

RECONNECT: SUPPORT DIGESTION

Reconnect before meals in order to digest food and absorb nutrients.

WHAT TO DO

Slow down before eating
Notice your internal state
Reduce stimulation around you
Chew your food slowly

*Principle:
Shift from doing to being*

WHY THIS MATTERS

When your body is in stress mode:

- Blood flow moves away from the gut
- Stomach acid decreases
- Enzyme production decreases
- Motility becomes irregular

Food sits in the stomach, nutrients don't absorb well.

THE CORE THOUGHT

Digestion isn't just about eating food.
It's about what state your nervous system is in.
If the body is in a stress response, digestion is not a priority.

IMPORTANT REFRAME:

- You cannot force digestion to work
- You are not trying to "fix" digestion.
- You create a state where digestion can happen.

Digestion is regulated by your nervous system, not your effort.

IMPORTANT THINGS TO UNDERSTAND:

SYMPATHETIC MODE:

- When your nervous system is activated for action, not resting.
- Even if no emotional stress, we need to shift out of focused work mode and allow the body to shift gears.
- Food will sit in the stomach, move slowly through the digestive tract, and not break down as well.

PARASYMPATHETIC MODE:

- Otherwise known as "rest, digest, and heal" mode.
- The body is primed and ready for digestion and assimilation of nutrients.
- The body naturally raises stomach acid, releases enzymes that break down food, and moves food through the digestive tract efficiently.
- Nutrients are absorbed and the body is fueled.

WHEN THE BODY FEELS SAFE, DIGESTION TURNS ON.