

5 STEPS TO DIGESTION – CHEAT SHEET



FROM BITE TO BATHROOM: HOW YOUR GUT REALLY WORKS

Digestion isn't just about what you eat — it's about how your body breaks it down.

When even one step is off, you can end up with bloating, reflux, fatigue, or nutrient gaps.

Follow these 5 steps to keep your digestive system running smoothly from start to finish.



STEP 1 – BRAIN: START IN “REST & DIGEST”

- ✓ Digestion begins before your first bite — just thinking about food starts the engine.
- ✓ Signals trigger saliva, stomach acid, bile, and digestive enzymes.

TIP

Take 5 minutes before eating to pause, breathe, and feel gratitude for your meal.

WATCH OUT

Eating while rushed or stressed keeps you in “fight-or-flight” mode, slowing digestion.



STEP 2 – MOUTH: CHEW LIKE YOU MEAN IT

- ✓ Saliva starts breaking down carbs and fats with enzymes like amylase and lipase.
- ✓ Your stomach doesn't have teeth. Chewing well makes the next steps easier.

TIP

Chew each bite thoroughly and avoid gulping food.

WATCH OUT

Eating too fast means bigger chunks hit your stomach, causing more burping, gas, and indigestion.



STEP 3 – STOMACH: THE STERILIZATION TANK

- ✓ Stomach acid kills harmful microbes and activates enzymes to break down protein.
- ✓ Creates “chyme” — a smooth, acidic mixture ready for your small intestine.

TIP

Support healthy stomach acid by managing stress and limiting unnecessary antacids.

WATCH OUT

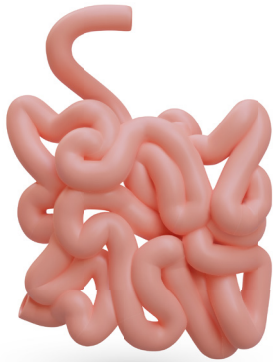
Low acid = poor protein breakdown, bloating, gas, and nutrient gaps.

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STEP 4 – SMALL INTESTINE: NUTRIENT CENTRAL

- ✓ Neutralizes stomach acid so enzymes and bile can keep breaking food down.
- ✓ Absorbs glucose, amino acids, fatty acids — sending them to fuel your body.

TIP

Support bile flow with healthy fats and liver-friendly foods (leafy greens, bitter herbs).

WATCH OUT

Low bile or poor enzyme release can cause bloating, greasy stools, and malabsorption.



STEP 5 – COLON: GUT BUG HEADQUARTERS

- ✓ Gut bacteria ferment leftover fiber, creating short-chain fatty acids like butyrate.
- ✓ Shapes and moves stool, reabsorbs water, supports immunity and mood.

TIP

Aim for 35g of fiber daily from veggies, fruits, beans, and seeds. Build up slowly.

WATCH OUT

Low fiber, too much sugar, or microbiome imbalance can cause constipation, diarrhea, and inflammation.



YOUR DIGESTION IS A CHAIN REACTION

If one step slows down or goes wrong, the rest of the system feels it.

A distracted brain → poor chewing → stressed stomach
→ overloaded small intestine → unhappy colon.

ACTION STEPS:

- ✓ Eat in a calm state.
- ✓ Chew thoroughly.
- ✓ Support healthy stomach acid.
- ✓ Include foods that promote bile flow & enzymes.
- ✓ Feed your microbiome daily with fiber-rich, whole foods.

REMEMBER

Don't just treat symptoms. Think about where in the chain the issue might have started and work from there.



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