

Digestion Guidelines

- Follow the microbiome reset food strategy and lifestyle recommendations and take your supplements for a minimum of six weeks.
- Follow the diet and lifestyle recommendations for twelve weeks, after this you can move onto the PFC food strategy in pathway #1
- Avoid chewing gum, this disadvantages your digestive process
- Chew slowly and properly turning your food into liquid in your mouth
- If you have heartburn you could need digestive support – Betaine HCL or digestive enzymes
- Heartburn can also be a sign of food intolerance, cut out wheat, dairy, sugar and processed foods
- Drink water away from food
- Analyse your stools, are they healthy? Check out the [Bristol Stool Chart](#)
- Squat to engage the large intestine and digestion. Bring your knees higher than your hips on the toilet for a complete evacuation
- If you have irritable bowel syndrome, avoid raw and spicy food
- Do not over exercise. It can make you produce too much cortisol which exacerbates digestive issues
- Get good quality sleep in a pitch-black room
- Reduce screen time especially at night
- Eat regularly to stop your blood sugars crashing which creates more stress hormone
- Digestive imbalance can cause emotional distress. If this feels like you, then add some mindfulness into your day and if that isn't enough check out [Reclaim Your Life our online emotional coaching](#)
- Avoid stimulants and irritants such as caffeine and tobacco
- Do not eat carbs by themselves