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## Chapter 1 : 20 Healthy Living Tips | Holistic Health and Wellness Guide

*Good Digestion (Natural Health Guide) [Ken Babal] on calendrierdelascience.com \*FREE\* shipping on qualifying offers. Digestion is a key issue in any type of health problem and one of the most important factors influencing one's total well-being.*

You can unsubscribe anytime Constant Contact Use. By submitting this form, you are consenting to receive marketing emails from: For more information, search our Newsletter Articles or use the Search function on every page. Avoid microwaved food, non-stick cookware and aluminum cookware used in most restaurants as well as homes. Drink half your body weight in ounces of water everyday. Drink between meals, and finish your fluids 2 hours before bed. Use a reverse-osmosis water filter, a Big Berkey water filter, or buy Spring water. Avoid heating olive oil and other oils – use them to flavor food after cooking. Choose oils high in monounsaturates and low in polyunsaturates. Avoid corn, canola and soy oils. Grate or puree squash, cauliflower, broccoli and other veggies to make them taste differently, freeze better, and get more nutrition per bite. Buy and eat Pasture-Raised eggs – the highest quality eggs you can find. Replace starchy foods such as bread, rice, cereal, pasta, beans and chips with vegetables. Avoid juice and excess fruit. Combine fruit snacks with some fat and protein such as organic cheese or almond butter. Have a solid breakfast with plenty of protein and fat. Eat meals and snacks at regular times every day. Avoid pesticides in your food, your home and your yard. Eat wild salmon frequently canned is OK. Eliminate Iodized salt and regular Sea Salt. Remember that sodas, granola bars, muffins, rice and soy milk, desserts and potatoes are extremely high in starch and sugars and therefore carbohydrate calories. Avoid all Gluten, and try going Grain-Free as well. Walk at least 3 times a week for 20 to 30 minutes. Avoid electromagnetic field toxicity. Remove electric clocks from your bedside table use battery operated instead. Use cell phone protectors to diminish EMF fields. Sleep 7 to 9 hours in a pitch dark bedroom; kids too. Use herbs such as Passion Flower to help calm your brain and body. You can use our Passion Flower during the day too to help keep your busy brain under control. Alcohol is pure carbohydrate and pure calories, makes you sleep badly, and keeps your blood sugar unstable. Whatever you cook, make more of it! Double up meats and veggies and freeze for later in the week. Or, take to units of Vitamin D3 with a meal, daily, for life. Have your Vitamin D levels tested annually and keep them between 55 and To help you and me feel better!

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### Chapter 2 : - Good Digestion (Natural Health Guide) (Natural Health Guide) by Ken Babal

*Good Digestion (Natural Health Guide) (Alive Natural Health Guides) [Ken Babal] on calendrierdelascience.com \*FREE\* shipping on qualifying offers. Digestion is a key issue in any type of health problem and one of the most important factors influencing one's total well-being.*

Constipation, heartburn, excessive gas, abdominal pains, diarrhea and many more digestive disorders are on the rise. These disorders are often treated with over the counter or prescribed drugs. For this reason, using herbs for improving your digestion is often a better and more natural way to alleviate digestive problems and to improve your overall health.

**Ginger** This root herb has been used for centuries as a natural remedy to relieve nausea, motion sickness and stomach ache. Expectant mothers have often found much needed relief from nausea, stomach cramps morning sickness by taking ginger extract. This herb also contains the anti-inflammatory compound gingerol, which is known to provide pain relief from inflammation of the joints, osteoporosis and arthritis. Ginger can be taken in many different ways, for example it is used to add a distinctive flavor to Asian dishes, especially soup. You can make your own ginger drink by adding a few slices of root ginger to a glass of hot water and then stir in a spoonful of honey to sweeten. This is very good for alleviating an upset stomach.

**Turmeric** This is actually classified as a spice and is a native to Southern Asia. The root plant is a member of the ginger family and is often dried and ground into a powder. Turmeric has anti-bacterial and anti-fungal qualities, which can help alleviate digestive problems such as colitis. It can also help stimulate the production of bile from the liver, which is important for better digestion of food.

