

A top-down view of a glass bowl filled with a thick, pink smoothie. The smoothie is topped with several fresh raspberries and a generous amount of white, shredded coconut flakes. The background is softly blurred, showing more of the bowl and some other items.

*The Essential
Guide to*
**PERFECT
DIGESTIVE
HEALTH**

There are many contributing factors that affect digestion, and it's always a process of elimination to discover what works for you and what doesn't.

To help you get started, here are my 10 golden rules to support perfect digestion, from my book *Perfect Digestive Health*.

The guide also includes a simple one day digestive health cleanse that you can repeat for 3 - 5 days and get started on the journey towards a happier, healthier gut.

Teresa Cutter

Healthy Chef **GREEN SMOOTHIE**

Your essential daily probiotics blend. It contains alkalising leafy green superfoods, such as spinach, kale and broccoli, with anti-inflammatory turmeric, ginger and green tea, for a healthier gut.



10 Golden Rules Of Digestive Health

01 *Eat fresh and natural foods*

For maximum nutrition, make sure the majority of your meals comprise of fresh fruits, vegetables and leafy green salads.

02 *Eat Fermented foods*

Fermented foods are naturally packed with probiotics that promote healthy gut bacteria. Get your daily dose of probiotics with the *Healthy Chef Green Smoothie*, a delicious blend of organic greens to support your digestive health and wellbeing.

03 *Drink plenty of water*

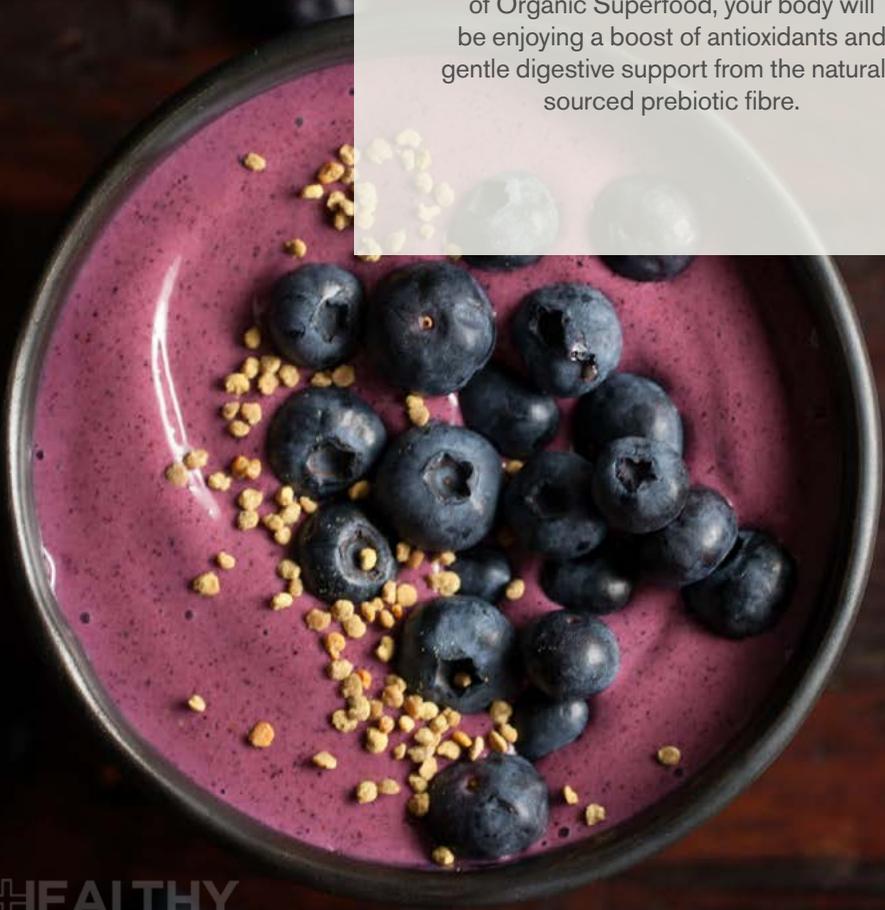
Aim to drink a minimum of 2–3 litres per day (8–12 glasses). Water nourishes the digestive tract, supports the absorption of nutrients and removes waste and toxins.

04 *Avoid processed foods.*

Processed foods contain additives and chemicals, which can irritate a sensitive digestive system, making you feel sluggish.

05 *Slow down and relax*

Slow down when you eat and chew your food. This will reduce bloating and gas. From the time you begin eating it takes the brain 20 minutes to start signalling feelings of fullness. I also love to unwind with *Healthy Chef Turmeric Latte*; It's comforting, relaxing, and soothes my digestion.

A top-down view of a dark grey bowl filled with a vibrant purple smoothie. The smoothie is garnished with a generous amount of fresh blueberries and a scattering of small, yellow, crunchy seeds. The background is a dark, textured surface, possibly a wooden table, with more blueberries scattered around the bowl.

Healthy Chef **ORGANIC SUPERFOOD**

A delicious blend of ten organic fruits + vegetables providing nutritional support for optimum health. With each serve of Organic Superfood, your body will be enjoying a boost of antioxidants and gentle digestive support from the naturally sourced prebiotic fibre.

