

Smooth Move Checklist

10 Ways to Improve Digestion from Chew to Poo!

- **Chew, chew, chew.** Your stomach doesn't have teeth! 
- **Avoid drinking liquid with meals.** This dilutes digestive enzymes and juices. Small sips are okay if needed, but no chugging!
- **Eat light to heavy.** Eat your raw before your cooked, and liquids before solids. For example, juices/smoothie/fruit --> soup, salad, starches/grain --> salad, cooked vegetables + protein.
- **Try food combining.** Check out <http://www.elainebrisebois.com/food-combining/> for a how-to guide.
- **Don't eat by the clock.** Listen to your body and wait until there is a true call for nourishment. Don't eat when you're not hungry.
- **Aim for 80:20.** Water-containing, enzyme-rich foods (i.e. veggies, greens) vs. dense, cooked foods (i.e. grain, animal protein, beans).
- **Limit Sugar.** Even natural sugars will feed unfavorable bacteria and yeast. Try stevia for a natural alternative without the sugar.
- **Eat mindfully.** How you eat is just as important as what you eat! Don't eat when you're stressed, anxious, or upset. For more tips check out <http://www.elainebrisebois.com/how-do-you-eat/>
- **Quit constantly snacking.** Wait until the last meal has left your stomach before throwing the next snack or meal into the mix.
- **Don't eat heavy within 2 hours of going to bed.** Lying horizontal will impede digestion and interfere with a good night's sleep.

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