**Peppermint** Peppermint is a hybrid plant that is a mix between spearmint and water mint. Peppermint has many health benefits and is a rich source of vitamins. It has a soothing affect on your digestion and the peppermint leaves have been used to help relieve the symptoms of irritable bowel syndrome IBS. Peppermint has known to have anti-fungal properties. Peppermint tea, using the dried leaves, is the most popular way to enjoy the herbs health benefits. It is also one of the easiest plants to grow in your garden. Not only does it make for a refreshing cup of tea it also has the added benefit of being caffeine free.

**Senna** This is shrub like herb with distinctive feather shaped leaves. Because of its laxative properties, senna can be used as a herbal medicine for digestive health disorders such as constipation. The herb can be brewed as a tea however, due to its potency it should be used sparingly. It is recommended that you talk with your doctor beforehand, especially if you have a digestive disorder.

**Fennel** A lovely aromatic herb used for centuries to enhance the flavor of meat dishes. Fennel contains carminative compounds that are known to reduce the symptoms of excessive gas. It can be mixed with water and baking soda to make gripe water, which is often used to alleviate the symptoms of flatulence in babies. Fennel has also a relaxing effect on the digestive tract and can help reduce bloating. On the other hand, if you suffer from acid reflux or heartburn it is best avoided, as it has a relaxing affect on the esophageal sphincter. To achieve true digestive health , you need to get to the root of the problem. If you let the bad bacteria overrun your lower intestinal tract, then you are going to be in trouble. Prebiotics are soluble fibers found in the skin and pulp of many raw vegetables and fruit.

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### Chapter 3 : 11 Best Breakfast Foods for Digestive Health

*Amylase and other digestive enzymes are important for gut health and are natural anti-inflammatory tools. These top 11 foods with digestive enzymes help improve digestion, reduce inflammation, and more.*

You might also like these other newsletters: Please enter a valid email address Sign up Oops! Please enter a valid email address Oops! Please select a newsletter We respect your privacy. In addition to making good dietary choices, eating on a regular schedule, staying hydrated, and getting enough exercise are all factors in maintaining healthy digestion. Shutterstock Your digestive system breaks down the foods you eat into the nutrients your body needs. If you neglect your digestive health, your body could run into problems absorbing those nutrients. Try these 10 tips for better digestive health: Eat a high-fiber diet. In addition, it can help you achieve or maintain a healthy weight. Limit foods that are high in fat. Protein is an essential part of a healthful diet, but fatty cuts of meat can lead to uncomfortable digestion. When you eat meat, select lean cuts, such as pork loin and skinless poultry. Incorporate probiotics into your diet. Probiotics are the same kind of healthy bacteria naturally present in your digestive tract. In addition, probiotics can enhance nutrient absorption, may help break down lactose, strengthen your immune system, and possibly even help treat IBS. Adams recommends that people eat good sources of probiotics, such as low-fat yogurt or kefir, on a daily basis. Aim to sit down for breakfast, lunch, dinner, and snacks around the same time each day. Drinking plenty of water is good for your digestive health, according to Adams. Fiber pulls water into the colon to create softer, bulkier stools, allowing them to pass through more easily. Skip the bad habits: Liquor, coffee, and cigarettes can interfere with the functioning of your digestive system, and lead to problems like stomach ulcers and heartburn. Make it a point to work regular exercise into your weekly schedule. Too much stress or anxiety can cause your digestive system to go into overdrive, according to Adams. Find stress-reducing activities that you enjoy and practice them on a regular basis.

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## Chapter 4 : 5 Herbs For Digestive Health And Vitality

