

# How to activate the digestive juices at each meal



If you are finding your tummy feeling sluggish or bloated and your tongue is heavily coated you may need to eventually rebalance your food choices, but in the meantime, try some of these time-honoured tips for relief. They can help strengthen your digestion when you eat to get the gut juices flowing again.

- Activate your digestion **with Lemon juice / Lime juice, Apple cider vinegar** in warm water with a little honey or as part of salad dressing. Put lemon / lime juice on chicken or fish. **Balsamic vinegar** on salads.
- A **glass of warm water at start of meal** to help the juicy side of the gut juices.
  - ✓ Add **green tea** (weak – colour the water only)
  - ✓ **Chai tea** stimulates the gut when weather is cold
- **Warm liquid stocky soups** e.g. Minestrone, miso paste soups lighten the digestive load.
- **Aromatic herbs** at every main meal get the gut juices flowing by activating our sense of smell, which is linked to our taste receptors
  - ✓ **Basil, ginger, garlic, parsley, coriander, lemongrass, lemon, chilli, curry blends, mint**, etc.
  - ✓ Keep a small supply of **fresh herbs** in your garden, use often.
  - ✓ Use **spice pastes** such as Thai, Moroccan, and Curry pastes.
- **Bitter lettuces** such as rocket, radicchio and gourmet salad mix help the gut juices flow.
- **Mineral water with lime juice and bitters** is a good digestive drink. Mineral water between meals helps the abdomen feel settled. Best types are the San Pellegrino, San Benedetto or Perrier waters. **Alternate a glass of mineral water with a glass of alcohol** if you choose to drink.
- **Balanced eating** often means to make fresh vegetables, salads or fruit at least two thirds of each meal, with the other one third side of your plate a good mixture of lean meats, eggs, dairy, wholegrains, legumes, nuts and seeds. The more variety throughout the week, the more likely you are to have a broad foundation for your nutritional platform.



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