

THERAPEUTIC FOODS FOR DIGESTION

Food	Action/Constituents
Pineapple	Contains bromelain: proteolytic, anti-inflammatory enzyme. Useful in small intestine and pancreas dysfunction.
Apple Cider Vinegar	High acid content helps digest proteins in the stomach by lowering stomach pH.
Beets	High levels of folate and manganese support gallbladder function.
Cabbage (Juice)	Contains Vitamin U, an ulcer remedy—for stomach and duodenum ulcers. Its abundant sulfur content is helpful in killing parasites.
Papaya	Contains the enzyme papain (especially underripe papaya and its seeds) which helps digest protein, resolve mucus, and has strong vermifugal action.
Garlic	Contains allicin, which is anti-parasitic.
Radish	Contains sulphur: helps remove deposits and stones from the gallbladder by improving bile flow. High vitamin C content can calm gastric discomfort and act as a laxative.
Fennel	Excellent source of vitamin C, potassium, fiber, trace mineral, and the anticancer coumarin compound, fennel is an intestinal antispasmodic, a carminative, a stomachic, and an anodyne. A truly healing food when dealing with digestive dysfunction. It can be eaten raw, braised, steamed, baked, in soups and stews, and it can be used in place of celery. A truly versatile, aromatic food.
Jerusalem Artichoke	Rich source of inulin which promotes healthy bacteria in the intestinal tract.

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Dandelion Root	Enhances the flow of bile by increasing bile production and flow to the gallbladder. It also had a direct effect on the gallbladder by causing contractions and releasing stored bile. Dandelion root improves conditions such as liver congestion, bile duct inflammation, hepatitis, gallstones and jaundice. Also contains inulin which promotes the growth of bifidobacterium and lactobacillus.
Ginger	Carminative: promotes elimination of intestinal gas, relaxes and soothes the intestinal tract, inhibits the formation of inflammatory compounds and stimulates digestion.
Apple/Beet/Carrot/Lemon Juice Relish	Supports gallbladder function and aids in digestion.
Lemon Water	Stimulates acid production. The pH of lemon is alkaline but it is acidic in the stomach. Drink warm or room temperature.
Chard/Kale/Spinach	Fiber.
Psyllium Husk	High fiber content-retains water in the stool and stimulates intestinal peristalsis through acetylcholine-like mechanism.
Bone Broth	Sooths the digestive tract and supports the integrity of the gut lining.
Okra	Fiber; mucilage soothes digestive tract.