

3 Simple Daily Habits to Soothe Digestion and Reduce Discomfort



INTRODUCTION

Digestive discomfort like reflux or bloating can interrupt your day and make meals stressful. The good news? Small daily shifts can create meaningful changes. Here are three gentle, science-informed habits you can try to support calmer digestion and feel more at ease after eating.



Habit 1

SLOW DOWN AND CHEW THOROUGHLY

Eating too quickly can overwhelm your digestive system. Chewing thoroughly gives your gut time to prepare for digestion and helps break down food so nutrients are easier to absorb.

- ✓ Put your fork down between bites to slow the pace.
- ✓ Aim for 20–30 chews per mouthful.

Habit 2

SUPPORT DIGESTION WITH BETTER POSTURE

Slouching can compress your digestive organs and slow down food movement. A simple shift in posture can ease this pressure and support smoother digestion.

- ✓ Sit comfortably with your back straight and shoulders relaxed.
- ✓ Avoid lying down immediately after eating — let gravity support your system.



Habit 3

CALM YOUR BODY BEFORE EATING

Stress keeps the body in “fight or flight” mode, which can interfere with digestion. Shifting into a calmer state helps your gut work more smoothly.

- ✓ Pause 30 minutes before meals and gently imagine the aromas, textures, and flavours of your food.
- ✓ Practice 5 slow breaths: inhale gently, then make your exhale slightly longer than your inhale.

Closing Tips

Start by practicing just one of these habits at your next meal. Small, consistent steps add up — supporting your digestion and helping you feel calmer and more comfortable.

👉 **Would you like to explore what's behind your digestive patterns?**

You're welcome to book a free clarity call — a no obligation 15-minute chat to explore your needs and see what support feels right for you.

Book Our Clarity Call

