Steps To Improve Digestive Health

Step #1 – Healthy Digestion

- Chew food adequately before swallowing, avoid eating food when stressed or angry or drinking large amounts of liquids when eating.
- Eat a balance of carbohydrates, protein and fat. For example, protein portion (e.g. meat, fish, eggs) the size of the palm of your hand, starchy carbs (e.g. potato, rice, grain) equal to or less than the size of the palm of your hand, non-starchy veggies (e.g. salad, broccoli) size of entire hand. Fats (e.g. butter, oils such as salad dressing) added for taste, cooking and condiments.
- Sugar reduces stomach acid necessary for proper digestion.
- Cultured veggies (e.g. cabbage, carrots, beets added to meals) – 1 to 2 tablespoons. Freshly prepared cultured veggies are found at most health food stores.
- Swedish Bitters (*Nature Works*) found at most health food stores. Helps to stimulate digestive juices prior to eating. Use 1 to 2 teaspoons in warm water 10 to 15 minutes before meals.
- Digestive Enzymes – use a product that contains approximately 10,000 to 12,000 DU of Amylase, 30,000 to 40,000 HUT of Protease, 1000 to 1,500 ALU of Lactase and 300 to 500 HUT of Lipase:
  - *Zyme-Prime* (*Houston Enzyme*) – [https://nbnus.com](https://nbnus.com) – 1 capsule or two chewable tablets with meals.

Step #2 – Healthy Liver Function and Bowel Elimination

- Improving the health of the digestive system, includes supporting liver function, bile acid production (*for fat and vitamin absorption*) and bowel elimination.
- Increase beets, apples, celery, Jerusalem artichokes, fresh squeezed lemon juice, ginger (ginger, gentian, dandelion teas), olive oil, avocado oil, coconut oil and organic butter. Coconut oil, olive oil and butter can be used in cooking.
- Phosphatidylcholine supplementation, e.g. 500mg to 1000mg daily is helpful for stimulating bile acid production.
- Fiber is important for aiding in healthy bowel elimination and prevents against constipation:
  - Most plant-based foods have a combination of soluble & insoluble fiber. Increasing raw and lightly cooked veggies in diet will provide plant-based fiber.
  - Ground flax seed or apple pectin added to baked goods and smoothies are also good fiber sources.
  - *TruFiber* – [https://nbnus.com](https://nbnus.com) – one to two scoops daily added to water or juice.
- Magnesium hydroxide – 200mg to 400mg nightly can help with constipation.
- Triphala at 500mg to 1000mg nightly can aide is bowel elimination and improve bowel contractility. Supportive and non-addictive.
- Slippery Elm Herb – 2 to 6 capsules daily or one to two teaspoons of powder daily added to water, juice or food. Can help with constipation by easing elimination.
Step #3 – Digestive Immune Function

- Improving digestive system health and immune function. These recommendations can also help with intestinal inflammation and leaky gut:
  - Bromelain – 100mg, L-Glutamine – 500mg to 1000mg, Turmeric (as Curcumin longa) – 250mg to 500mg, Quercetin – 250mg to 500mg and N-Acetyl-Cysteine – 250mg to 500mg daily.
  - Intesti-Mate – [https://nbnus.com](https://nbnus.com) – ¼ to ½ scoop mixed in juice once to twice daily (combination supplement of Zinc, Aloe Vera, L-Glutamine, etc. for digestive health).
  - Support Mucosa – [https://biomatrixone.com](https://biomatrixone.com) – 2 to 3 capsules once to twice daily between meals (comprehensive digestive health supplement that includes various ingredients found in Intesti-Mate plus Quercetin, Bromelain, Curcumin, etc.).

Step #4 - Probiotics

- Probiotics are an essential supplement for maintaining diversity of normal intestinal bacteria. Add a probiotic with a variety of bacteria, e.g. Lactobacillus acidophilus, Lactobacillus rhamnosus, Lactobacillus paracasei, Bifidobacterium bifidum, Bifidobacterium lactis. Effective dosage is 10 to 20 billion organisms daily.

Step #5 – Healthy Diet

- Whole foods diet, e.g. organic produce, healthy fats, elimination of refined sugar, additives and artificial ingredients.
- Resource examples: “Forks Over Knives” “100 Days of Real Food” (can do internet search for these titles or general information for ‘Whole Food Diet’).

Step #6 – Avoid GMO Foods

- Avoid Genetically Modified Food (GMO). Look for ‘non-GMO’ or ‘GMO free’ label at grocery store.
- Avoid spraying Round-Up herbicide on lawn or home garden.

Step #7 – Organic Foods and Filtered Water

- Eat as many organic fruits and vegetables as possible.
- Avoid all non-organic strawberries. Other non-organic fruits commonly high in pesticides are Nectarines, Apples, Peaches, Pears, Cherries and Grapes.
- Drinking and cooking with filtered water.
- Environmental Working Group ([https://EWG.org](https://EWG.org)):
  - Shopper’s Guide To Pesticides in Produce.
  - EWG Tap Water Database – evaluate home water for pollutants and obtain list of various home water filters.