

Some digestive thoughts....

Ever wonder why everyone is going so gluten-free, dairy-free, meat-free, and caffeine-free crazy? Nowadays you can find just about anywhere gluten and dairy-free foods and dishes in restaurants. So what is all this hullabaloo, when for 10,000 years we have been eating these foods? Why all of a sudden aren't we able to digest certain foods, and why are they linked to so many chronic diseases such as Crohn's disease, irritable bowel syndrome, ulcers, arthritis and much, much more?

There is the thought that good ole Monsanto has genetically modified our crops in such a way that it has altered all grains. I agree that our agriculture system in our country has gone down the tubes....Our dairy products are not what they used to be either, what with all the antibiotics and hormones given to our dairy cows, and then it is pasteurized so all the good stuff gets snuffed out with the bad stuff. And even the mass production of it all can turn your stomach. Ever notice that when you buy a loaf of bread or gallon of milk, it can last forever without going bad? Well, I have news for you. If the bad bugs on the outside won't eat this stuff, then surely our good bugs in our internal eco system won't have a craving for it either.

So it sits and sits on the shelf, and when we ingest it, it sits and sits in our stomach, getting reabsorbed several times in the form of bile, or even worse sticking to our intestines....

So why am I bringing all this up? Life of course used to be simple. In reality, breads would only be eaten in the fall and winter, after the wheat crops were harvested. This is when our digestion is the strongest. In the spring, we would then eat the green leafy shoots coming up to clean out the heaviness in our bodies, and in summer we get to enjoy the carbs in the form of fruits and veggies. We ate seasonally. We would go to the baker and buy a loaf of bread, and in two days, if not eaten, it would go rock hard or moldy. And likewise, when we got that bottle of milk delivered to our doorstep, if it wasn't drunk in a few days, it would go bad too.

But now with the world and our country getting so populated, marketers found a way to feed the masses, get it to the market so it could stay on the shelf longer, and in turn in the household longer too. This was in the form of pasteurization of our dairy and putting oils into our breads. Yes, it is the cooked rancid oils that make the bread so indigestible.

With the exception of ghee and coconut oil, most all oils change molecularly when they reach a certain temperature. They are used to preserve the breads, so it sits on our shelves and sits in our guts.

Now, I know what you are probably saying... gluten and dairy are proteins that are hard to digest. I agree, they are.. But we have been eating these foods for thousands of years with no problems.. and yes, there are certain folks that can't eat wheat, nuts etc., I get all this.. But now it's everyone? It just seems a little odd, don't ya think?

Stress plays a big part in our digestion, and so does all the choices of foods we can eat. We think we are lucky having so many choices at the market, but really that is not serving us. We should, as much as we can, shop at farmer's markets and look at the abundance of whatever is on the table for sale seasonally.

And I haven't even mentioned stress (so I guess I won't)

So grim! But there is hope, yep, there is. The good news is we can reset our digestive fire and rekindle our bile flow so we can have Ace digestion. Now, I am not saying we should rekindle our fire in our tummies so we can go out and eat fried foods and pizza every night, no... but what happens when we have got that good, low burner going on is that we have improved sleep, less stress, more clarity to do what it is we are meant to do in this life. Also, when you have a strong digestion, you have a strong detox system. And your body works the way nature intended.

So here's where the group detox spiel comes in...If you want to go on an eight-day group cleanse, reset your digestion, and also delve inside yourself as to why you might be eating emotionally, then please join me July 13th to the 21st. More info at seaside yoga events and workshops.. Yeah! And Namaste!