



I wish above all things that you may prosper and be in good health. I have no greater joy than to hear that my children walk in truth.

3 John 2, 4



Empower your Body, Mind & Soul

INDIGESTION★

What is Indigestion?

Are you or any of your loved ones suffering from stomach upset, heartburn, acid stomach, bloating/gas, nausea, burping, diarrhea, hiatal hernia, gastritis or ulcers? Do you know that the majority of these conditions are caused by poor digestion? Indigestion may be a symptom of a disorder in the stomach and / or the intestines. Symptoms include gas, abdominal pain, rumbling noises, a bloated feeling, belching, nausea, vomiting, and heartburn (a burning sensation after eating). Swallowing air by chewing with the mouth open, talking while chewing, chewing bubble gum and / or gulping down food can also cause indigestion. At the same time, drinking liquids during meals can also contribute to indigestion since it dilutes the enzymes contained in your food and saliva necessary for digestion, stress, overeating, drinking alcohol, smoking cigars or cigarettes and the use of medications such as aspirins.

*Many make a mistake in drinking cold water with meals. Food should not be washed down. Taken with meals, water diminishes the flow of saliva; and the colder the water, the greater the injury to the stomach. Liquids will stop digestion until the system has sufficient warmth which will enable it to work again. Thus, one must chew slowly and allow the saliva to mingle with the food and release all its digestive enzymes. **Counsels on Diet and Foods by Ellen G. White.***

CONTENTS

- What it is?
- Causes
- Health Tips
- Treatment (Drugs & Herbs)
- True/False Q&A
- Recipes
- Referral

What are the digestive disorders associated with indigestion?

Digestive Disorders which are a result of indigestion not managed properly are as follows:

- Irritable Bowel Syndrome
- Constipation & Diarrhea
- Colitis & Diverticulitis
- Gastroesophageal reflux disease (GERD),
- Peptic Ulcers
- Hiatal Hernia
- Disorders of the intestines, pancreas and gallbladder.

LET YOUR FOOD BE YOUR CURE.....

<p><u>Almonds</u> Strengthens the nervous system, teeth and bones. Builds resistance and strengthens the heart. Relieves constipation and stimulates liver and kidney function while enhancing circulation.</p>	<p><u>Anise</u> Promotes urination. Stimulates appetite by preventing and relieving gas. Breaks up mucus and promotes perspiration</p>
<p><u>Apple</u> Combats acidosis. Stimulates function of the kidneys, lungs and liver. Great for Diabetes. Maintains fluid balance. Strengthens eyes. Stimulates digestion.</p>	<p><u>Asparagus</u> Protects against cancer. Benefits the heart. Lowers cholesterol levels. Aids digestion and strengthens bones and teeth.</p>
<p><u>Bran</u> Normalizes bowel movements between diarrhea and constipation. Relieves diverticulitis and other digestive disorders.</p>	<p><u>Brown Rice</u> Helps to control weight and lowers blood pressure.</p>
<p><u>Cabbage</u> Prevents cancer. Stimulates bile secretion for a healthy liver. Oxidizes the blood and strengthens connective tissue between bones and joints.</p>	<p><u>Carrot</u> Good for cancer. Promotes the flow of urine and removes gravel or stones from the bladder. Expels worms. Combats anemia and stimulates the appetite. Improves vision. Promotes normal bowel elimination. Relieves pain and diseases of the gallbladder, kidneys and liver.</p>
<p><u>Cashew</u> Provides energy and builds lung tissue. Relieves constipation and strengthens the nervous system. Rids the body of fungal infections.</p>	<p><u>Cayenne</u> Benefits heart and circulation. Prevents heart attacks and strokes. Normalizes blood pressure and prevents arthritis. Soothes swelling and inflammation. Heals stomach ulcers. Prevents and relieves gas and stimulates digestion.</p>



Treatments - Diet, Drugs & Herbs

HOW DOES ONE CONTROL AND TREAT INDIGESTION?

How Can One Avoid Indigestion?

Although more research is necessary to determine all the risk factors, one should not smoke, one should eat meals at regular times, should not rush meals, should enjoy eating and drinking, but do so in moderation, should avoid those foods you associate with symptoms, should not take aspirin or aspirin related products for headaches, colds and coughs and avoid taking anti-arthritis pain killers if at all possible unless advised by a doctor and should not let stressful situations upset you.

How Can One Avoid Heartburn?

To minimize the discomfort of indigestion which results in heartburn one should eat the evening meal well before going to bed so that it has time to digest, raise the head of the bed six to eight inches or use two or more pillows which will help keep the acid down in the stomach, avoid being overweight so one should try to lose weight, avoid excessive caffeine intake which includes coffee, chocolates and sodas, fats and alcohol, one should also avoid wearing tight belts or tight waisted clothing and last but not least one should avoid bending down or lying flat within 30 minutes to an hour of digesting meals. One should also aim to consume a glass or two of room temperature water either 30 minutes before or 60 minutes after meals to assist in the digestion process.

RECIPES for Indigestion

DIGESTIVE AID

¼ pineapple with skin

Method: Juice pineapple and drink with meals as the only liquid.

HEARTBURN QUENCHER

¼ head cabbage, 1 stalk celery, 2 carrots with greens removed

Method: Juice all vegetables and drink three times a day.

TROPICAL SQUEEZE

1 firm papaya peeled, ¼ inch slice ginger root, 1 pear

Method: Juice papaya and push pear and ginger together through juicer. Combine and drink.

GINGER FIZZ

¼ inch slice ginger root, 1 apple seeded, sparkling water

Method: Push ginger and apple through juicer together. Pour juice into glass and add sparkling water and ice.

HEALTH RECOMMENDATIONS



1. MAINTAIN A HEALTHY DIET, WEIGHT AND GET REGULAR MODERATE EXERCISE.
2. Eat small, frequent meals in a relaxed atmosphere while you chew thoroughly.
3. Avoid coffee, alcohol, chocolate which can cause symptoms of indigestion and ulcers.
4. Drink water with lemon juice 30 minutes before meals or fresh papaya or pineapple juice one hour after meals to improve digestion and absorption of foods.
5. Include spirulina, kelp and soy beans in your diet and get protein from vegetable sources and fish rather than meat sources.
6. Avoid saturated fats, salt and white flour products.
7. Reduce the intake of Vitamin B and C supplements in large doses.

*Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For we are bought with a price; therefore glorify God in your body and in your spirit which are God's. For when men and women take any course which carelessly damages their vitality and clogs their intellect, they sin against God. Intemperance in eating manifests as a disregard for health and life; and when as a result sickness befalls you know that it was not at the hands of the Lord but at your own hands. **Counsels on Diet and Foods by Ellen G. White.***

HELP IS HERE FOR YOU.....



In our effort to empower your health via your body, mind and soul, a nutrition consultant can answer your questions and/or concerns and make health recommendations that can last you and your family members a lifetime. For additional information, please give Shelly a call at (410) 872-0872. She would be delighted to serve you.

Drug

Therapy

Antacids
 Acid Blockers
 Non-steroidal drugs
 Anti-inflammatory drugs
 Aspirin
 Naproxen



Herbal

Therapy

Alfalfa
 Aloe Vera
 Anise seeds
 Catnip
 Chamomile
 Fennel
 Ginger
 Papaya
 Slippery Elm