



LINDGREN
functional medicine

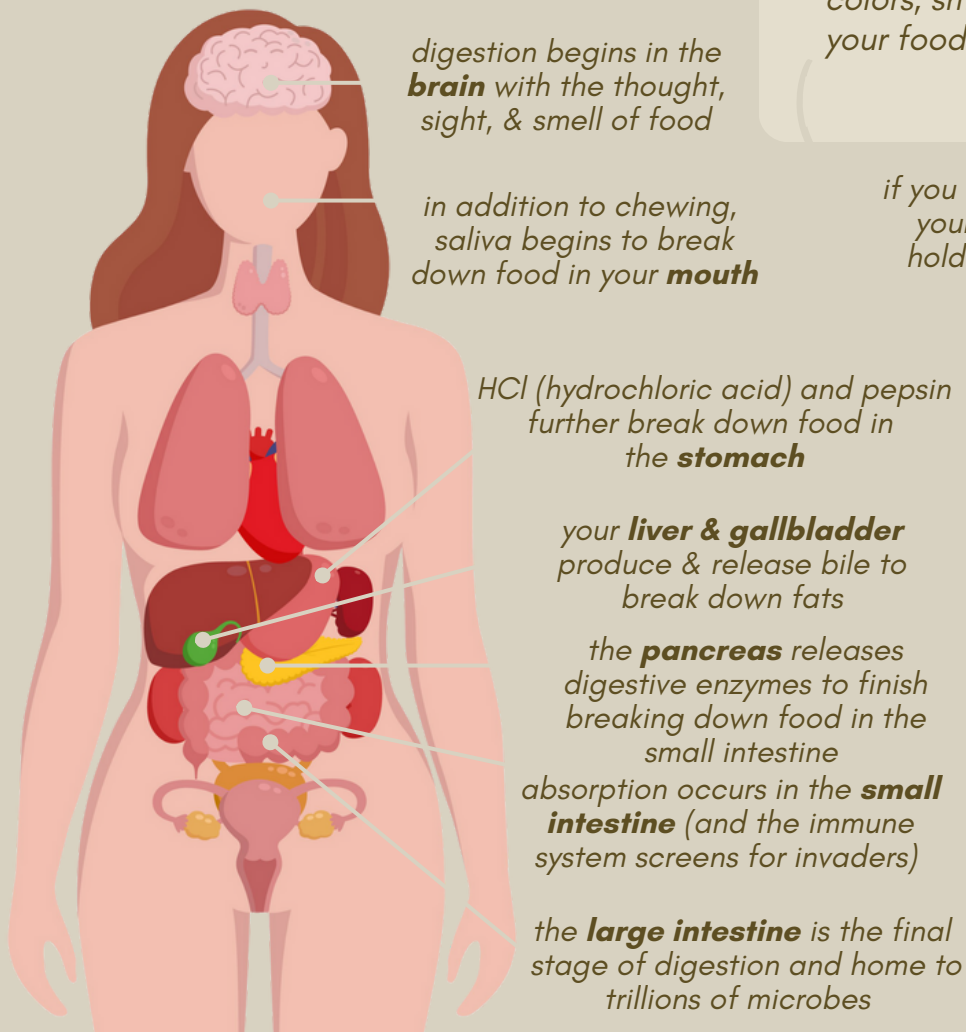
DIGESTION FOUNDATION

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