

Mindd Foundation Top Tips For Digestive Health

- Chew well
- Limit drinks with meals
- Breastfeed for at least a year
- Avoid all additives, colours, preservatives
- Avoid processed & high GI foods; sugar & flour
- Limit medications that destroy good gut bacteria
- Prepare food to optimise digestion (fermented, slow)
- Rotate foods for variety, eating 15-20 different foods in a day
- Limit hard to digest proteins in wheat, processed dairy, soy and corn
- Work with a trained professional to treat gut dysbiosis and permeability

Visit www.mindd.org for explanation

"All diseases begin in the gut", Hippocrates 460-370 BC