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SUPPORTING THE PHASES OF YOUR EVOLUTION

Stoking Your Digestive Fire Checklist:

- Relax and notice your breathing** for 5 breath cycles before you eat. This will help shift you into “rest-and-digest” mode.
- Digest one thing at a time:** give yourself time to eat in a peaceful and comfortable environment free of media, information, and drama. Your mind and your belly are connected.
- Obey the rule of thirds:** let your stomach be 1/3 food, 1/3 liquid, and 1/3 space for digestion at mealtimes.
- Chew** thoroughly: your saliva contains digestive enzymes.
- Kindle your digestive fire with fresh ginger tea:** a few slices of the fresh root, steeped 5 minutes with your meals enhances absorption.
- Eat a few forkfuls of naturally fermented, unpasteurized probiotic veggies like** sauerkraut or kimchi every day to build your gut flora.
- Avoid iced liquids,** especially at mealtimes. Enjoy room temperature water or hot tea instead.
- Let your stove digest for you:** cooking makes your veggies more digestible.
- Reduce gas and bloating** with cumin/coriander/fennel tea: Steep ½ teaspoon each of the seeds in hot water, covered for 5-7 minutes, strain, drink.
- When your digestion is off,** eat soups, stew, kitchari: warm, cooked, simple foods with digestive spices built in.
- Warm up your digestion** with chai spices like ginger, cardamom, clove, and black pepper, which are all kindling for your digestive fire.
- Chug warm water first thing in the morning to promote healthy elimination.** 1-2 glasses before you eat anything else.
- Limit gluten, dairy, greasy, and raw foods** when your digestion is off.
- Eat your biggest meal of the day at lunch.**
- Close your kitchen by 7pm** or at least 3 hours before bed.