



DIGESTION PROTOCOL

1. Four C's:

- ⇒ Calm yourself as you prepare to enjoy a nourishing meal
- ⇒ Choose the healthy items your body needs to function optimally (see Food Guide)
- ⇒ Chew your food thoroughly, savoring the taste and consistency, and allowing the food to trigger the cascade of the digestive process
- ⇒ Chill! Spend some time after your meal connecting with a friend or enjoying a positive book for at least 10 – 15 minutes

2. Provide digestive enzyme support as needed (majority of people benefit)

- ⇒ Pancreatic Enzymes (VN): Use 1 -2 capsules for a small meal; up to 3 capsules for a larger meal. If used properly, these will reduce feelings of indigestion and promote effective breakdown and absorption of nutrients, especially healthy fats but also proteins and carbohydrates.

3. Optimize intestinal motility (following materials may be combined)

- ⇒ Mo'Betta BELLY digestive supplement (NG): Use ½ to 1 dropperful in 3 to 4 ounces of filtered water or other beverage during the meal. May use repeat dose in 2 ounces of water after a meal as needed.
- ⇒ DigestZen (DT): Use 1 drop in 3 to 4 oz filtered water, Stevia to taste if desired with meal. May use repeat dose after a meal as needed.
- ⇒ *Peppermint essential oil (DT): Add 1 drop to 4 oz filtered water with Stevia to taste if preferred especially after breakfast or lunch. Use with caution if at all within 4 hours of bedtime, since may cause activation. (May be helpful during the day as a “pick-me-up”.)

4. Ensure proper timing of meal

- ⇒ Last meal of the day should be no less than 2 to 3 hours prior to bedtime (in order to optimize both sleep and digestion)



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5. Utilize appropriate *food sequencing* (see blog @ www.greathealth365.com for more details). In particular, any fresh fruits should be eaten 2 hours after a meal or no less than 1 hour before a meal.