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Do you need coffee just to poop? There are few things more frustrating than living your life plagued by digestive symptoms such as bloating, constipation, cramping and irregularity. In fact, there are several foods that can help relieve digestive symptoms quickly. The Dangers of Digestive Symptoms While digestive symptoms are like an unwelcome house guest, they can also be a sign of a deeper health issue. Do you struggle with bloating, gas, constipation, or other digestive issues? Click here to get your copy! You see, your gut is the foundation of your health. And while the symptoms may seem innocent at first, they can lead to more serious health conditions if left untreated. While it has many causes, bloating is often linked to food sensitivities, especially dairy, wheat and gluten 2. When left untreated, this inflammation can prevent you from absorbing essential nutrients such as amino acids, vitamins and minerals 3. It could indicate a food intolerance or compromise your immune system. Digestive symptoms are also a sign of sluggish digestion. Not only do these toxins cause symptoms such as brain fog, headaches, low energy and frequent colds or infections, but they also leave you more prone to serious illnesses such as colon cancer 4. Luckily, the road to better digestive health can be made easy and delicious by kickstarting your day with the foods found in these 11 Paleo breakfast foods. Today, those supernatural powers translate to better digestion. Since your GI tract is one big muscle, it can tense up during times of stress. Magnesium helps relax the smooth muscle tissue found in your intestinal wall, so food and waste can move through your system easier. Chia seeds are also an excellent source of soluble fiber. Soluble fiber also binds to toxins in the digestive tract to safely remove them 5. Soak chia seeds before eating them to rid them of antinutrients. Phytic acid is considered an antinutrient because the body has a hard time breaking it down. Flaxseed Flaxseeds are known for having a mild laxative effect, which can help relieve constipation and promote bowel regularity. Like chia seeds, flax contains soluble fiber, which helps removes the toxins from the GI tract that can impair digestion. And as mentioned above, soluble fiber helps keep your appetite satisfied for longer. Papaya Papaya contains a digestive enzyme called papain. For this reason, starting your morning off with digestive enzymes from papaya can help boost your digestive function throughout the day. Papaya tastes amazing on its own or drizzled with a bit of lime juice, like in this Papaya Boat with Honey Lime Dressing. Wild Salmon Wild salmon is one of the best sources of omega-3 essential fatty acids, which are a natural anti-inflammatory. As mentioned above, inflammation in your digestive tract can promote digestive symptoms such as bloating as well as abdominal pain and cramping. Having protein in the morning stabilizes your blood sugar levels, which in turn promotes consistent energy throughout the day. A high protein diet has also been shown to promote sustainable weight loss 7. Coconut Oil Like wild salmon, coconut oil contains fatty acids that help improve digestion. Coconut oil contains a fatty acid called lauric acid, which acts as a natural antimicrobial to help destroy bacteria and yeast in the GI tract 8. Since fat is the slowest nutrient to digest, it keeps your appetite full and satiated for longer periods of time. You can easily blend coconut oil into your coffee; try this Coconut Cowgirl recipe with cocoa powder to kickstart your morning. Pineapple Like papaya, pineapple also contains a unique digestive enzyme called bromelain, which helps aid in protein digestion. Pineapple juice has also been shown to help reduce GI tract inflammation in studies done on mice 9. Since pineapple is rich in enzymes, it can help promote better digestion throughout the day. Kombucha Probiotics, or friendly bacteria, are an essential nutrient for improving digestive health and relieving digestive symptoms Probiotics, which occur naturally in the digestive system, can also be found in fermented foods. They help prevent the overgrowth of yeast and other bacteria while promoting regular elimination and nutrient absorption. Homemade kombucha is a great way to get a healthy dose of probiotics. When fermented, kombucha becomes carbonated and packs an array of friendly bacteria. Leafy greens are also a good source of magnesium. And as you now know, magnesium can

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help relieve constipation by improving muscle contractions in your GI tract. This is because their tough fiber can be difficult to break down. Instead, blending or lightly steaming your leafy greens makes them easier to digest, and allows you to absorb their nutrients better. Blending or steaming leafy greens makes it easier to digest. Leafy greens are an ideal food to include in your morning routine not only because they improve digestion, but they also contain chlorophyll—an all natural energy booster. Chlorophyll, found in all green plant foods, allows plants to convert sunlight to energy through photosynthesis. Chlorophyll also helps the body synthesize ATP, the primary molecule that transports energy between our cells. Apples Apples are a rich source of pectin, a type of insoluble fiber. But pectin has also been a natural remedy for relieving constipation for hundreds of years. This is because it helps move stagnant waste through your digestive tract. Having an apple on an empty stomach may be enough to kickstart your digestion throughout the day. Bananas Unripe bananas contain a unique type of starch called resistant starch, which act as a prebiotic by feeding the friendly bacteria in your large intestine. Luckily, you can get resistant starch from green banana flour instead. Unlike green bananas, green banana flour has a mild taste and can be used in baking recipes like muffins and pancakes. Berries Like apples, berries can also help relieve bloating and constipation because they contain pectin. And keeping your blood sugar levels stable is key for preventing the infamous energy crashes and sugar cravings that can surface later in the day. Stress, dehydration, and a lack of sleep and exercise can also worsen digestive symptoms. Therefore, certain lifestyle adjustments can also help eliminate tummy troubles for good. TAGS breakfast recipes digestion health Brandi Black Brandi Black is a Registered Holistic Nutritionist and the creator of Feel Best Naked , a health blog for women who want to clear up their skin, lose the muffin top and make the bloat disappear.

