



Therapeutic Foods for Digestion

DISCLAIMER

Everything in this guide is for education and inspiration. Nothing in this guide replaces the advice of a licensed medical professional or the care of your physician. This guide is not intended to prescribe, prevent disease, treat disease or diagnose disease. Please be mindful of your specific situation and do your own research.

Before we start...

Let's tune in.

Tune into your body and ask it what it needs.

As you read through this PDF, pay attention to which foods stand out to you.

What sounds delicious? What are you curious about?

Then, **COMMIT** to adding these foods to your diet.

When you're out grocery shopping, communicate with your body. Pick up a food, hold it, and ask your body if it wants this food. Listen for a response.

With practice, this habit of asking will nurture a clear line of communication with your body and strengthen your ability to choose foods that are right for you.

Ready? Let's get started.

Vegetables



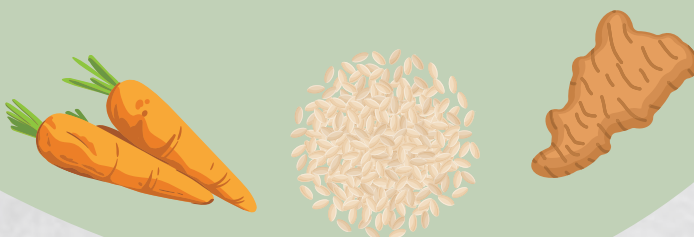
Beets have high levels of fibre, folate, and manganese support gallbladder function.

Radish contains sulfur: helps remove deposits and stones from the gallbladder by improving bile flow. It has high vitamin C content can calm gastric discomfort and act as a laxative.

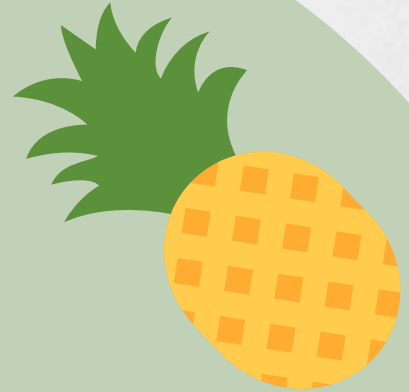
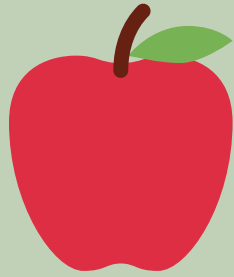
Jerusalem Artichoke is rich source of insulin which promotes healthy bacteria in the intestinal tract.

Psyllium Husk has high fibre content which retains water in the stool and stimulates intestinal peristalsis through acetylcholine-like mechanism.

Carrot and Lemon Juice Relish support gallbladder function and aid in digestion.



Fabulous Fruits



Pineapple contains Bromelain, a proteolytic, anti-inflammatory enzyme useful for aiding in small intestine and pancreas dysfunction.

Papaya contains the enzyme Papain (especially underripe papaya and its seeds) which helps digest protein, resolve mucus, and has strong vermifugal action.

Apple supports gallbladder function and aids in digestion.

Eat Your Greens!



Chard, Kale, and Spinach are all greens rich in fibre, which aids in digestion. Don't love chomping greens? Sneak them into a smoothie!

Cabbage Juice contains Vitamin U, an ulcer remedy for stomach and duodenum ulcers. It's abundant sulfur content is helpful in killing parasites.



Herbs

Dandelion Root enhances the flow of bile by increasing bile production and flow to the gallbladder. It also has a direct effect on the gallbladder by causing contractions and releasing stored bile. Dandelion root improves conditions such as liver congestion, bile duct inflammation, hepatitis, gall stones and jaundice. Also contains inulin which promotes the growth of bifidobacterium and lactobacillus.

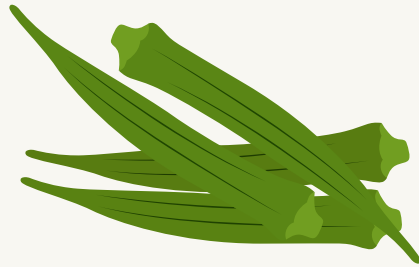


Herbs



Fennel is an excellent source of vitamin C, potassium, fibre, trace mineral, and the anti-cancer coumarin compound. It is an intestinal anti-spasmodic, a carminative (relieves flatulence), a stomachic (improves function), and an anodyne (relieves pain). It is a truly healing food when dealing with digestive dysfunction. It can be eaten raw, braised, steamed, baked, in soups and stews, and it can be used in place of celery. A truly versatile, aromatic food.

