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## **DR. KHALSA'S SUGGESTIONS FOR A HEALTHY DIGESTION**

1. **Never eat when you are upset or angry.** Take a few moments before you eat to feel grateful for this food. Eat slowly and consciously. It is better to not be doing something else like reading or watching TV when you eat. Make sure to chew your food well and mix it with your saliva. This is the first stage of digestion.
2. **Make raw fruits and vegetables a significant part of your daily diet.** Make sure that you chew them well to begin the process of breaking down the cell walls so that your body can extract the nutrients from these foods. This will provide enzymes and fiber that your body needs for proper digestion.
3. **Limit the amount of refined carbohydrates in your diet.** Refined flour has much of the fiber removed and can thicken the food in your digestive tract like it does in cooking to thicken sauces. When you eat grains and baked goods, pick whole fiber products as much as possible.
4. **Give your digestive system a rest.** This is done by not eating between dinner and bedtime. You will sleep much better on an empty stomach.
5. **Do not drink large quantities of fluids with a meal.** Some fluids are acceptable, but large amounts just dilute the digestive enzymes and this interferes with proper digestion.
6. **Digestive aids.** If you have chronic digestive problems you may need digestive aids for awhile to get your digestive juices going again. Have a holistic doctor check on which digestive aids will work the best for you.
7. **Colon cleanse.** If you have a long history of lower digestive problems, you may need to do a colon cleanse. This will remove layers of old food residue in the walls of your lower intestine. Have a holistic doctor check on which colon cleanse will be best for you.
8. **Herbs to help digestion.** There are many herbal teas that can help with digestion: Peppermint, chamomile, and licorice are three very effective herbs.
9. **Probiotics.** Almost everyone has had antibiotics at one time or another, and it is a good idea to take probiotic supplements to restore the friendly bacteria in your lower intestines. If you are taking antibiotics, start taking the probiotics even while you are taking the medication. Even though most of the bacteria are being killed by the antibiotic, you are still providing some for your intestines and this will prevent the yeast from proliferating. Unfortunately, this is why many women get a yeast infection after they take antibiotics.
10. **Chiropractic.** Make sure that you get regular chiropractic adjustments to keep your nervous system balanced. Your bodies know how to properly digest food. Regular adjustments turn on your power to heal your digestion from the inside out, and then this will prevent most digestive issues.