

Living Well With Geeta
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Nutrition and Ayurveda

Common signs of digestive system issues:

- Sense of fullness after eating
- Multiple food allergies or intolerances
- Nausea after taking supplements
- Iron deficiency, fatigue
- Longitudinal striations on your nails
- Indigestion, diarrhea, constipation
- Bloating, burning or flatulence after meals

Diet and lifestyle habits to support digestion:

- **Chew your food really well.**
- Eat at the same time in a relaxed environment without being in a hurry or under stress
- Start the day with a glass of warm water with honey and juice of ½ a lemon or 1 to 2 tsp. of Apple cider vinegar (alive with the mother).
- Do not drink water with meals.
- Consume whole fruits and vegetables to get enzymes in your diet.
- Eat fruits on their own especially as a snack between breakfast and lunch.
- Consume Papaya and pineapple as they both contain enzymes, which help with digestion.
- As per Ayurveda, your meal should be 1/3rd solid , 1/3rd liquid and 1/3rd should be left empty to promote proper digestion. If you are eating a solid meal with no liquids, then it's beneficial to consume a small cup of herbal tea or warm water with your meal. This should be consumed as small sips in between bites and not gulped down.
- Incorporate spices and herbs in your food as they help in promoting proper digestion.
- Use foods that support production of digestive juices and enzymes before main meals especially if your digestion is very poor. These can be eating pickled ginger in sea salt or drinking Apple Cider vinegar (2 tsp.) and raw unpasteurized honey(1 tsp.) in 4 oz. of warm water prior to your meals.
- Do not heat or cook with honey as it kills the beneficial enzymes and creates 'Ama" or toxins in the body.
- Sit in Vajra-asana for 5-10 minutes after each meal or go for a slow walk for 5-10 minutes especially if you are eating a heavy dinner.
- Eat a light breakfast, a heavy lunch and a light dinner. Try to make lunch your main meal of the day.
- Ideally eat before sunset but if not possible, then make sure there is a gap of 2 hours between dinner and sleep time.