Herbs



Ginger promotes elimination of intestinal gas, relaxes and soothes the intestinal track, inhibits the formation of inflammatory compounds and stimulates digestion.

Garlic contains allicin, which is anti-parasitic.

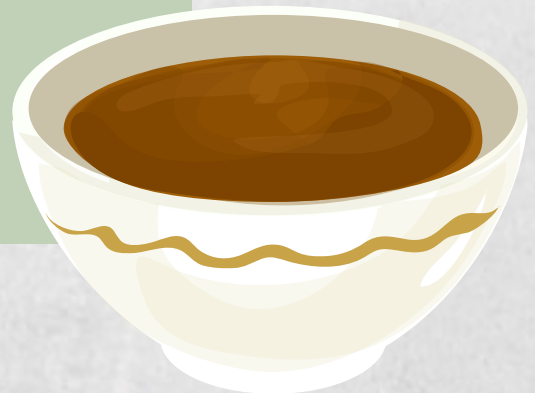
Okra has a lot of fibre and its mucilage soothes digestive tract.

Drink Up!



Lemon water stimulates acid productions. The pH of lemon is alkaline but it is acidic in the stomach. Drink warm or room temperature.

Bone Broth soothes the digestive tract and supports the integrity of the gut lining.



Psyllium Husk Rolls:

Ingredients:

- 1/3C ground psyllium husk powder
- 1 & 1/4 C almond flour
- 2 tsp baking powder
- 1 tsp sea salt
- 1 C water
- 2 tsp cider vinegar
- 3 egg whites
- 2 tbsp sesame seeds (optional)

Why these rolls?

Psyllium husk rolls provide dietary fiber that helps transport waste through the digestive tract. They also help with glucose control, promote heart health, & can aid weight loss.



Psyllium Husk Rolls:

Instructions:

- Preheat oven to 350°F
- Bring water to a boil.
- Mix the dry ingredients in a large bowl.
- Add vinegar and egg whites to the dry ingredients, and combine well. Add boiling water, while beating with a hand-mixer for about 30 seconds.

***Don't over mix the dough! The consistency should resemble Play-Doh.**

- Moisten hands with a little olive oil and shape dough into six separate rolls. Place on a greased baking sheet. Top with optional sesame seeds.
- Bake on lower rack in the oven for 50 to 60 minutes, depending on the size of your bread rolls. They're done when you hear a hollow sound when tapping the bottom of the bun.
- Serve with butter and toppings of your choice.

Enjoy!

About Amy



Hi! I'm Amy K. I'm passionate about health, nutrition, and spiritual development. My healing journey brought me to a deep understanding of food & the body, and now I get to help you. [Read more about me here!](#)



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LOVE NOTES

FOR AMY KIHLMSTROM, NUTRITIONAL SAGE

I get really emotional about becoming more and more aware of the connection and the profound effect that food has on us in every single way -physically, mentally, emotionally, spiritually...

Having Amy in my back pocket while I navigate healing my health issues and incorporating new foods into my diet has been a game changer for me to stay on track and really get the results I desired.

It's nice to have a refocus on what you're putting in your mouth and being cognizant around making those better choices. We get so busy in our lives that quick, convenient, and something that makes you feel good emotionally, but not necessarily physically tends to win out at times. The class is the right amount of time to refocus and help with that.

LOVE NOTES

FOR AMY KIHLSSTROM, NUTRITIONAL SAGE

I was struggling with binge eating, My eyes were pretty open already, but that was pretty epic in helping me to really zero in and realize how crappy I felt with eating certain ways. I don't know if I would be doing as well as I have been without the support of the program.

When we started, I felt like I didn't belong. But to be here with you., there is so much power. I can feel the vibration in my body.

This is the missing piece, the next phase of our evolution, and Amy is our fearless leader.