

[IMAGE]

Five Ways To Improve Your Digestion

Improving your digestion will do more for your health than you think. Good digestion is key when it comes to having a strong immune system. A large portion (up to 70 percent of your immune system) can be found in your digestive system. In order to make sure you are maintaining good overall health, you must ensure that you are doing all you can to have your digestive system on the right track. What are some ways you can improve it? Here are five tips:

1. **Eat More Fiber** - By eating more fiber, you will begin to get things moving. Fiber allows your stomach to absorb toxins and move them out of your body. It also can help with lowering your overall cholesterol (if this happens to be an issue you deal with). You can find fiber in simple foods such as apples and whole wheat bread.
2. **Drink Lots of Water** - Water is needed for healthy digestion, make sure you don't get dehydrated by keeping a liter of water near you throughout the day. Ideally, you want to have up to eight glasses a day if possible. Water can help your stomach digest foods properly.
3. **Take Your Time** - When chewing foods, the last thing you want to do is chew quickly. Gulping down your food will complicate the digestive process, so slow down and enjoy every bite.
4. eating watermelon - Copyright © Stock Photo / Register Mark **Invest in a Good Probiotic** - Heard of probiotics? They are "good" bacteria that we all need. They can assist in numerous digestive system related illnesses such as constipation, leaky gut and inflammation. Do research or ask your chiropractor about good brands to try.
5. **Eat More Fresh Food** - Make sure to clear out your kitchen of processed foods, processed foods do not provide your body with the nutrients you need like fresh fruits and vegetables. Make sure to eat more greens and fruits to make your digestive system happy and allow it to work more efficiently.

Talk to your chiropractor if you are having problems with your digestive system. Make it a priority to eat the foods your body needs.

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