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### Chapter 5 : [eGuide] Enzymes for whole body health - Delicious Living

*"Good Digestion (Natural Health Guide) (Alive Natural Health Guides) This book is in good or better condition. It has no tears to the pages and no pages will be missing from the book. The spine of the book is still in great condition and the front cover is generally unmarked.*

Guide to Using Herbs Botanical Health: Guide to Using Herbs From the earliest of times, people have relied on plants to address health concerns. Today, a number of things continue to fuel a growing interest in botanical health, including a cultural use of herbs, ongoing scientific study, and government funding for complementary and alternative healthcare. As a result, a wide array of herbal products can be found throughout the retail health marketplace. Shoppers should be sure that the correct plant genus group name and species related member is stated on an herbal supplement label. For instance, *Echinacea purpurea* genus and species, not just *Echinacea*. This is important because some experts believe that species within the same plant genus may differ in effectiveness. Before using an herb or herbal formula for the first time, discuss it with your doctor or preferred health care provider. If you do start any herbal therapy and any reaction occurs, immediately discontinue using the herb or herbal product and contact your physician. Always pay careful attention to recommended dosage. Be sure to follow label directions. Check the label for any cautionary statements. Since some interactions may occur between some herbs and prescription medications, read labels carefully and discuss any questions or concerns with your physician or pharmacist. There are few herbs that are truly not known to be safe during pregnancy or breastfeeding. If you are pregnant or lactating do not take herbal products, unless advised to do so by a health care practitioner. Remember to be patient, the actions of many herbs are subtle and typically manifest when used over time. With this in mind, review the information below for some of the most popular herbs and the special benefits they may offer:

**Anthocyanins and other antioxidants** Suggested Use: Cranberry juice has a moderately high concentration of oxalate, a common component of kidney stones. See your physician if you suspect a urinary tract or kidney concern.

**Allin or Allicin** Suggested Use: Anyone taking anticoagulant therapy or aspirin therapy, or awaiting surgery, is strongly recommended to seek medical advice prior to use. Anyone taking anticoagulant therapy or aspirin therapy, awaiting surgery or taking anticonvulsant medications, is strongly recommended to seek medical advice prior to use.

**Popular herb used for centuries for its health support properties** Actives: Echinacosides polysaccharides Suggested Use: Individuals with a known sensitivity to plants in the daisy or ragweed family or people with auto-immune conditions should speak to a healthcare provider prior to use.

**Milk Thistle, Silybum marianum** Use: One of the most studied and documented herbs in use today Origin: Derived from a stout plant with large, prickly, glossy green leaves and a milky sap.

**Saw Palmetto, Serenoa repens** Use: Works to inhibit the enzyme 5 alpha reductase that allows conversion of testosterone to its active form dihydrotestosterone.

**Fatty acids** Suggested Use: If you are pregnant or nursing, consult a health professional before taking this product. Additionally, consult a health professional before taking this product if you are taking blood-thinners, NSAIDS, contraceptive drugs or estrogen therapy. Avoid taking if history of gall stones or bile duct obstruction, or if pregnant or nursing. Caution with surgery - discontinue turmeric at least 2 weeks prior to undergoing surgery.

