



Beat Indigestion Naturally!

By **Tanuja Dabir**
Registered Holistic Nutritionist

Meet

Tanuja Dabir, R.H.N



Welcome!

I'm a Nutritionist | Digestion Whiz | Public Speaker | Corporate Wellness Expert enabling stressed and on-the-go professionals: bust cravings, fix indigestion, lose weight, increase energy and transform health from the inside so that you can live your best life.

Before we get to the dos and don'ts for beating indigestion, I've got to share a secret with you. I may be a holistic nutritionist now, but that wasn't always the case.

In fact, if someone had told me a few years ago I'd be interested in nutrition, I would have laughed. I mean, we all 'think' we know about what eat and what to avoid, the 'healthy foods' vs. 'junk foods'. What's the need to study nutrition for that, or even consult with a nutritionist for that matter?

So what the heck happened that made me revisit my food habits and eventually study nutrition? You see I was always exhausted, craved sugar, suffered from indigestion and IBS. I dreaded eating, as it would trigger my indigestion symptoms and make me feel sick to my stomach. No pun intended!

The innumerable doctor's visits and pill popping spree was not helping.

I was frustrated and felt helpless. I just couldn't take it anymore.

[Click here to read my full story.](#)

Fast forward to the present time, I've taken charge of my health, conquered my cravings, healed my digestion and controlled my weight.

After spending thousands of hours on research, studying natural nutrition, and many satisfied, healthier clients later; I've combined all my personal experience and professional expertise in a powerful solution that can finally show you how you can have a rocking digestion naturally EVEN if you've tried everything else and failed.

Ready to finally kick start your journey to a healthier you?

Warmly,
Tanuja Dabir

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Beating Indigestion Naturally

If you're like I used to be, you have likely struggled with indigestion for a while. And you've also likely tried a number of over the counter pills or prescription meds that haven't worked.

I know how frustrating this can be, and how desperate you may be to find a solution that is natural and effective at the same time.

I put this guide together so you can start to learn *how to* strengthen your digestion naturally.

The information I'm sharing is not about the latest fad diet; it's about strategies that I have successfully used with my clients repeatedly to beat indigestion and strengthen their gut for good, so you can start to enjoy eating again!

While some of this may be new to you, with a little bit of practice you will find it is easy to add these strategies into your daily life.

I'm excited to share this information with you, so let's dig in!

1

What is Indigestion?

Indigestion is a “**blanket term**” used for a wide variety of symptoms such as:

- Abdominal pain
- Allergic symptoms/ food sensitivities
- Belching
- Bloating
- Heart burn/ GERD/ Acid reflux
- Bowl irritation
- Fatigue
- Constipation and/or diarrhea
- Gas
- Nausea/ vomiting
- Sugar cravings
- Insomnia
- Joint and muscle pain etc.

Having any one or more of these symptoms signifies a weak digestive system.

Depending on the symptom(s), I work with my clients to trace the root cause of the issue first. Accordingly, I can then make appropriate natural recommendations for diet and lifestyle.

Let's discuss some of those here.

2

Do's and Don'ts to Beat Indigestion:

Don'ts:

1. Don't eat processed/ packaged foods, fried or spicy foods or junk foods. These are heavy on the gut and devoid of nutrients.

2. Avoid dairy products as they cause excess mucus formation.
3. Don't eat in a rush, when upset or overtired. Eating in these situations does not break the food down completely and aggravates existing symptoms.
4. Don't drink liquid with meals, as these dilute digestive juices and prevent proper digestion.
5. Refrain from eating foods you are sensitive or allergic to till your gut is strengthened. This is a temporary measure to allow your gut to rest and repair.

Do's:

1. Eat fiber rich foods such as fruits, vegetables and whole grains.
2. Include fresh papaya and pineapple in your diet as these contain beneficial digestive enzymes.
3. Add probiotics to your diet in the form of fermented foods such as yogurt, kefir, sauerkraut, Kimchi etc.
4. Ginger works wonders in case of nausea.
5. A few sprigs of fresh parsley, or ¼ tsp of dried, taken in a glass of warm water helps relieve indigestion.
6. For gas, bloating and heartburn try brown rice and or barley broth. Use 5 parts water to 1 part grain and boil the mixture, uncovered for 10 mins. Then put the lid and simmer for 55 mins more. Strain and cool the liquid. Sip throughout the day.
7. If your stools are foul smelling and accompanied by a burning sensation at the anus, you may need a detox and/ or fasting program under the supervision of a nutritionist or other qualified health care provider.
8. Chewing ½ tsp of fennel seeds after meals will aid digestion and prevent bloating.
9. If heartburn and pain related with it travels down the left arm, or if the sensation is accompanied by feeling of weakness, dizziness or shortness of breath, seek emergency medical help. They could be early symptoms of a heart attack.

10. Exercising like a brisk walk or stretching aids digestion.

3 Digestion Friendly Recipe

Now the fun part!

I'm sharing with you one of my favorite gut friendly recipe- *Methi (Fenugreek) Dal!!*

Growing up as a vegetarian, lentils (or dal we call it in India) was my main source of protein.

Fenugreek (*referred to as Methi in India*) is an aromatic, clover-like herb. Its seeds are powdered or used whole in the spice collection and leaves eaten as a vegetable in India.

It does have a slight hint of bitterness to it, but that's what makes it so unique tasting!

