



## 5 Secrets to Good Digestion

In Ayurveda, our digestion is incredibly important for digesting & metabolising foods efficiently... having a strong digestion also keeps us healthy, and prevents illness and disease.

Knowing how, what and when to eat can be extremely confusing especially with so much information out there. So instead of being guided by books, website and social media, you have an even better resource ... YOU and your super intelligent body !



### 1. Rest & Digest

- Opposite to fight and flight: When the body is stressed, it is focused on survival not digestion.
- The mind and body needs to focus on eating and digesting. Taking a quiet moment before eating helps to 'fire up' your digestion.
- Eating at the same time everyday helps to trigger our "rest & digest" response and therefore, regulates our digestion particularly if it is irregular.

### 2. Eating Mindfully

- Eat when calm, relaxed and certainly not when feeling angry, upset or even too excited
- Don't eat in front of the computer or television
- Chew your food slowly with gratitude and until fully broken down (20 – 30 times), don't rush.

- Keep conversation to a minimum so that your thoughts can be focused on the food

### 3. Listen to your stomach

- Smell your food or sample a taste if you are not sure. Do not eat stale, old or rotten food. Think about who cooked your food and what energy they put into the food.
- What does your body need right now? Warm or cool, food or drink, moist or dry etc.
- How much food do you really need? Listen to your body and it will tell you when it has had enough
- Fill your stomach with  $\frac{1}{2}$  food,  $\frac{1}{4}$  with liquid and leave  $\frac{1}{4}$  empty.



### 4. Keeping the Digestive Fire alive

- Sitting comfortably and straight (sitting on heels during and after meal helps digestion)
- Eating foods and drinks that enhance digestion – avoid cold drinks or ice, especially while eating.
- Do not eat food straight out of the refrigerator. Check it is still fresh and only eat when it reaches room temperature or has been gently heated
- Use herbs and spices appropriately. Salt, pepper, ginger, lemon, cinnamon, nutmeg, cumin, onion, garlic and red wine all act as digestives and stoke your digestive fire.
- A healthy “Appetite for Life” will enhance our digestion, as well as staying active & exercising regularly

## 5. Eat According to Seasons and time of Day

- When the weather or climate is cold, you will mostly need cooked and warm foods. If your digestive fire is very strong you may still need raw fruit and veg.
- When the climate is hot you may desire salads and fruit. However, if your digestion is slow, you may still need cooked food.
- Morning – Eat foods that are light, easy to digest and energising to wake you up
- Midday – Eat your biggest meal of the day as digestion is high. Raw foods tolerated.
- Evening – Eat a small dinner that is digestible. Eat at least 3 hours before sleep.

For more information on this article or Ayurveda, you can contact Emma Grant at [emma@redtentyoga.com.au](mailto:emma@redtentyoga.com.au) or 0410 576 267



RED TENT YOGA

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