



# NATURAL SOLUTIONS

*Clinical Kinesiology, Acupuncture, & (w)Holistc Healthcare*

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## **Do-It-Yourself** **Care and Feeding of YOUR STOMACH**

You may not have stopped to consider proper care and feeding of your stomach. You probably had a primer course for the care and feeding of your first pet: a cat, a dog, or a horse in your childhood.

The first principle is to be prudent and wise as you care for your own stomach (and yourself) daily. Of course, you will want to only expose your stomach (and your entire body) to the healthiest, most pure, unprocessed, unadulterated, natural and hopefully, organic foods and beverages possible.

Then you want to be mindful of the timing of feedings, allowing for digestion to occur and allow the useful benefits of your healthy food to be maximized. Do not eat immediately before intense exercise, especially swimming or water sports, and do not eat for at least three hours before your bedtime.

Become aware of do it yourself home remedies for stomach problems. Stomach pain is an indication that you have eaten in a way that stressed your stomach. This could be an issue of either quantity or quality. Quality of ingested food speaks to obviously the inherent purity, cleanliness in inherent nature of the food, and maybe a signal that you have poorly combined incompatible types of foods (for your system). Or you may be actually sensitive to one or more ingredients in the food you have just eaten.

If you suspect either of these, first simplify your diet and decrease the number of ingredients ingested at the same time, and secondly consider consulting with a nutritional consultant or holistic doctor to evaluate your dietary intake. Of course, both prolonged or intense stomach pain may be indicators of a disease state or a pathology, and you should have the situation professionally evaluated.

If you suffer from intestinal gas, the problem may have begun in your stomach. The presence of more than just a minor amount of gas indicates that you probably need some type of digestive aid. To remedy stomach burning or indigestion consider these simple steps. First drink Aloe Vera liquid or gel one to two tablespoons every 30 to 60 minutes for relief. Another basic step is to drink slippery Elm tea, marshmallow tea, peppermint tea, or chamomile tea. Papaya juice is also soothing.



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We have three primary macro nutrients to digest (refer to chapter 5 in YOUR AGING BODY CAN TALK, pages 52-104).

**Carbohydrates** that are natural, unprocessed, and unrefined are the first category (93-94). If you are not digesting these well, you may have gas that is almost odorless, and you may have gurgly feelings and even constipation alternating with diarrhea. This indicates the need for a certain type of digestive helper that will rebalance your microbiome, or natural intestinal flora.

**Protein** is the next category of micronutrients that we all require (pages 90-93). If your protein digestive function is weak, you may have bloating and foul-smelling gas. This will indicate you may benefit from a type of digestive enzyme that specifically works to break down proteins effectively.

**Healthy Fats** and naturally occurring essential fatty acids are the third category of macro nutrients that we digest. (pages 95-96) Please avoid chemically or heat modified fats that may have become unhealthy or deadly trans fats! If you are not digesting these important natural dietary fats very well it may result in a variety of symptoms from simple burping and belching, queasy stomach, or nausea or vomiting, to even sharp upper abdominal pain.

Using ½ to 1 teaspoon of apple cider vinegar stirred into 4 or more ounces of water immediately before a meal may help you jumpstart your digestion. Search out other helpful information in [My Newsletters](#) including those for Your Stomach, Small Intestine, Large Intestine, Gallbladder, and Food Selection.

If any of these symptoms persist do not hesitate to [Contact My Office](#) for specific help for your digestive problems and other lessons for properly caring for your stomach and digestive tract.