing** - Digestion begins in the mouth, proper chewing is essential for the digestive enzymes to start working. If possible also try and sit down for each meal, take time over it and eat in a relaxed environment.
- **Drink plenty of fluids** - A regular daily intake of roughly 1-1.5 litres or 4-6 glasses of water (dependent on your size), helps to flush out toxins and waste from the system.
- **Increase your dietary fibre** - Opt to increase your intake of fruit (strawberries and blueberries are good options) and vegetables (root vegetables are preferable as cruciferous can be more difficult for the body to digest). But take it gradually to check for how you tolerate foods such as pulses and grains. Beta-glucan rich oats should be included regularly – try as porridge or soaking the oats in water overnight and eating as muesli. Soaked whole flaxseeds can work well to ease constipation but are also beneficial freshly ground sprinkled on porridge or cereal.
- **Reduce refined grains** - White bread, rice and pasta can all have a constipating effect on the digestive system because of their high gluten content, be mindful of how much you are eating.
- **Probiotic Foods**. Probiotic foods contain microorganisms similar to those found in our gut; they break down sugars and carbohydrates to make them more digestible. Poor gut bacteria can be caused by antibiotics, stress, a high sugar diet or gut infections. They can cause symptoms such as bloating, indigestion and diarrhoea. Yoghurt is a familiar probiotic but a mix of products is ideal to get more variety of bacteria so worth also trying Kefir, Miso, Tempeh, Kimchi and Sauerkraut. Just eat as a regular part of your diet.

#Stayathome
#futureself
03300 412340
admin@knottkinetics.co.uk

#Move
#Prevent
#Align



Improve your digestion

- **Prebiotic Foods** - These are a specific dietary fibre that encourages the growth of our good bacteria. They should ideally be consumed alongside probiotic foods to ensure a healthy intestinal flora. Asparagus, garlic, leeks, onion and artichoke are all good sources. Watch-out if you suffer with bloating though as these can sometimes make it worse.
- **Reduce stress** - It is a natural reflex of the body to stop digesting in times of stress so try and reduce stress and introduce some relaxation and breathing exercises into your day.
- **Exercise** - Particularly that which stimulates the abdominal area can ease digestive problems including constipation for instance, try a brisk walk or taking the stairs.
- **Peppermint** - Can help relieve the feeling of bloating by relaxing the digestive muscles - try peppermint tea, capsules or oil. Hot water and hot herbal teas are good for digestion.
- **Cut down on wheat.** Many people suffer gut reactions from wheat products mainly because we eat them in such large quantities. Wheat is frequently found to irritate the gut causing a variety of symptoms including bloating and wind. It may be an idea to replace wheat with rice, quinoa, corn or buckwheat whilst improving intestine health.

By Julie Weston, Nutritional Therapist, Diplon,

K

#Stayathome
#futureself
03300 412340
admin@knottkinetics.co.uk

#Move
#Prevent
#Align