



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

Susan L. Levy, D.C., DABCO, FIACA

Author of *Your Body Can Talk* & *Your AGING Body Can Talk*

[facebook/YourBodyCanTalk](https://www.facebook.com/YourBodyCanTalk)

YourBodyCanTalk2@Gmail.com

www.YourBodyCanTalk.com

Dr. Levy's 10 Steps to Digestive Health

Your digestive system chemistry lab was designed to function perfectly, and it usually will – **if** you follow common sense and natural health principles.

1. Only eat healthful, unadulterated foods.
2. Don't dilute your digestive juices with a quart of liquid with the meal (moderate amounts are acceptable).
3. Heartily drink pure water between meals.
4. Eat breakfast.
5. Eat your final meal of the day at least three hours before bedtime.
6. Chew moderate sized bites of food well.
7. Eat in a calm and relaxed state.
8. Try mildly under-eating, to avoid over-eating.
9. Listen carefully to your digestive system when it says, "PLEASE don't make me try to process THAT again!" Give your gut a break.
10. Obey if you hear, "Don't give me acid-blocking pills because I won't absorb important minerals and vitamins, and I'll just make extra acid since I'm programmed to do so. Before this fight is over, you may totally wear me out or cause an ulcer!"

Be nice to your digestive system and it will be nice to you!