**Chapter 6 : 10 Tips for a Healthy Digestive System | Everyday Health**

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More and more studies show that the balance or imbalance of bacteria in your digestive system is linked to overall health and disease. Probiotics promote a healthy balance of gut bacteria and have been linked to a wide range of health benefits. These include benefits for weight loss, digestive health, immune function and more 2 , 3. This is an overview of the key health benefits linked to probiotics. These are live microorganisms that can provide health benefits when consumed 1. These benefits are thought to result from the ability of probiotics to restore the natural balance of gut bacteria 4. An imbalance means there are too many bad bacteria and not enough good bacteria. It can happen due to illness, medication such as antibiotics, poor diet and more. Consequences can include digestive issues, allergies, mental health problems, obesity and more 5. Probiotics are usually found in fermented foods or taken as supplements. Probiotics are live microorganisms. When taken in sufficient amounts, they can help restore the natural balance of gut bacteria. As a result, health benefits may follow. Probiotics Can Help Prevent and Treat Diarrhea Probiotics are widely known for their ability to prevent diarrhea or reduce its severity. Diarrhea is a common side effect of taking antibiotics. It occurs because antibiotics can negatively affect the balance of good and bad bacteria in the gut 6. Several studies suggest probiotic use is associated with a reduced risk of antibiotic-associated diarrhea 7 , 8 , 9. Probiotics can also help with other forms of diarrhea not associated with antibiotics. A large review of 35 studies found certain strains of probiotics can reduce the duration of infectious diarrhea by an average of 25 hours Effectiveness varies, depending on the type and dose of the probiotic taken Strains such as Lactobacillus rhamnosus, Lactobacillus casei and the yeast Saccharomyces boulardii are most commonly associated with a reduced risk of diarrhea 9 , Probiotics can reduce the risk and severity of diarrhea from a number of different causes. An increasing number of studies link gut health to mood and mental health Both animal and human studies find that probiotic supplements can improve some mental health disorders A review of 15 human studies found supplementing with Bifidobacterium and Lactobacillus strains for 1â€”2 months can improve anxiety, depression, autism, obsessive-compulsive disorder OCD and memory One study followed 70 chemical workers for 6 weeks. Those who consumed grams of probiotic yogurt per day or took a daily probiotic capsule experienced benefits for general health, depression, anxiety and stress Benefits were also seen in a study of 40 patients with depression. Taking probiotic supplements for 8 weeks decreased depression levels and reduced levels of C-reactive protein a marker of inflammation and hormones such as insulin, compared to people who did not take a probiotic Research shows taking probiotics may help improve symptoms of mental health disorders such as depression, anxiety, stress and memory, among others. Probiotics may help keep your heart healthy by lowering LDL "bad" cholesterol and blood pressure. Certain lactic acid-producing bacteria may reduce cholesterol by breaking down bile in the gut Bile, a naturally occurring fluid mostly made of cholesterol, helps digestion. By breaking down bile, probiotics can prevent it from being reabsorbed in the gut, where it can enter the blood as cholesterol Another study conducted over 6 months found no changes in total or LDL cholesterol. However, the researchers did find a small increase in HDL "good" cholesterol Consuming probiotics may also lower blood pressure. A review of 9 studies found that probiotic supplements reduce blood pressure, but only modestly In order to experience any benefits related to blood pressure, supplementation had to exceed 8 weeks and 10 million colony-forming units CFUs daily Probiotics may help protect the heart by reducing "bad" LDL cholesterol levels and modestly lowering blood pressure. Probiotics May Reduce the Severity of Certain Allergies and Eczema Certain probiotic strains may reduce the severity of eczema in children and infants. One study found eczema symptoms improved for infants fed probiotic-supplemented milk, compared to infants fed milk without probiotics Another study followed children of women who took probiotics during pregnancy. However, the link between probiotics and reduced