Did you know that orally fenugreek is used for diabetes, loss of appetite, dyspepsia, gastroesophageal reflux disease (GERD), gastritis, constipation, dysmenorrhea, polycystic ovary syndrome, obesity, atherosclerosis, hyperlipidemia, and for stimulating lactation.

*(*Source- Natural Medicines Database)*

This is a protein and nutrient dense main dish can be served with rice, bread, roti/naan or even quinoa/ couscous.

Methi (Fenugreek) Dal

Ingredients: (Served 2-3 people)

- 3/4 cup dry mung dal (yellow)
- 1.5 cups fenugreek leaves (washed and finely chopped)
- 1/4 onion thinly sliced
- 1/4 tsp cumin seeds
- 1/4 tsp turmeric powder
- 1/4 tsp red chili powder or 1 small green chili finely chopped
- 2 cloves of minced garlic
- 1" fresh ginger root (grated)
- 1 tbsp. cold pressed organic coconut oil or ghee
- 1 tsp garam masala



- Salt to taste
- Cilantro leaves (finely chopped) to garnish

Directions:

- Wash the yellow mung dal with running water.
- Add to a pot with double the amount of water, bring to boil.
- Cook on a simmer cook until soft (usually takes 20-30 mins). Or you can cook it in a slow cooker if that's more convenient.
- Keep stirring occasionally.
- Add more water till you get the desired consistency. I like it a bit thicker- almost like thick gravy.
- Heat up a separate small sauté pan, add the coconut oil/ ghee and let it heat up as well.
- Add the cumin seeds and when they turn golden brown add the onions. Sauté till golden brown.
- Then add the garlic & ginger and sauté for few seconds.
- Now add the balance spices and chopped fenugreek leaves and sauté for another minute.
- Take off the heat and add this to the cooked mung dal.
- Boil for a few minutes more so all the flavors are soaked up by the dal.
- Keep stirring occasionally.
- Turn off the heat, and garnish with chopped cilantro
- Serve hot.

Let me know how it goes, I always love to hear from you!

What's next?

Remember that the Gut is your second brain and home for 70% of your immunity.

Gut health is the true marker of your health.

There's a better to address indigestion and gut issues than depending on over the counter drugs. That is to get the root cause of your digestive woes and strengthen the digestion naturally with the right foods and lifestyle choices.

I cover these simple, practical methods and tips in my ['Signature' Digestion Intensive](#) program.

Imagine yourself:

- Having more energy and focus to enjoy life and be your best.
- Enjoying all your favorite foods without worrying about heart burn, gas or bloating
- Freedom IBS, diarrhea, constipation- not more being 'stuck in the toilet'
- Saying good bye to sugar cravings and 'hangry' bouts
- Feeling confident as your weight is under control and proudly flaunting that little black dress
- Eating clean and feeding your family balanced, nutrient dense foods
- Free from guilt, misery and frustration because YOU have taken charge now

['Signature' Digestion Intensive](#) will help you break free from undesirable dietary and lifestyle patterns in just 6 weeks!

Visit <http://saakori.com/signature-digestion-intensive/> for more details or call me at 778.322.5670 to get your started!

Not quite ready yet?

No worries! Want to know more about holistic nutrition and how it can benefit you to live a more full life?

I invite you to a [FREE 30-Minute Discovery Call](#).

In this phone consultation, I'll personally help you discover how you can reclaim your health and life.

- Create a crystal clear vision for your health and wellness that will help you enjoy life more fully and get your "spark" back
- Uncover the root cause, hidden challenges and self sabotaging habits that may be making you tired, bloated, crave sugar and carbs and put on weight.
- Leave this session renewed, inspired, ready to finally strengthen digestion so you can enjoy your favorite foods with restrictions and be your best once and for all.



[to schedule your FREE 30-Minute Discovery Call](#)

Client Success Stories:

The recommendations Tanuja gave me fit my lifestyle, dietary and health needs. Tanuja helped me identify what foods were causing my discomfort and helping me adjust my dietary habits.

The result is that I feel healthier and my discomfort has gone down by a good 90%!

I liked the fact that Tanuja does her research. I had a very specific and rare surgery and Tanuja did her homework and gave me some great advice as to how it affected my digestive system.

She offered me more advice and asked more questions than my doctors had. I found the experience to be very helpful and her recommendations easy to follow.

I would recommend Tanuja to people who need a holistic approach to their health issues plus she is great to talk with in general. She is highly knowledgeable and is very thorough. I'm glad I sought her out.

- *Priya D., Vancouver*

I would strongly recommend Tanuja as a Holistic Nutritionist.

Tanuja's recommendations helped me ask informed questions of my Naturopathic Doctor and incorporate simple changes to my diet to manage my food allergies. These simple changes adding digestive enzymes, looking at food combining and adding more protein with Omega 3s such as chia seeds, have made a big difference in managing my allergies.

Greatly appreciate your suggestions...

- *Sharon K. S, North Vancouver*

I've already lost a few pounds! My tummy is flatter and my pants are fitting better too! I liked the information on proper portion sizes – that was really helpful. Very pleased to see my sugar cravings have greatly decreased too, which is great!

On a scale of 1-10 (10 being the highest mark):

- How easy was it to follow and stay on track with the program? 8
- How did you like working with Tanuja? 10
- How likely are you to recommend this program or working with me to your network? 9
- Overall program rating (contents, recipes, delivery, customer support etc): 9

- *Shelley W. R*



[to schedule your FREE 30-Minute Discovery Call](#)

**Invest in Your Health.
You Are Worth It!**