

Eating is one of the great pleasures of life. Never in history has it been so easy to find food, yet so difficult to eat well. The rush of modern times has driven many to eat too fast, too much and at irregular hours - often in a stressful environment. Mental strain, longer work hours, sedentary lifestyles and the consumption of rich food and stimulants (ie: alcohol, coffee, tea) have made gastric problems like acidity, bloating and flatulence common disorders.

Eat For Good Digestion

Here are a few simple ideas that can keep your digestive health on track:

- 1) Start your meal with a salad or fresh vegetables.
- 2) The less diversity on your plate the better. Combine food in a way that will ease digestion. Ideal combinations such as meat with vegetables and carbs (ie: bread, pasta) with vegetables will ease digestion. It is not only what we eat, but how and when we eat, that makes a difference.
- 3) Schedule your meals. If your body get used to the certain

Homeopathy and a Healthy Appetite

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time for meal, it not only helps to facilitate digestion, but also speed up onset of satiety feeling that prevent overeating.

4) Our digestive system needs rest so plan your evening meal with enough time to digest it before you sleep. You should have a break of 12-14 hours between supper and breakfast.

5) Eat slowly to prevent overeating. The signals from the stomach about satiety to the brain are slightly delayed.

6) Finally, enjoy your food. Instead of eating while driving or while staring into electronic

screens, stop. Sit. Look at your food. Take the time to taste it. Enjoy. Feel nourished.

Handling Digestive Issues

If, despite your best efforts, you still experience occasional digestive distress, you can try these homeopathic pellets.

Nux vomica: the classic "after party" remedy. Best used when you have heaviness in the morning, headache, nausea, irritability, drowsiness and heartburn caused by eating a lot of rich food, coffee or alcohol.

Antimonium crudum: helps in cases of indigestion due to

overindulgence, excessive intake of acidic food or cured meat which causing belching, nausea or vomiting. Look for a tongue coated with white.

Carbo vegetabilis: good for those with slow digestion. It can assist where bloating in the abdomen makes breathing difficult, and relief can be found in belching and being fanned.

Pulsatilla: helps if your stomach feels like it has a stone in it or if nausea appears an hour after eating greasy or fatty food like creamy cake, sauce or meat.

If you do not improve with the help of remedies, ask for help from your medical practitioner or homeopath. Digestive stress issues need to be treated professionally.

Hopefully, your efforts to eat well will allow you to live well. Bon appetit!

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