

A Happy Belly A Happy You

Your Guide to Digestive Health



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What is healthy digestion?

According to Ayurveda, our digestion is the first place we should look when our health is not optimal. While modern nutrition states, "You are what you eat."

Ayurveda believes, "You are what you digest."

This means that everything that we put in our body needs to be transformed into either something that will support and nourish the body or waste.

Agni is the Sanskrit term for the digestive fire, which governs all transformation. The creation of new cells and the destruction of old cells is governed by agni.

Ayurveda teaches us that everything that we take in must be digested or processed so that ama (toxins) don't build up within our body and mind.

It is widely thought that if agni is strong, then one is free from disease. Ultimately, a happy belly is a happy you!

What is healthy digestion?

What Healthy Digestion Looks Like:

- Normal Appetite
- Clean Tongue (no coating)
- Proper appreciation of taste
- Good digestion and balanced metabolism
- Steady weight
- Normal blood pressure
- Good immunity
- Sound sleep
- Calm mind
- Clear perception
- Positive attitude
- Longevity

What is healthy digestion?

What Weak Digestion Looks Like:

- Emotional disturbances, with an increased tendency toward fear, anxiety, anger, confusion, lethargy or depression.
- Low energy or fatigue.
- Suppressed or overactive appetite.
- Indigestion: gas, bloating, constipation, nausea, hyperacidity, loose stools, a sense of heaviness, feeling tired or mentally foggy after meals.
- A tendency toward congestion in the sinuses, the lymph, or even the mind.

3 Simple Ways to Improve Your Digestion

1. Drink Warm Water with Lemon

2. Eat Mindfully

3. Kitchari: An Ayurvedic Digestive Reset

Drink Warm Water with Lemon

How to do it:

- Squeeze 1 tsp. of fresh lemon into an 8oz glass of warm water.
- Water should not be hot nor cold, as both cold and hot water can be a surprise to the system, therefore they will not flush the Ama (toxins) out in the same way as a warm drink will.

Drink Warm Water with Lemon

Benefits:

- Flushes out Ama (toxins). Lemon stimulates your Agni, (digestive fire/metabolism).
- Lemons have strong antibacterial, antiviral, and immune-boosting properties.
- Lemons are a rich source of Vitamin C, which helps fight off colds, and potassium, which helps brain and nerve functions).
- Lemons are good for balancing your PH. They have an Alkaline effect inside the body. They are acidic on their own, but when consumed they're alkaline.
- The warm water serves to stimulate the gastrointestinal tract and flush through any blockages in the digestive system.
- Lemon water removes toxins from the blood, which helps the skin stay blemish-free, and the body stays hydrated.
- By starting the day off well hydrated you also help to keep your lymphatic and adrenal systems healthy.

Eat Mindfully

Your Attitude:

Digestions and assimilation of nutrients begin with your attitude towards your food. Do you hate it? Love it? Is it too time-consuming and you resent it? Worship it? Does it consume your thoughts? Is your overall attitude towards eating negative, positive, or neutral?

Each of these attitudes affects how your body's metabolic process responds to the food you eat. Bottom line, we should enjoy our food. Eating is one of life's pleasures, but it is not meant to be too important or trivialized. Enjoyment, in a balanced sense, is the best digestive aid.

Eat Mindfully

The environment in which you eat and the company with whom you eat:

Your surroundings while you eat are extremely important because they can either relax you or cause tension. In the same fashion, the person you choose to eat with can relax you or stress you.

Try to make a ritual of eating one meal a day in a relaxing, enjoyable environment or share a meal with good company.

Kiichari

What is Kitchari?

Kitchari is a traditional Ayurvedic dish that is tri-doshic (balances all of the doshas aka all body types) and known for providing a ton of nutrients to the body while at the same time pushing out the toxins.

In India, kitchari is a regular household meal, but it's also often used to heal those who are sick because it is so easy to digest – soothing the belly and healing the gut wall so nutrients can be better absorbed.

kitchari

A Kitchari cleanse is typically done for 3-7 days (eating only Kitchari), depending on the individual's schedule and the amount of cleansing needed to be performed. Ideally, this is a planned out regimen that will allow the system to ease into the cleanse and eventually ease out of it.

If you can, it is recommended to phase out refined sugar, processed food, caffeine, etc. at least 7 days before the cleanse and continue to keep out of diet 7 days after cleanse.

Please note:

If you are not careful, a cleanse can do more harm than good, further destroying the digestive system and depleting the energy levels. It's recommended to try it for 1-2 days to see how your body reacts to the cleanse before going for a full 7 days. A cleanse of any kind should be avoided during menstruation.

kitchari

Ingredients & Prep:

- $\frac{3}{4}$ cup Basmati Rice
- 1 cup Mung Beans (Tri-Doshic) - Soak over night in 2 inches of water before cooking
- 6 cups Water
- $\frac{1}{2}$ to 1 inch Ginger Root (chopped or minced)
- 2 tsp. Ghee or Coconut oil (traditionally ghee is used)
- $\frac{1}{4}$ tsp. mineral salt
- $\frac{1}{2}$ tsp. Coriander Powder
- $\frac{1}{2}$ tsp. Cumin Powder
- $\frac{1}{2}$ tsp. Turmeric Powder
- $\frac{1}{2}$ tsp. Whole Cumin Seeds
- $\frac{1}{2}$ tsp. Mustard Seeds
- 1 pinch Asafoetida (hing)
- 3-4 cups Chopped 1 cup fresh cilantro

Order an amazing pre-made Kitchari spice mix!

kitchari

Directions

- Rinse rice and mung dal – soak mung dal over night or up to 8 hours.
- In a large pot (big enough to add all ingredients and 6 cups of water) warm the ghee/coconut oil on medium heat.
- Add fennel, mustard and cumin seeds, sauté seeds until they start to pop. Once seeds start to pop, add the rest of the spices, ginger, rice, and mung beans.
- Cover rice and mung beans completely in ghee/coconut oil and spices. Slowly add the six cups of water and your choice of vegetables (any leafy greens can be added toward the end) and bring water to a boil. Once the kitchari has reached a boil, reduce the heat to low, cover and cook until all ingredients are tender (45 minutes).
- Add fresh cilantro and salt to taste.

kiichari

Health Benefits

- Asafoetida (Hing) – Asafoetida comes from the root of the ferula species or the carrot family. It's mighty stinky before you cook it, but delicious when cooked and packed with nutrients. Benefits include:
eliminates flatulence (add a small sprinkle to any variety of beans to help reduce excess indigestion or gas created from the legume), holds anti-inflammatory properties, helps provide relief from menstrual cramps, lowers blood sugar, helps control high blood pressure, and is a powerful anti-oxidant.
- Removes toxins from the system
- Removes heaviness and congestion Removes heaviness and congestion from the mind
- Enhances the "Sativic" (balanced) state of an individual
- Enhances energy and feelings of wellness (prior to the cleanse; during the cleanse one may experience low energy due to the flushing of toxins and mild diet)
- Increases one's confidence and motivation levels