



Indigestion

When food cannot digest it ferments forming gasses and alcohols. The gas build-up creates pressure, forcing digestive juices to reflux, and alcohols which are formed in the fermentation process cause erosion, inflammation and ulcerations of the mucosal lining.

Symptoms associated with undigested food:

Bloating, constipation, gas, gastritis, IBS, oesophageal reflux, peptic ulcers, ulcerative colitis, malabsorption of nutrients.

Contributing Factors:

1. Low Stomach Acid (or high pH)

Many people with digestive ailments are under the misconception that they are OVER producing stomach acid, but in fact they are often not producing ENOUGH stomach acid. The body's natural ability to produce stomach acid/hydrochloric acid (HCl) is affected by certain factors like stress, nutrient deficiency and ageing. Additionally, low levels of acid also allow certain bacteria such as H.pylori and E.coli to survive and proliferate inside the stomach and digestive system.

2. Stress - emotional, physical or mental

Digestion is dramatically impacted by stress. The body produces adrenaline and cortisol in reaction to stress. This is what is commonly termed the natural fight or flight reaction. Extreme stress causes the body to overproduce cortisol to counter these higher stress levels. Excessive cortisol hinders sleep patterns, digestion and metabolism, resulting in digestive disorders and weight gain. The body's adrenaline response increases the heart rate and redirects blood from the digestive system to the muscular system. This results in an accumulation of undigested food and the build-up of damaging gasses and alcohols.

3. Other Causes

Other causes of digestive disorders and damage to the mucosal lining include alcohol abuse, long term use of non-steroidal anti-inflammatory drugs and pain medication and erosion of the gastric mucosal lining which inhibit the secretion of digestive juices.

Combining Food for Improved Digestion

Different food groups digest at different speeds and require different pH environments and enzymes.

Eat Proteins (Fish, meat, chicken, dairy, eggs, nuts and seeds) with vegetables (broccoli, cabbage, cauliflower, avo, spinach, mushrooms, onions, garlic, butternut, lettuce, tomato, cucumber, peppers, etc.)
Allow 4-6 hours after eating proteins before eating the next meal.

Eat Carbohydrates (Grains, bread, rice, crackers, cereal, pasta, potatoes, corn, oats, etc.) with vegetables (broccoli, cabbage, cauliflower, avo, spinach, mushrooms, onions, garlic, carrot, butternut, lettuce, tomato, cucumber, peppers, etc.) Allow 2-3 hours after eating carbohydrates before eating a different meal.

Eat Fruit alone or leave it alone. Allow 30 min to 1 hour before eating then next meal.

Remember:

How you feel immediately after a meal or a while later, will tell you how well you digested the food. Bloating, gas and burping, heartburn and discomfort are warning signs.

Eating Recommendations

- Eat slowly
 - Eat sitting down
 - Eat in moderation
 - Avoid eating when stressed
 - Chew your food thoroughly
 - Avoid extremely hot or cold food
 - Do not drink with meals
 - Do not exercise immediately after a meal
 - Consider eating a variety of different foods: then be mindful of how your body responds.
- We are all unique.

Please Note:

This pamphlet only provides information and is not for diagnosis or treatment of specific illnesses. Pregnant woman, those sensitive to specific herbs, on prescription drugs/medication should first consult their practitioners before taking any herbal remedies. Tell your doctor if you are using herbs and natural supplements before going for surgery as they prevent blood from clotting. You are responsible for your own actions and decisions. Do as much of your own research as possible.



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Avoid

- Excessive alcohol, Carbonated and caffeinated coldrinks, citrus juices, coffee, tea and tomato juice.
- An excessive intake of caffeine, increases the production of stress hormones. Stress hormones cause your heart to beat faster and boost your energy by redirecting the blood supply away from the digestive system to the muscles.
- Caffeine also acts as a diuretic which can lead to dehydration, which in turn can contribute to constipation.
- Junk food - Food containing high levels of calories from sugar and fat with less protein, vitamins and minerals. Food with low nutritional value.
- Starch “baddies”: They cause sugar to spike rapidly and then fall sharply. This is linked to a higher risk of diabetes, heart disease and weight gain.

Positive Affirmation: I digest and assimilate all experiences peacefully and joyously.



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