

4 WAYS TO IMPROVE DIGESTION & WHAT TO AVOID

FOR PEOPLE STRUGGLING
WITH DIGESTIVE ISSUES



Dr. Pedi
NATURAL HEALTH





Hi, I'm Dr. Pedi Mirdamadi!

In my clinical practice at Oasis Health & Medicine in Encinitas, California, I have worked with hundreds of patients with gut health concerns and have had tremendous results combining naturopathic and functional medicine principles. I created the guide specifically for you as a starting point to begin improving your digestion.

Your gut health should be a top priority, and this guide will help to educate you and give you some tools to improve your digestion immediately. The information provided is often overlooked and forgotten but are vital principles practiced for centuries until recently due to lifestyle changes and demands.

By combining my medical expertise with additional training in holistic nutrition, I have had the opportunity to better understand the power of using food as medicine, especially in the treatment of digestive disorders. This e-book reviews critical topics related to gut health and important foundational concepts for you to keep in mind on your gut healing journey.

I look forward to supporting you on this journey

Dr. Pedi, ND, MS, RHN, IFMCP

Founder & Medical Director at Oasis Health & Medicine

Dr. Pedi
NATURAL HEALTH 

Why does proper digestion matter?

Maintaining a healthy gut is not only crucial for digestion but also serves as the cornerstone of overall well-being and disease prevention.



Nutrient Absorption and The Gut Brain Axis

A healthy gut plays a pivotal role in absorbing essential nutrients from our food, ensuring our body receives the necessary building blocks for growth and repair. Moreover, the gut houses trillions of beneficial bacteria that form the gut microbiome, which actively communicates with our immune system and influences its response to stress.

Beyond physical health, mounting scientific evidence highlights the intricate connection between the gut and the brain, known as the gut-brain axis. A balanced gut microbiome can positively impact mood, cognitive function, and emotional well-being. The gut microbiome also influences blood sugar, detoxification, as well as hormones!

[Continue reading to learn about what to steer clear of and discover 4 effective methods to support your digestive system today!](#)

01. Eating While Multitasking

Eating on the go or while being distracted can be detrimental to the digestion process for several reasons:

Insufficient Chewing

When you eat quickly, you may not chew your food thoroughly. Chewing is an essential part of digestion as it breaks down food into smaller particles, mixes it with saliva, and starts the enzymatic breakdown of carbohydrates. Insufficiently chewed food can be harder for your digestive system to process, which can lead to digestive issues such as indigestion and bloating.

Reduced Enzymes

Eating slowly allows your body to release digestive enzymes adequately. These enzymes are essential for breaking down different nutrients in your food. When you eat too quickly, your body may not have enough time to produce and release sufficient enzymes, impairing digestion and nutrient absorption.

Stomach Signaling

Your stomach plays a crucial role in the digestion process. It expands as you eat, sending signals to your brain to indicate that you are becoming full. However, eating rapidly can override these signals, leading to overeating. Overeating can strain your digestive system and cause discomfort.

Air Swallowing

When you eat quickly, you tend to swallow more air along with your food. This can lead to bloating, gas, and discomfort. Additionally, swallowing excessive air can contribute to burping and acid reflux.

Goal: Be sure to avoid eating on the go. Instead, pay attention to the sight and smell of food which will help support the production of stomach acid and digestive enzymes in the digestive tract and support digestion.

All dis-ease begins in the gut.

-Hippocrates



Dr. Pedi
NATURAL HEALTH

02. Not Chewing Food Well

Inadequate chewing can negatively impact digestion for several reasons:

- **Limited surface area:** Chewing breaks down food into smaller pieces, increasing its surface area. This allows digestive enzymes to have better access to the food particles, helping in the breakdown of complex carbohydrates, proteins, and fats. When food is not adequately chewed, the surface area remains larger, making it more difficult for enzymes to work effectively. This can lead to poor digestion and results in uncomfortable symptoms after meals.
- **Reduced saliva production:** Chewing stimulates saliva production, which contains enzymes that initiate the digestion of carbohydrates. Saliva moistens food, making swallowing easier and facilitating passage through the esophagus. Inadequate chewing means less exposure to saliva, impairing the initial stages of carbohydrate digestion and potentially causing discomfort during swallowing.
- **Longer transit time:** When food is not properly chewed, larger food particles can pass into the stomach and intestines. This can increase the time it takes for the digestive system to break down and process the food. Slower transit time may result in feelings of fullness, bloating, and even constipation.
- **Overworking the stomach:** The stomach plays a vital role in further breaking down food and mixing it with digestive juices. Inadequately chewed food places additional stress on the stomach, as it needs to work harder to break down larger food particles. This can lead to indigestion, acid reflux, and discomfort.

