



WASTE NOT,

OUR DIGESTIVE SYSTEM IS THE MAIN ROUTE FOR ELIMINATING WASTE FROM OUR BODIES, SO IT IS EASY TO SEE HOW IT LIES AT THE CORE OF OUR HEALTH. HERE ARE THE KEYS TO CREATING OPTIMAL DIGESTIVE HEALTH.

WANT NOT

DIGESTION LIES AT THE CORE OF GOOD HEALTH

Our digestive system is where we break down the food we eat and assimilate it into the nutrients our bodies need to perform all its vital functions. It is, therefore, easy to see how our eating and lifestyle habits will have a significant impact on our overall health and well-being.





01

FOOD COMBINING

Would you wash a pair of greasy work overalls with silk underwear? Just as we separate our clothes for washing, we need to combine our food correctly for optimal digestion. When we eat, enzymes are secreted to help break the food down. Their release is based on whether the food is predominately starch or protein, because if the meal is a mixture of protein and starch (e.g., lasagne, fish and chips, or a chicken sandwich) the job cannot be done as efficiently.

TAKE ACTION: Eating salads and vegetables (which do not require particular combining) with protein sources such as fish, chicken or lean red meat, you create a meal that is easy to digest and that can help balance blood sugar levels..

02

INTESTINAL TRANSIT TIME

If waste sits in the bowel for too long, toxins can be absorbed into the bloodstream, so it is important that the passing of food through the digestive tract occurs in a timely manner.

TAKE ACTION: Most nutrient absorption occurs within 12 hours of consuming food but if you think you may need to speed up intestinal transit time (constipation, bloating and flatulence are signs that you may need to) then one way to do this is eat more vegetable fibre because it bulks up your waste for easier excretion, and helps sweep the intestinal walls clean. Drinking plenty of water will also assist in eliminating your body waste more efficiently and effectively.

Look for a probiotic containing both acidophilus and bifidobacterium with at least 15 billion total live organisms

03

BACTERIA BALANCE

Remarkably, there are more bacteria in our digestive systems than there are cells in our entire body! One of the best things you can do for your health is to keep the 'good' bugs – which aid digestion and immunity – topped up, and keep the 'bad' bugs – which cause bloating and wind - in check. A high intake of alcohol and sugar, a low fibre diet, the use of medications such as antibiotics and the oral contraceptive pill, and excess stress can upset your balance of 'good' bugs.

TAKE ACTION: Keep your 'good' bacteria levels topped up by taking a good quality probiotic supplement to help prevent symptoms such as thrush, bloating, allergies, eczema and gastric infections. Remember, most probiotics should be kept in the fridge.

04

EXERCISE

Have you ever eaten, then exercised and then felt nauseous? This is because there isn't enough blood to service both our digestion and our muscles simultaneously. Have you ever felt sleepy after eating? This is because our parasympathetic (rest and digest) nervous system dominates during the digestive process. Exercise helps to stimulate peristalsis - the muscular movement of the digestive system that helps to push food along – but it is important to avoid eating too close to exercising because digestion is normally slowed during exercise.

TAKE ACTION: Eat at least an hour before exercise to ensure you have broken down the nutrients required to get the most from your training and have the energy for an effective workout.



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Scott is a personal trainer based at Fitness First Marion and the co-founder of Bounce Optimum Health & Wellbeing. He motivates people to look and feel their very best through exercise, nutrition and healthy lifestyle habits. Being a UK-trained Personal Trainer and RPM instructor Scott's high energy and global knowledge is beneficial to anybody seeking results. Visit www.bounceoptimumhealthandwellbeing.com or phone 0430 390 807 for more information.