

TOP 10 FOODS FOR  
**ROCKING DIGESTION**  
& Energized You!

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Having a healthy and energetic body starts with a strong digestive system. The gut is your second brain after all, with 70% of immunity residing in your gut.

Dr. Anil Minocha states succinctly, that if food is our fuel, then the digestive system is the engine that burns this fuel, distributes the energy it produces and gets rid of its wastes.

Lack of synergy between food and its internal processing leads to health problems and sickness. The single title of “indigestion” encompasses everything from ordinary belly discomfort to chronic digestive disorders to life threatening disease.

A proper diet along with lifestyle modifications and the right exercise can effectively take care of common digestive issues like gastritis, bloating, IBS, constipation / diarrhea and heart burn.

Here’s your guide of the 10 Essential Foods for a Rocking Digestion and Energized You. Incorporate these today in your diet and support your digestive distresses.

## 1. Yogurt:

Yogurt is an excellent source of the good bacteria and hence a great probiotic.. Not only this, but yogurt also helps with diarrhea, constipation, yeast infections and is a good source of calcium.

On a side note, when mixed with little turmeric, I’ve also used it as a face mask to moisten the skin and lighten skin blemishes. Try it at home and see the difference yourself!

## 2. Turmeric:

Since I mentioned turmeric above, why not list the benefits of this spice as an antiseptic, and anti-toxin and ofcourse anti-inflammatory food. Add it to the curries or steamed veggies for some color and tang.

## 3. Dandelion Greens:

These are a digestive aid and a blood purifier, plus a great source of Vitamin C. They can be added to salads, smoothies or soups for a slightly bitter and nutty taste.

## 4. Rice!

This might be surprising, but the whole / unrefined rice is full of fiber and a great way to relieve constipation, soothe nausea and is very gentle for an upset stomach. Drinking rice water (the water that rice is boiled in) helps with diarrhea.

## 5. Flaxseed oil:

Flaxseeds and their oil regulate the blood pressure, stabilise cholesterol levels, and strengthen the immune system. The oil helps lubricate the intestines and hence eases bowel movements. Flaxseeds or the oil can be used in smoothies, salads, soups or your morning cereal.

## 6. Garlic:

I love garlic as it's a super food for sure. It's used in Ayurveda and Chinese medicine for colds, asthma, indigestion, intestinal gas, heart disease, high blood pressure, arthritis, worm infection etc. just to name a few.

## 7. Papayas:

This is a super digestive aid. Eating the fruit relieves bloating and queasiness after large meals. Supplements from papaya juice (papain) are used widely for people who have low digestive juices and an underactive digestion. It helps break down foods efficiently so it can be used as a fuel by the body.

## 8. Bananas:

This is one food you can eat whether you have diarrhea or constipation! A raw green banana or just slightly ripened banana will help with diarrhea while a fully ripe one with constipation. It's also a great food for the good bacteria in the intestines.

## 9. Ginger:

Ginger is a wonderful digestive aid. It helps fire up your digestive juices for better digestibility. Plus it works well as an anti-inflammatory agent as well.

## 10. Holy Basil:

Holy basil or *Tulsi leaves* is well known for anti-infection and soothing properties. In India it's widely used for colds, coughs, indigestion, arthritis, colic, and stress. Boil some holy basil leaves with ginger and have it as a herbal tea with lemon and honey added in. Hmm...heavenly.

There you go, that's my list of the Top 10 Foods for a Rocking Digestion!

Try them and let me know it goes....

Remember though that sometimes, there are deeper internal issues like stressed and excessively weakened digestive system, hormonal imbalances, yeast overgrowth, liver overload, nutrient deficiencies or emotional issues which need to be addressed with the right dietary intervention and lifestyle changes.

You are not alone in trying to figure it out...I can help you with those.

## So what's next?

Schedule your Complimentary Discovery Session with me.

I can help you Eat Right. Feel Better. Look Good.

Call 778.322.5670 or email [info@saakori.com](mailto:info@saakori.com) to schedule one today.

We'll discuss your immediate health concerns and long term wellness goals, so we can figure out the right approach/ program for your unique self.

What's more, walk away with a couple of practical and easy to implement actionable steps you can implement right away and feel better.

You have only to gain from our chat.

P.S- don't miss out on any tips, recipes and other nutrition related resources.

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