



TIPS FOR HEALTHY DIGESTION

Take Probiotics and Enzymes

A probiotic may be helpful for replenishing your body's supply of beneficial bacteria which your digestive tract actually needs. If you suffer from digestive issues of any kind, an enzyme supplement which contains no animal products, is designed to help digestive health and the way your body works as a whole. However, always consult a medical practitioner before consumption.

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Find Time to Meditate

You can't discount the connection between your mental health and physical health. Stress is one of the most pervasive killers in our society. While we can't control every circumstance that causes stress, we can change the way we respond. When we're stressed, our body goes into the "fight or flight" mode, switching off our digestion so we can run away or deal with the problem head on. Meditation is an excellent way to relax and reduce stress; and studies show that relaxation is a powerful method for improving digestive health.

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Exercise Daily

One thing you can do to benefit your digestive tract is to do some simple, daily exercises. The colon functions much more effectively when abdominal muscles are strong and consistently in motion. Crunches are an excellent way to strengthen these muscles and to improve your appearance at the same time, but simple walking can keep your digestive system healthy by improving blood flow to the intestines and colon.

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Follow a Clean Diet

Bananas contain approximately 15-20 % of your daily fiber needs. They contain fructooligosaccharide, which is a natural compound that encourages growth of beneficial bacteria in colon. This bacteria termed, "probiotics" is responsible for a myriad of activities in your body, including facilitating the appropriate digestion and elimination of food. This goes to show that diet, particularly a natural plant-based diet, is incredibly powerful for keeping your digestive system in check.

Green vegetables will also help keep your digestive system healthy for their high amounts of fiber, relatively low carbohydrate and sugar load, and good amounts of water. Foods like kale, spinach, wheatgrass, and alfalfa are all good choices to integrate into your diet. Broccoli sprouts are unsurpassed in their ability to stimulate enzymes that detoxify the digestive system

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