



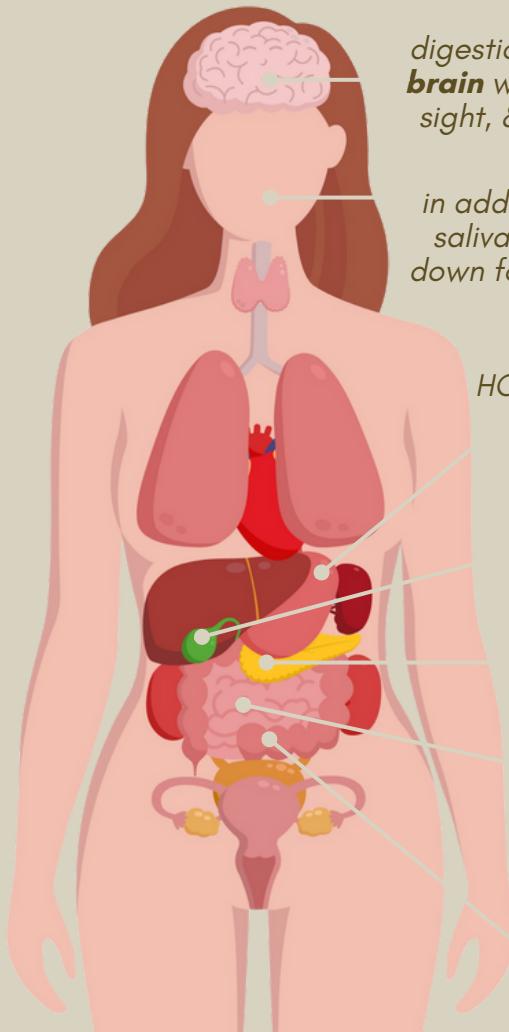
DIGESTION FOUNDATION

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