

# Fall into a Healthy Future



## Did You Know?

- The entire length of your digestive system is about 30 feet long.
- The breakdown of food starts with our mouths through chewing and the enzymes that are in our saliva.
- A full meal takes 2-3 hours to be broken down.
- The absorption of nutrients from the food we eat takes place in the small intestine.
- The digestive system and brain work closely together. You have experienced this when you have anxiety and your stomach feels like it is in knots.

## Digestive Health

We usually don't pay attention to our digestive system unless there is an issue. It's important to have the knowledge about the digestive system and gastrointestinal tract as they can affect our overall health and well-being. This system is in charge of breaking down the foods we eat so we are able to absorb necessary nutrients. It includes your mouth, esophagus, stomach, liver, gallbladder, biliary tract, and small and large intestine.

You can support your digestive system by...

- **Eating a healthy diet**
- **Exercising**
- **Staying hydrated**
- **Sleeping well**
- **Taking supplements**

Try to consume a diet that is high in fiber which includes whole grains, fruits, vegetables, and legumes. Also, choose to eat lean meats as you still need to be getting your source of protein. Stay away from foods that are high in fat because they will slow down digestion. Make sure to eat your meals at the same time every day. Staying on a schedule will keep your system on the right track. Always be drinking water as that will help with bowel movements. Exercising every day is good for digestive health as it will help you maintain a healthy weight and decrease constipation. Your stress can really affect your digestion so find activities you enjoy to reduce those levels.

## Tips to Improve Digestion

- ❖ Before swallowing, make sure to chew your food as much as possible.
- ❖ After you eat do not lie down as this will slow down your digestive system.
- ❖ Don't drink coffee or black tea with meals as it can cause indigestion.
- ❖ Take a walk after you eat a meal as it helps activate digestion.
- ❖ Start taking Probiotics. They will help break down the foods you eat, prevent infection, and reduce inflammation.
- ❖ Drink water before or after meals. If you drink water during it will dilute stomach acid which is important for proper digestion.

If you are interested in taking nutritional and herbal supplements to support healthy digestion contact me ([katie@professionalnursepartners.com](mailto:katie@professionalnursepartners.com)) and we can talk about finding you a supplement that will contribute to a healthy gut flora.

## HEALTHY RECIPE

### Vegetable and Quinoa Soup

#### Ingredients:

- 2 tablespoons olive oil or coconut oil
- 2 cloves garlic, crushed
- 2 onions, chopped
- 3 leeks, trimmed and sliced
- 5 celery stalks, chopped
- 1 cauliflower, trimmed and cut into small florets
- 4 cups of water
- 1 cup quinoa, rinsed and cooked
- 1 teaspoon cumin
- 3 tablespoons parsley, chopped

#### Directions:

- Heat oil in pan with garlic, onions, leeks, celery, and cauliflower.
- Cook over low heat for 20 minutes, stir occasionally.
- Add water and bring to boil.
- Reduce heat and add quinoa and seasonings.
- Simmer for 10 minutes or until vegetables are tender.

Sources: <https://www.verywell.com>  
<https://www.standardprocess.com>  
<https://www.everydayhealth.com>

*Promoting Good Health and Quality of Life*



22800 Savi Ranch Pkwy., Ste. 202  
Yorba Linda, CA 92887

Office: 714.602.9910  
Fax: 714.602.7150

[www.professionalnursepartners.com](http://www.professionalnursepartners.com)  
[Katie@professionalnursepartners.com](mailto:Katie@professionalnursepartners.com)