

Optimal digestion for better energy Habit Tracker

*Discover & Track The 7 Daily Habits for optimal
digestion and improved energy in Your 50s & Beyond!*



Warkworth
Naturopath

Hello!



Thanks for downloading this guide to optimal digestion for better energy levels.

I'm Jasmin and I help women in their 50s who are burnt-out and exhausted to regain their energy and motivation to live life to the fullest.

This checklist is right out of my toolkit when I work with clients, and it's just one part of my signature system for regaining energy and motivation.

Without it, you'll continue to feel stuck with not knowing how to get rid of bloating, reflux or tummy discomfort which deplete your energy.

With it, you'll have a clear guide on how to improve your digestion for optimal energy.

Hope you enjoy this guide, it's certainly loved by my clients, and I know that if you follow it, you're well on your way to feeling great.

Enjoy!

Jasmin



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Seven habits

So there are 7 Key Habits that you MUST make your 'new normal' if you want to have better digestion and improved energy.

They may seem super simple, and that's the point. Great digestion IS supposed to be simple when you understand how much of an impact our daily habits have on our energy and wellbeing.

Consistent changes = improved digestion = better energy

1. **Sit down at a table to eat!** How can your body digest and absorb the nutrients that you put in your mouth when you aren't giving it the time to secrete the enzymes required?
2. **Slow down and focus on chewing each mouthful of food thoroughly.** *Each molecule of food needs to be covered in saliva to help with breaking it down. (This will also switch your nervous system into rest and digest - if you are burnt-out, it will be in fight & flight which is not good for digestion, absorption or energy.)*
3. **Don't drink water with your meals.** (Do drink 8 glasses of water each day, just not with your meals as it weakens your digestive fire)
4. **Stop snacking,** 3 balanced meals a day is generally all you need, with just water between mealtimes. This will allow your body time to digest each meal.
5. **Don't eat those foods you suspect you are reacting to!** So many people tell me that they get bloated from *XX food* but they keep eating it! If you're unsure whether you are reacting to a food - a Hair Test will be so helpful!
6. **Cut out processed or sugary foods.** These offer minimal or a negative total nutritional value to your body anyway! In fact, sugar seriously depletes magnesium levels. (Magnesium is vital for energy production.)
7. **Walk or move your body every day for 30 minutes.** This is so beneficial for your circulation and digestive system.

HEAD TO THE NEXT PAGE FOR YOUR 21 DAY TRACKER (because that's how long it takes to form a new habit!)

HABIT TRACKER

GOAL

	M	T	W	T	F	S	S
<u>Sit to eat</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<u>Slow down & chew</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<u>Water between meals</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<u>Stop Snacking</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<u>No sugar / processed foods</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<u>30 minute walk</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

WHAT WORKED

TO IMPROVE ON



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next steps...

You now have a formula for optimising your digestion by reducing the bloating, reflux and tummy discomfort which depletes your energy. But, here's the thing... for most women in their 50s it takes more than this alone to truly improve your energy.

That's why the 'Optimal digestion for better energy' is just one part of my complete method. There are many other elements that all need to be working together to be fully motivated to live life to the fullest.

A Hair Test for Food & Environmental Intolerances is one way to really get clear on which foods are contributing to your digestive symptoms and you can then focus on the other pillars of regaining your energy.

I've written an article on my personal journey with regaining motivation after being burnt out which outlines the 4 steps I use.

If you would like to learn more about what may be causing your fatigue and low energy, I invite you to book in for a FREE 15 minute discovery session now.

I only have a small number of spots for these calls each week, so click now on the link below and grab your spot!

Jasmin

[CLICK HERE TO BOOK A
DISCOVERY CALL NOW >>](#)

