

DAY 5: ELIMINATE ACIDITY, HEARTBURN & CONSTIPATION

Without Drugs & Laxatives

DAY 5 WORK-FROM-HOME WELLNESS MINI-SERIES

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Today we are going to talk about **acidity, heartburn & constipation**.

You know anti-acid and laxatives – these are billion dollar industries and they are superb in marketing .

Their marketing message is – Eat anything & then take this pill to fix it.

The reality is that Pills only hide the symptoms.

They never fix the cause.

Health is not found in pills. It is found in healthy living.

Let's discuss about Acidity.

And let me answer you first how to stop it.

It is a very scientific answer 😊

Stop taking acidic foods.

And Acidity will go.

You need to reduce or completely eliminate foods which cause acidity.

Let's talk about acidic foods.

They are primarily into 3 categories:

- 1) **Pills / Drugs** – Unlike the marketing message you have received since your childhood on TV commercials , which tells you that Popping a Pill daily is needed to fix your health, the reality is completely opposite .
Stop resorting to pills on the first discomfort you experience. Stop taking Over-the-counter pills. If you get unbearable pain or if there is some emergency, take only prescription drugs .

2) **Fake Factory foods** – Read the ingredients, not the marketing food label on the front . Chances are if you are eating a food, marketed as “healthy food” from a box , most probably it has got sugar , flour , colors , Chemicals, additives & preservatives.

Remove them from your house, your kitchen and your refrigerator.

3) **Home Processed Foods** – This includes food high in sugar , flour and Fried foods. Reduce or eliminate the consumption of home processed foods.

4) **Animal foods** – Whether it is dairy - milk , butter , cheese or it is meat – Red meat, white meat, Lean meat – All animal foods create acidity (Except cream , which is a fat) .

Reduce or eliminate consumption of animal foods.

Foods to increase:

Increase your consumption of alkaline foods.

Which are those foods? Foods which are naturally **high in water and fiber**.

Include all types of fruits, vegetables, especially green leafy vegetables, sprouts, root vegetables. Eat fruits on empty stomach.

Majority of your foods (80% of all your food intake) should be Alkaline foods.

Now let's discuss about **constipation**.

For those of you suffering from constipation, have food high in fiber.

Fiber works as an intestinal broom.

All alkaline foods carry good fiber, with sprouts & green leafy vegetables carrying the highest amount.

For constipation, here's a **quick recipe** which you can take on empty stomach.

Have 4 bunches of spinach + 2 to 4 beets + 2 to 4 pears

Put them into a vegetable Juicer, strain it and drink it like chewing, first thing in the morning empty stomach.

It will relieve your constipation.

If you are having extremely high acidity, you are on prescription medications for long for acidity, You are having digestive issues and you are 60+, then you may want to start slowly by having steamed vegetables first and then slowly incorporate fruits & raw vegetables before jumping to strong, raw, cleansing Juicing recipes.

There are further **3 specific advices**, I would like to give which can reduce your chances of getting constipation.

First, **do not hold nature's calls**.

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In modern times, sometimes we are compelled, sometimes we force ourselves to hold and not get up til the time it becomes absolutely critical.

It is a bad habit and quickly leads to serious consequences.

Respect nature's call.

Second, Design of the modern toilet may actually contribute to constipation problems. 1 small device you can use to great advantage is a **foot stool**, a Platform or box to go under both feet, when seated on the toilet .

By raising the feet off the ground, you are in a squatting position which is really Your natural position encouraging better elimination.

Lastly, do **colon cleansing**. Colon is the sewer of your house, your body and Getting it cleaned from inside is a must. All the processed food which you have eaten, leaves its layers on the inner walls of large intestine or colon. You can do Colon cleansing at your home (there is a home enema kit) or you can go into a naturopathy or chiropractor where you have colon cleansing machines.

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See you in the LIVE Workshop soon.

Vineet