



## Aids for Better Digestion

**Fiber:** One of the easiest ways we can have a positive impact on our overall health is to add more fiber to our diet. Our fiber intake should be composed of 50% soluble (or “crude” fiber, which absorbs water) and 50% insoluble (bulk) fiber.

Functions	Benefits
Adds Bulk	Reduces appetite
Attracts water & turns to gel, trapping carbs & slowing absorption of glucose	Lowers variance in blood sugar levels
Lowers total & LDL cholesterol	Reduces risk of heart disease
Regulates blood sugar	May reduce risk, onset & symptoms of metabolic syndrome
Speeds passage of food through digestive system	Facilitates regularity
Adds bulk to stool	Alleviates constipation
Balances intestinal pH	May reduce risk of colo-rectal cancer

**Soluble fiber** is found in varying quantities in all plant foods, including:

- legumes (peas, soybeans, other beans)
- oats, rye, chia & barley
- some fruits & juices (prune, plums, berries, bananas, apples, pears)
- veggies, especially root vegetables

Sources of **insoluble fiber** include:

- whole grains
- wheat & corn bran
- nuts & seeds
- potato skins
- veggies, especially green beans, cauliflower, zucchini, celery, nopal
- some fruits (avacados, bananas, tomato skins)

### **Fermentation & Cultured Foods:**

All traditional cultures have espoused the importance of fermented & cultured foods as a primary source of enzymes.

Kim Chee/ Kim Chi	Sauerkraut
Tempeh	Miso
Soy sauce	

Yoghurt	Kefir	Sour cream
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These foods should be eaten before partaking of a meal as they provide the prebiotics for good digestion.

### **Acupoints for both constipation & diarrhea:**

Large Intestine 4



Large Intestine 11



**Abdominal massage:** Perform large circles on the abdomen, clockwise to promote digestion, counterclockwise to treat loose stool. The “clock” is seen when looking at someone else’s abdomen. In other words, “9” is on one’s right side and “3” is on one’s left.

**Herbs that promote digestion:** ginger, mint, chamomile, shan zha (hawthorne), slippery elm.