10 Golden Rules Of Digestive Health

06 *Practice hare hachi bu*

This translates to 'eat until you are only 80 percent full'. It's a great habit to get into as overeating can increase the pressure in the abdomen causing bloating and reflux.

07 *Get your body moving!*

Physical activity, ideally 30 minutes a day, speeds up digestion, increases blood flow to all of your organs, and stimulates the muscles in the GI tract. After your morning workout, enjoy a protein rich smoothie using *Healthy Chef Protein* in preference to a heavy breakfast.

08 *Stimulate your digestive system*

Introduce bitter foods such as lemons + limes into your diet that promote healthy bile flow to cleanse the liver and colon.

09 *Avoid inflammatory foods*

Wheat, gluten, dairy, sugar, alcohol and coffee can play havoc with your digestive system. Try swapping your morning coffee for a *Healthy Chef Matcha* tea, that is anti-inflammatory and rich in antioxidants to support your wellbeing.

10 *Go Green*

Green juices and smoothies are alkalising and rich in B vitamins and minerals to support detoxification and wellbeing. To speed up your digestion, make an easy green juice using *Healthy Chef Cold-Pressed Organic Wheatgrass* powder and a squeeze of lime.



Healthy Chef
**COLD-PRESSED
ORGANIC
WHEATGRASS**

Healthy Chef Organic Wheatgrass is made from pure, cold-pressed juice, just like you get in a juice bar - making it 10x more concentrated and nutritionally powerful than other wheatgrass powders.



Healthy Chef
**TURMERIC
LATTE**

A delicious blend of organic turmeric, cinnamon, ginger and wild vanilla bean. This perfect Ayurvedic style of drink is designed to comfort, relax and soothe. Perfect to enjoy hot or cold.

One Day Digestive Health Cleanse

This cleanse is based on the 2-week eating plan I wrote for my book Perfect Digestive Health and is a way of resetting your gut and getting back on track.

For best results, I suggest you repeat the below for 5 consecutive days.

On Rising

Enjoy a large glass of filtered water with 1 teaspoon of Healthy Chef Organic Wheatgrass powder and the juice of 1/2 lemon. Wait 30 minutes before eating breakfast.

Breakfast

Enjoy a protein rich smoothie using Healthy Chef Protein. I love my 'Mint Slice' smoothie which consists of a frozen banana, Healthy Chef WPI Vanilla, a handful of spinach, a few mint leaves, Healthy Chef Green Smoothie, pumpkin seed milk and a few drops of peppermint extract.

Lunch

Make a nourishing salad or a bowl of vegetable-based soup. I love my Detox Garden salad which is featured in my Perfect Digestive Health Book. The salad helps with peristalsis and my bowel regularity which is what I strive for every day. I also have a side of kimchi or sauerkraut... just 1 tablespoon for me is a must, as it's a powerful probiotic to help my bacteria in my gut.

Dinner

For dinner, have a small meal such as nourishing and restorative soups. Warming foods do wonders for my gut health so I love to make a simple organic carrot soup. I also have the option of adding a piece of steamed or smoked salmon on the side for added protein and Omega-3s.

Before Bed Time

Before bed, enjoy a cup of Healthy Chef Turmeric Latte which helps to nourish your digestive system. I drink it hot with some homemade almond milk and a spoonful of ghee. Ghee contains butyrate, an essential short-chain fatty acid that acts as a detoxifier and improves colon health.

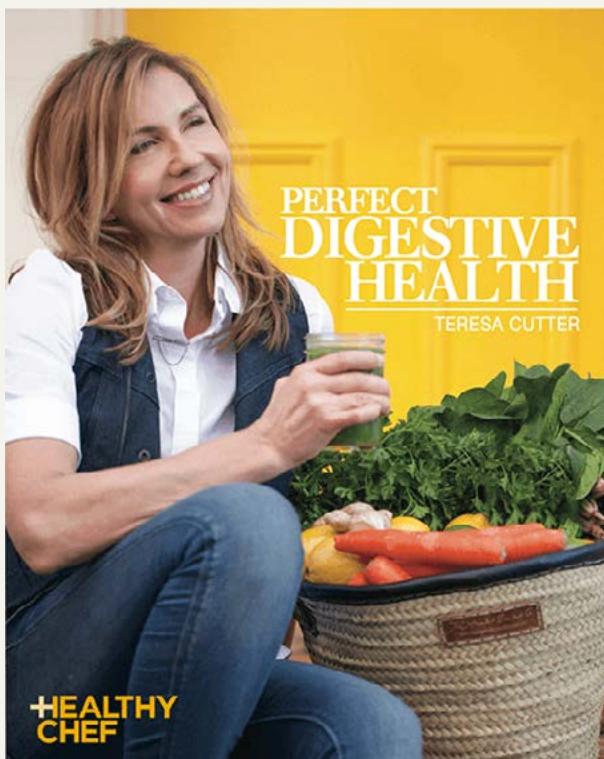


Healthy Chef **PROTEIN**

The perfect protein powder that's highly bioavailable (easy to absorb + digest) and low in carbohydrates to support optimum health + wellbeing. This no-bloat formula means it's kind and gentle on sensitive digestive systems.

LOVE TO KNOW MORE?

*You'll find more in Perfect Digestive Health
that includes my 14-day digestive health
eating plan + recipes.*



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