

7 Simple Steps to Better Digestion

Lisa Middlecamp-Lowder, Ph.D.

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 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. thriveforreal@gmail.com

High School Construction

submitted by Maribeth Clarke, Administrative Assistant, Fruitport Community Schools



Construction on the Fruitport High School is right on schedule with the new two-story academic wing slated to be ready for students after the holiday break.

Over the summer, lighting was installed, classrooms and hallways were carpeted, walls were painted, and the HVAC and boiler system was installed. Classrooms are ready for furniture and the elevator will soon be installed.



The kitchen equipment and new serving area are well underway and will be ready for students in January. The work accomplished this summer was incredible.

The next two months will be a busy time for our technology and maintenance crews while they move teachers to their new classrooms, install wifi and the phone system. They will work to get classroom furniture in place so students will have a new environment to learn and thrive.


The auditorium should be ready for use in August 2020, and the rest of the project (locker commons, offices, media center) will be done by the summer of 2021.

We hope you took time to visit the high school during the open house on October 26th. But if you didn't there will be another one this spring!



# THE LAKES CHURCH

SUNDAYS 10:30am / 5873 Kendra Road



## Calvary Bible Church

4617 Grand Haven Rd., Muskegon, MI 49441

*"A Friendly, Christ-Centered, Non-Denominational Church"*

Sunday School – 9:30am  
Sunday Morning Service – 10:30am  
Sunday Evening Service – 5pm

For more information, please contact us:  
Phone: (231) 798-7411  
Email: calvary.bible@frontier.com  
Website: www.calvarybiblemuskegon.org

# VACCINE CHOICE IS

### Full

While many parents choose to follow the vaccine schedule recommended by the CDC, they realize the importance of vaccine choice.

### Delayed

Infants and children can receive up to 8 shots in a single office visit. Many parents choose to separate or delay those shots.

### Selective

Ever skip the flu shot? If so, you have practiced vaccine choice. Our members also enjoy choosing which vaccines to take or decline.

### Opt Out

Parents who witness a vaccine injury often choose to opt out of future doses. In short, most ex-vaxxers were pro-vaccine at one time.

michiganvaccinechoice.org

## FIRST CONGREGATIONAL CHURCH OF FRUITPORT

(231) 865-3822

**Come as you are for Church & Sunday School at 10:30 a.m.**

Coffee & snacks before & after service

3212 Pontaluna Road, Fruitport  
(between Edgewood & Middle Schools)



Pastor Mike Scott is back and he brought the manual.



Our church service starts with traditional & praise music, and after a few songs, the youth go to their Sunday School. ~ Preschool through High School ~ Nursery Provided ~