

Jeni's Health & Fitness Tips

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Issue 58 / July 10

Hi Everyone!

We all know that fruit is good for us, but when do you eat your fruit? If you have a piece of fruit after a meal, thinking it's a healthy dessert, you may be doing the wrong thing.

When you eat fruit alone, it takes about half an hour to digest. When you eat meat it takes about 8 hours to digest. Let's say you eat some meat followed by a piece of fruit. The fruit is ready to go straight through the stomach into the intestines. However because you have the meat in your stomach it is prevented from doing so. The minute the fruit comes into contact with other food in your stomach and digestive juices, the entire mass of food begins to spoil. The Enzymes that are produced to digest the fruit counteract the enzymes that are needed to digest the protein. This causes digestive problems such as bloating, indigestion, and wind.

Fruits are OK if you mix them with other fruits but don't mix them with other foods. So enjoy fruit on an empty stomach, first thing in the morning or before meals. If you eat cereal for breakfast, don't put fruit on it. Eat the fruit alone first then wait half an hour before eating your cereal.

According to Dr. Herbert Shelton, although some fruits are acidic they become alkaline in our bodies. The simple sugars of fruit undergo no change in the stomach or duodenum, being absorbed directly as fructose and glucose as it exists in fruits. If you eat fruit alone it will help detoxify your system, supply you with a lot of energy and assist with maintaining healthy weight.

Nearly all so called "fruit allergies" result from wrongly combining the fruits with starches, sugar and proteins. As we age many of us suffer with digestive problems. By combining foods correctly we may be able to dispense with the indigestion tablets.

If you drink fruit juice, make sure it is fresh. If you buy fruit juice from the supermarket check the label. Reconstituted juice is not fresh. If it has been treated with heat many of the nutrients have been lost. Eating whole fruit is better than drinking the juice. You need to mix fruit with saliva in order to digest it fully. When we drink fruit juice we often skull it down, however when we chew fruit it mixes with saliva before swallowing it.

As for eating in general, don't eat unless you are hungry. Don't over eat. You only need as much food as you can carry using 2 hands. More than this can put a strain on your digestive system and cause acid reflux.

Don't drink ice cold drinks with food. Cold drinks prevent good digestion. If you choose to drink while eating, drink liquids at room temperature or warm beverages such as herbal tea (particularly peppermint tea). Drinking while eating dilutes the enzymes in your stomach and the acid becomes diluted and weak.

Finally, don't eat late at night. Our digestive system is usually weaker during the evening. It is better to have your main meal at lunchtime and a smaller meal in the evening. Consider taking a 20-minute walk after a meal. Walking aids digestion.

And, most importantly, enjoy your food! We are lucky to live in a place where it is always abundant. It is one of life's great pleasures!

Yours in health,

Jeni

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