

Slow Digestion

Symptoms: Slow, Sluggish Digestion with Sticky Stools—

Home Treatment:

- **Eat two or three meals at regular times:** not too much in the morning, largest meal mid-day—earlier, lighter dinner—can skip breakfast if not hungry and have brunch and dinner.
- **Sit down to eat, and eat calmly and slowly** with awareness of your food, enough to be satisfied but not full.
- **Wait to eat until the previous meal has been digested** (at least 3 hours, and after a big meal, 5 - 6.hours).
- **Reduce or avoid** heavy, cold, sugary food and excess carbohydrates (dairy, wheat, excess red meat).
- **Include more** dry and light foods like salads.
- **Exercise** daily.
- **Use a little black pepper** in your food (even ice cream).
- **Use triphala powder** or tablets before bed.