eczema severity is still weak and more research needs to be done 25 , Some probiotics may also reduce inflammatory responses in people with milk or dairy allergies. However, the evidence is weak and further studies are needed Probiotics may reduce the risk and severity of certain allergies, such as eczema in infants. However, more research is needed. Certain types of probiotics from the Bifidobacterium and Lactobacillus strains have improved symptoms in people with mild ulcerative colitis Surprisingly, one study found that supplementing with the probiotic E. Nevertheless, probiotics may have benefits for other bowel disorders. Early research suggests they may help with symptoms of irritable bowel syndrome IBS This is a fatal bowel condition that occurs in premature infants Probiotics may help reduce the symptoms of bowel disorders like ulcerative colitis, IBS and necrotizing enterocolitis. Probiotics May Help Boost Your Immune System Probiotics may help give your immune system a boost and inhibit the growth of harmful gut bacteria Also, some probiotics have been shown to promote the production of natural antibodies in the body. They may also boost immune cells like the IgA-producing cells, T lymphocytes and natural killer cells 35 , A large review found that taking probiotics reduced the likelihood and duration of respiratory infections. However, the quality of the evidence was low Probiotics may help boost your immune system and protect against infections. Probiotics may help with weight loss through a number of different mechanisms For example, some probiotics prevent the absorption of dietary fat in the intestine. The fat is then excreted through feces rather than stored in the body 41 , Probiotics may also help you feel fuller for longer, burn more calories and store less fat. This is partly caused by increasing levels of certain hormones, such as GLP-1 43 , They may also help with weight loss directly. Another study of people found that taking even low doses of Lactobacillus gasseri for 12 weeks resulted in an 8. Surprisingly, some studies found certain probiotics, such as Lactobacillus acidophilus, can even lead to weight gain More studies are needed to clarify the link between probiotics and weight Certain probiotics may help you lose weight and belly fat. However, other strains have been linked to weight gain. You can get probiotics from a variety of foods or supplements. If you want to buy a probiotic supplement, then there is an excellent selection on Amazon with thousands of customer reviews. Live probiotic cultures are often found in fermented dairy products such as yogurts and milk drinks. Fermented foods like pickled vegetables, tempeh, miso, kefir , kimchi, sauerkraut and soy products may also contain some lactic acid bacteria. You can also take probiotics as tablets, capsules and powders that contain the bacteria in dried form. However, be aware that some probiotics can be destroyed by stomach acid before they even reach the gut â€” meaning that you get none of the intended benefits. Most of the studies showing benefits used dosages of 1 billion to billion live organisms or colony-forming units CFU per day.

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### Chapter 7 : Dr. Myatt's Guide to Good Health " Dr. Dana Myatt's Wellness Club

*Natural Tips to Improve Digestive Health includes having nutritious breakfast, increasing chewing, avoid indigestion causing foods, eating more fatty foods, taking probiotics and fermented foods, cleansing the intestines regularly, eating bone broth, massaging the stomach, drinking natural tea like ginger tea, and drinking more water.*

It enters the stomach and travels through the small and large intestines, and eventually the digested food is eliminated. It is a rather intricate system, and common digestive disorders such as heartburn, acid reflux, nausea, IBS, gas, stomach cramps and constipation, to name a few, can cause daily suffering for some people. There are natural cures available for common digestive problems that can help alleviate symptoms. Tea Many known teas can help calm and soothe the stomach. Ginger is often referred to as the stomach tonic and can help with bowels, stomach cramps, nausea and other digestive disorders. Chamomile tea can relax and help with gas, bloating, cramping, diarrhea and constipation as well as the symptoms associated with IBS. Peppermint tea can control gas and heartburn and tame an upset stomach. Any of these teas can be purchased at many grocery or local health food stores. Aloe Vera More people who have digestive disorders are starting to use aloe vera juice. The many vitamins, minerals and other nutrients found in aloe vera juice can assist in healing digestive disorders. It can soothe the stomach and help relieve constipation, diarrhea and gastrointestinal problems. Because aloe vera forms a protective barrier in the lining of the esophagus, it can help relieve acid reflux and heartburn. Aloe vera is also known to help with peptic ulcers. Drinking a glass of the juice when you wake and before bed each day can help keep stomach issues at bay. Probiotics Probiotics are live microbial organisms that are naturally found in the digestive tract and are often called "friendly bacteria. Yogurts and kefir often have probiotics in them, or people can take supplements; however, other foods also contain probiotics, such as sauerkraut, aged cheese, cottage cheese, miso and green foods like chlorella, wheat grass and spirulina. Papaya or Pineapple Fruit Enzymes Papaya aids in digestion and intestinal health. Papaya contains the enzymes papain and chymonpapain, and both of these are digestive aids. These enzymes aid in cleansing the digestive tract, which can help reduce bloating, nausea, flatulence and cramps. Pineapple contains the enzyme bromelaine, which helps break down the proteins in foods and generally aids in digestion. Both of these fruit enzymes can be helpful when eaten, used as juices or purchased as tasty chewable tablets that can act as an antacid. Quick Tips Chew anise seeds for indigestion. Take charcoal capsules for gas and diarrhea. Increase your intake of fiber for diarrhea and constipation. Drinking lots of water in between meals aids in digestion. Black plum jamun fruit helps digestion.

