

7 Simple Steps to Better Digestion

By Lisa Middlecamp-Lowder PhD

As a holistic nutritionist specializing in digestive wellness, I see people from all walks of life experiencing ill health. If sick people don't consider the health of their digestion, they are missing a critical piece of the treatment picture. We should not treat any condition without considering digestion.

It is very important to buy the best food we can afford. Whenever possible I encourage buying organic, local, pasture raised and wild caught. We need to do the best we can based on our budget, and I encourage these seven FREE steps to better health through better digestion:

Ask yourself, do I...?

1. Say grace/bless my food/express appreciation for the food I am about to welcome into my body.
2. Eat at a table. Not in the car. Not walking around. Not at my desk.
3. Breathe while I eat...trying to enjoy the flavor of each bite.
4. Chew my food and don't rush my meal. (This mechanical portion of the digestive process sets the stage for the rest of your food to be broken down effectively.)
5. Don't drink a cold liquid with the meal...it puts out the digestive "fire". It's fine to have cold drinks between meals.
6. If I am going to drink with a meal, limit the liquid to about 4 ounces, otherwise I dilute the acid in my stomach which is needed to break down food. (Lemon and water enhances digestion, by the way.)
7. Leave about 5-6 hours between meals if I can. (Snacking stresses the pancreas among other things.)

How many do you do? You can find research supporting these simple steps, and I welcome you to investigate for yourself. Better digestion: so you can THRIVE...for REAL.

Lisa Middlecamp-Lowder, Ph.D. is a Holistic Nutritionist, Certified GAPS Practitioner (Gut and Physiology Syndrome), Certified Traditional Cook, Founding Co-Leader of Nourishing the Lakeshore and has a private practice, Thrive for Real, LLC., in Muskegon. • lisa@thriveforreal.com • 231-288-7221

Local Businesswoman was Nominated as a Finalist for Entrepreneur of the Year in Winter 2017 Magazine Devoted to Women Pet Professionals



MUSKEGON, MICHIGAN DECEMBER 21, 2017 – Jodi M. Clock of Muskegon, MI can be seen in the just-released Top Women in the Pet Industry Magazine for Winter 2017.

Jodi M. Clock, is a certified pet loss professional who founded, owns, and operates Western Michigan's only pet parent direct pet loss center that offers private cremation services, burial assistance and grief support. Clock Timeless Pets in Muskegon. Details about her business can be found on page(s) 30-31 of the magazine.

For details on the offerings of Jodi M. Clock, contact her directly at jodi@clockfuneralhome.com or 231-343-5866. www.clocktimelesspets.com / www.jodiclock.com or @askjodi

Fruitport Area News • May 2018 • Page 11

Grace Lutheran Preschool

2651 Shettler Road • Fruitport Township

Serving families in our community with a high quality Christian preschool for three and four year-olds.

Now accepting applications for the '18-'19 school year.

Please contact Dori Winkel, director and lead teacher
dewinkel07@comcast.net • 231-777-3011

Our motto: "Grow in Grace"

Days: Monday through Thursday; you pick 2, 3, or all four days
Hours: You pick half days: 8:30 to 11:30; or full days: 8:30 to 3:30



354 Ottawa St.
Muskegon 49442
800-479-6483



*Designers & Engravers of
Domestic & Imported Granites*

Cemetery Marker, Monuments and Lettering
Serving West Michigan for more than 25 years

1003A S. Beacon Blvd.
Grand Haven 49417
616-844-1700

Find us online at www.superiormonument.com

Showroom Hours: Monday-Friday 9:00 to 5:00 & Saturday by appointment

RV TREE LLC

**Tree Removal • Tree Trimming
Excavation • Stump Removal
Storm Damage**

Shawn Arvey Owner

Cell 231.730.1776

Home 231.865.3415

**FREE
Estimates**

**Fully
Insured**

Independent & Assisted Living



Reside ~ Reflect ~ Relax



5425 Chestnut Drive
Muskegon, MI 49444
PH (231) 798-2220
www.rlmgmt.com



Retirement Living



Equal Housing
Opportunity Provider