

## Chronic Pills

When I think of long term illness, I think of the pills — five to 10 pills. Many pills are not given for a week or two. They are given for years. Sometimes the same pills since early teens. It's become the way we treat illness.

I strongly believe in nature's gatherers for treating the chronically ill. But there has to be some principles that guide you.

First, sick patients deserve mild food. What is mild food? Mild food is food that is easy to digest. The Chinese for example, will take five times the amount of water and cook their rice and put herbs in it — the rice comes out soft and absorbable, easy to digest.

Second, simplifying digestion is an important step. Limit combinations of food, separate them out. Fruit on an empty stomach digests completely within about 10 minutes. Start a meal with fresh fruit to completely digest nutrients while providing the gut with fresh enzymes.

Third, stay hydrated ... why? Hydration of the gut controls how much bicarbonate is stored to control digestion. When sick, we tend to have less ability to digest. Drinking water 10 to 30 minutes before we eat, hydrates the gut.

Things we do for recovery should not be forever. The regimen of lemonade for an alkaline reaction in the body or combinations of food to simplify digestion should not be forever. They help us to restore healthy digestion. As our digestion improves, we are able to eat more combinations.

Fourth, limiting sugar helps to fight the Sugar Blues. Most people today take sugar in their diet and their drinks. That's hard on the body and mind. Sugar overwhelms both while lowering our immune response. Find substitutes for the empty foods in life like white sugar and white flour. White flour is extremely sticky and hardens to glue. Stick to healthy whole foods and plant substitutes for sugar like stevia.

Fifth, vegetables are far easier to digest than meats. Limit the quantity of meat to four ounces, maybe two or three times a week. Emphasize fish rather than red meat because fish is healthier for you with omega 3 content. In fact, it's been found that omega 3 does all the things that aspirin does for us only better in a natural way. So putting Omega 3 in your diet is what the doctor ordered.

Remember easier to digest food, simplifying digestion by limiting combinations, making sure to hydrate the gut, and emphasizing foods that have less transit time brings relief for the chronically ill. Do not ignore that movement, warming up joints, and moving the waist helps — as does moving the lymph, deep breathing or meditation. They all have their place.

Eating food is the hardest work we will ever do in the body. It's far harder than exercise. It requires a calm atmosphere. It is important to surround our meal with something that's pleasant and uplifting to encourage digestion and recovery.