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### Chapter 8 : Is eating Good Health Natural Foods “Veggie Chips” healthy? “Fast Weight Loss Gu

*Digestive Health Guide Restoring good digestion isn't always a quick process”but it can be easy, once you know where to start. There are safe, natural, and effective digestive aids available to you that have been used successfully for centuries, if you just know what to look for.*

About the Digestive System The digestive system is a group of organs that work together to change the food you eat into the energy and nutrients your body needs. After you consume food and liquids, the digestive system breaks them down into their basic parts: These basic nutrients are then absorbed into the bloodstream, which carries them to cells throughout the body. Nutrients provide the cells with the energy they need for growth and repair. Everything in your body, from your hormones to your heart, needs the nutrients from the digestive process to work correctly. How the Digestive System Works When you eat, food travels from the mouth down the esophagus to the stomach. Then it moves through the small and large intestines, and eventually out through the anus as waste. The liver, pancreas, and gallbladder are also included in the digestive system. These organs produce chemicals that allow digestion to occur. All of these organs work in harmony to make sure the body receives the nutrients it needs. Some of the organs are hollow, while others are solid. A series of muscle contractions moves food through the digestive system from the hollow organs to the solid organs. This important process is called peristalsis. The hollow organs of the digestive system include the following: Mouth Digestion starts in the mouth. This is where the action of chewing begins to break down starchy foods into carbohydrates. Special glands inside the mouth release saliva. Saliva and the enzymes present in saliva also help accelerate the breakdown of starchy foods. Esophagus This organ pushes food from the mouth down to the next part of the digestive system, the stomach. Stomach Once food drops down the esophagus, the muscles at the top of the stomach relax to allow the food to enter. After the food goes into the stomach, the muscles at the bottom of the stomach begin to move. The movement combines the food with the acidic digestive juices produced by glands in the stomach. The acid primarily breaks down foods containing protein. Eventually, the contents of the stomach are emptied into the small intestine. Small intestine The muscles of the small intestine mix food with its own digestive juices, along with those from the pancreas and liver. As the small intestine pushes the food toward the large intestine, these digestive juices help to further break down the food into carbohydrates, fats, and proteins. The walls of the small intestine then absorb nutrients from the digested food and deliver them into the bloodstream. From there, the blood carries the nutrients to cells throughout the body. Large intestine Not all food is broken down by the digestive system. Waste, or undigested food and dead cells, is pushed down to the large intestine. The large intestine absorbs the water and remaining nutrients from the waste before transforming it into solid stool. While the hollow organs play critical roles in the digestive process, the solid organs release various chemicals that allow the digestive process to actually work. The solid organs of the digestive system include the following: Pancreas The pancreas is located in the upper part of the abdomen, behind the stomach. It produces digestive juices that help the small intestine break down food into carbohydrates, proteins, and fats. It also makes chemicals that help regulate blood sugar levels, which affect how much energy the body has available to use. Liver The liver is a very large organ located above the stomach in the upper abdomen. During digestion, bile is sent into the small intestine to help break down foods that contain fats. Besides aiding in the digestive process, the liver also stores nutrients and helps remove toxins from the body. Gallbladder The gallbladder is a small pouch that stores the bile made in the liver. During digestion, the gallbladder releases bile into the top part of the small intestine to break down foods that contain fats. This can cause anything from minor discomfort to serious health issues. Some common digestive system problems include: Acid Reflux and GERD Acid reflux occurs when stomach acid or bile flows back up into the esophagus, causing heartburn and other uncomfortable symptoms. Most people experience acid reflux from time to time, especially after eating spicy food or heavy meals. When acid reflux happens more than twice per week, however, the condition is considered

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gastroesophageal reflux disease GERD. While acid reflux can cause some discomfort, GERD has the potential to cause serious health problems. The symptoms of acid reflux and GERD include:

### Chapter 9 : Natural Cures for Digestive Problems | Healthfully

*The digestive system is a group of organs that work together to change the food you eat into the energy and nutrients your body needs. After you consume food and liquids, the digestive system.*