Goal: Aim to chew each mouthful at least 30 times before swallowing

03. Drinking Water or Other Fluids With Meals

While staying hydrated is a key part of maintaining a healthy body consuming too much water with meals can impair digestion by:

Impairing digestion of protein

Adequate stomach acid is necessary for proper digestion, especially of proteins. Once broken down into smaller pieces in the stomach and passed into the small intestines, proteins are further broken down by enzymes and absorbed into circulation. Diluting this acid by drinking water with meals can negatively impact this process and lead to uncomfortable symptoms like bloating and heartburn after meals.

Impairing absorption of key nutrients

The acid found in the stomach also plays a crucial role in the absorption of key vitamins and minerals including B12, iron, calcium, and magnesium.

Factors that negatively impact stomach acid can result in the impairment of these key nutrients.



Goal: Limit water or other fluids to sips with meals. Aim to drink at least 30 minutes away from meals.

04. Eating While Stressed or Upset

Stress is very harmful for the body for many reasons. One of the most harmful effects of stress is on the digestive system by:

Reduced Blood Flow to the Digestive System

When you are stressed, your body undergoes a "fight-or-flight" response, triggering the release of stress hormones such as cortisol. These hormones can divert blood flow away from the digestive system and toward essential organs and muscles involved in dealing with the perceived threat. As a result, digestion may be compromised, leading to slower digestion and potential digestive discomfort.



Impaired Nutrient Absorption

Stress can affect the body's ability to absorb nutrients effectively. Chronic stress or acute stress responses can alter the functioning of the digestive system, leading to decreased secretion of digestive enzymes in the intestines and acid in the stomach. This can impair the absorption of essential nutrients from the food you consume.

Goal: Try to always eat in a calm and relaxed state. If you find you are stressed or worked up, spend a couple of minutes grounding yourself or do deep belly breathing to calm yourself down before eating.

04. Eating While Stressed or Upset



Disrupted Digestion Process

Stress can disrupt the normal functioning of the digestive system. It can lead to an imbalance in gut bacteria, which may affect digestion and cause digestive symptoms such as bloating, gas, and altered bowel movements. Additionally, stress can contribute to increased muscle tension, including the muscles involved in digestion, potentially leading to indigestion or heartburn.

Emotional Eating & Poor Food Choices

Stress can influence eating behaviors, leading to emotional eating or cravings for unhealthy, high-calorie foods. Consuming these types of foods, especially in excess, can put a strain on digestion and increase the risk of gastrointestinal discomfort.

Important Reminder

Eating while stressed can negatively impact digestion in several ways as discussed and can contribute to uncomfortable digestive symptoms

Goal: Try to always eat in a calm and relaxed state. If you are stressed or worked up, spend a couple of minutes grounding yourself or do deep belly breathing to calm yourself down before eating.

Digestion Matters!

Your gut healthy directly impacts many areas of your overall health!



This is precisely why I created The Gut Health Masterclass specifically for you!

Digestive symptoms like gas, bloating, abdominal pain, and loose stools are NOT NORMAL and likely indicate an underlying digestive system problem.

The Gut Health Masterclass teaches you how to uncover the root causes of your digestive problems and provides you with a roadmap to support healthy digestion.

In this program, you will learn key action steps you can implement to support your digestive system immediately.



If you're ready for more support,

The Gut Health MASTERCLASS

is the next step!

Get the tools to assess the severity of your digestive problems and understand your risk factors.

Learn foundational eating habits that help support healthy digestion and reduce discomfort.

Receive recommendations for targeted supplements in each phase of the program, with the option to have them delivered right to your door.

Experience a dramatic health transformation along with increased confidence and energy levels to enjoy life to the fullest!



Begin your healing journey today!

**Join THE GUT HEALTH
MASTERCLASS Now
Click here!**