

7 Foods That Can Improve Your Digestion

The digestive system is the foundation of living and longevity. The typical individual suffers from constipation and bloating while spending money routinely on laxatives, fibers and antacids.

There are seven foods that are important to promote healthy digestion:

1. Chia seeds increase fiber. Chia seeds are rich in antioxidants which are fantastic for the body. They are typically found in Mexico as well as Guatemala. Chia seeds are also an excellent source of nutrients.

Ten grams of fiber are in each two tablespoons of chia seeds. Adding two tablespoons to the diet daily provides one-third of the recommended fiber intake. The seeds are tasteless, and they come in different colors (white, dark brown, black). Chia seeds are a rich source of fiber and omega-3.

Chia seeds reduce inflammation processes within the body. They also help to naturally lower cholesterol and contribute to promoting bowel movements.

Egg replacement tip: Mix one tablespoon of seeds with three tablespoons of water. Let mixture gel for 15 minutes. Use as an egg replacement.

2. Zucchini naturally cleanses. Zucchini is a vegetable worth adding to your regimen. This veggie helps to detox the body as well as improves digestion. Eating zucchini on a regular basis is hydrating and fulfilling.

Individuals who consume zucchini enjoy the natural cleansing effect the vegetable has on the body. The

food acts as a natural laxative and helps to move toxins out of the digestive system.

Cooking tip: Zucchini comes in different colors and varieties. The vegetable can be baked, grilled or roasted. To gain the most nutritional benefit from eating zucchini, leave the skin on. This veggie provides maximum health benefits when eaten raw.

3. Bone broth reduces inflammation. Using bone broth in dietary regimes provide a variety of health benefits. The broth aids the body in reducing inflammation, protects against infections and increases digestion. Minerals (calcium, glucosamine, magnesium) quickly absorb in the digestive system.

Cooking Tip: Add desirable veggies to crockpot, followed by bones (preferably organic). Add one tablespoon of apple cider and one clove of garlic. Cover ingredients with water and allow to simmer on low for at least 10-12 hours. Remove bones, strain, serve.

4. Lacto-fermented veggies detoxify. Including Lacto-fermented vegetables in the diet naturally detoxifies the body. This food type includes sauerkraut, pickles, Kim Chi and other fermented foods.

The tangy vegetables are easy to make and offer high levels of probiotics to the diet. The foods break down metals and toxins present in the body.

Health Tip: Making a variety of Lacto-fermented foods is easy and does not require much equipment. Most recipes require the base ingredient plus salt and filtered water.

In addition to Lacto-fermented vegetables, Dr. Colbert's Fermented Green Supremefood supports healthy digestion.

5. Coconut oil increases metabolism. Coconut oil is an

excellent replacement for butter or even oil. A sweet, nutty taste is present in the coconut oil. The edible oil comes from the meat of mature coconuts.

Antimicrobial properties which improve digestion exist in the coconut oil. Digestive benefits of including coconut oil in the diet include: boosting energy, increasing metabolism, and improving digestion.

Cooking Tip: Use organic, unrefined coconut oil when roasting vegetables, cooking eggs, making stir fries and for baking. Expeller-pressed coconut oil is preferred.

6. Ghee encourages digestion. One form of clarified butter, known as Ghee, holds its flavor and freshness for nearly one year. The butter stores nicely at room temperature without going bad. Ghee does not contain sugars or milk fats.

Ghee, when consumed, encourages the digestive system, which results in increased stomach secretions aiding the breakdown of foods. Other oils and fats used in the diet cause a “heaviness” when consumed.

Health Tip: Organic Ghee is available in health food stores or the organic section of specialty food stores. Ghee is easy to make from cultured, unsalted butter (organic).

7. Wild Alaskan salmon. Wild Alaskan Salmon is another awesome addition to the diet which improves digestion. Salmon is naturally low in calories and contains only a small amount of fat. This healthy variety of salmon tastes delicious and holds anti-inflammatory properties.

Health Tip: Other varieties of “salmon” receive feeding from GMO foods which make them inferior choices for a healthy diet.

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