



tips for healthier digestion

key cellular nutrition



ACID REFLUX. INDIGESTION. HEARTBURN. UPSET STOMACH.

Though all different types of ailments, they have one thing in common: all are related to improper digestion.

More and more, the world is starting to realize that our gut health truly matters. In fact, your gut is commonly referred to as your “second brain!”

And if you’re experiencing problems like the ones listed above, it’s a sign that something isn’t quite right in your digestive system.



“When I started this program I had so many issues going on that I was embarrassed to tell about all of them. I have become so much healthier thanks to this program! My sugar is leveling off, my legs are not black anymore, my joint pain has improved so much that I can now dance again! I have dropped almost 30 lbs! My stomach issues have gotten so much better! It’s amazing!”

-Jessie M.



SO, WHAT CAN YOU DO?

In this guide, I’ve compiled my favorite tips for better digestion. As a bonus, you’ll also see some essential oil remedies that can assist in optimizing your digestion. There are recipes, as well as an overview of each of these oils.

When you combine quality essential oils with my top tips, you’re well on your way to achieving better digestion!

MY FAVORITE 9 DIGESTION-RELATED HEALTH TIPS

1 *Try something acidic.*

Drink apple cider vinegar (1-2 Tbsp in 8 ounces of water, or more water if the taste is too strong) while you're eating. You can also do this with lemon juice (half a lemon or so in 8 ounces of water). It will help improve digestion and break foods down as you eat them.

2 *Chew your food thoroughly.*

Aim for chewing your food 33 times with each bite. Yes, it will probably turn to mush, but it will be SO much easier to digest. When your food is more broken down, your digestive system won't have to work as hard.

3 *Don't eat when you are stressed.*

When you are stressed, your body focuses all of its attention on dealing with stress rather than digesting your food. This means some food can sit in your stomach for hours (which damages the stomach and gives you a belly ache) before it starts to move through. Take a few deep breaths before you start eating to bring yourself into a calm state. It will help greatly to relax your body and allow it to focus on digestion.

4 *Take your time.*

There is no rush or race. Speed eating will make digestion much harder for you! Give yourself those extra few minutes, and you might find mealtimes far more restful than they used to be.

5 *Keep it simple.*

Keep a record of how you respond to foods. This will make recognizing the wrong foods much easier. Aim for 2-3 distinct meals each day. Eat enough healthy fat to help you stay full in between meals!



6 *Take it slow!*

After you eat, take a rest and let your body fully digest the food before you start rushing back to your daily life and routines. Taking this time means you won't feel as stressed, allowing your digestive system to work at an optimal level.

7 *Plan, plan, plan.*

Take a few minutes at the beginning of the week to plan out some of your meals. Decide which veggies and meats you want for the week. Then all you have to do is mix and match the two, add some fat, and you have a meal!

8 *Batch cooking.*

We all get busy during the day, and there is nothing worse than getting home hungry and having nothing ready to eat. If you make extra food whenever you cook, you can freeze the leftovers and have them ready to heat up in a moment of hunger. You can even purposely cook extra food and divide it up into single-serve portion sizes. Place them in the fridge for more immediate use, or freeze them. Then, you have a meal ready when you need it!

9 *Make sure half the veggies you eat are cooked.*

Raw vegetables can be hard to digest, particularly if your digestion is weak. By cooking at least half of your vegetables, you will help your belly do a better job of digestion and be gentler on it. And aim for at least half your plate to be vegetables!

"My wins after just two weeks include less bloating around my tummy, decreased bags under my eyes, no 3 o'clock drowsiness, and sleeping more soundly."

-Hellen S.



Our Student Success Stories



"IMPRESSIVE!!! That's what this program is!
THANK YOU SO MUCH DR. COLE AND CHA
SUPPORT for putting together such an
awesome comprehensive and inclusive support
system. I've lost 15 lbs so far, my skin, digestion,
energy and recall has improved tremendously.
THANK YOU SO MUCH for all the love, wisdom,
encouragement, constant support AND
PATIENCE you exemplify in helping me navigate
through this process. I'm convinced I'm on the
right path to the healing I've been seeking for so
long. I'm getting my life back!."

-

Mary C.

Learn More



BEFORE



AFTER

Brain fog is gone, much more energy, sleep is better, I finally have control over my eating!! I'm down 25 lbs but it seems like much more...I can complete my workouts and feel like I have more stamina and am building strength. I donated blood during the process and was not anemic. I am on no medication for almost 17 years and still felt bad. My hair and nails are healthier than they have ever been. Mood is more stable and I'm just generally happier
-Nancy H



Having trouble with digestion?

Watch the **FREE TRAINING** & learn to regain control of your health

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