

# Delicious Digestion

## 3-minute Mini playsheet

When our digestive system isn't quite on its game, we can experience all sorts of issues such as heartburn, Irritable Bowel Syndrome, constipation, diarrhoea, bloating, gas, stomach pain and cramps, and so on. Yet being a little more mindful with how we eat and adding a little **Mini Sequence** like **Delicious Digestion** can go a long way in helping to support your digestive system to fire back up again.

So lets begin by talking about *how* you eat. Many of us eat far too quickly, barely chewing our food. We have teeth in our mouth to chew food, so our stomach doesn't have to work so hard. There are no teeth in our stomach, so if you haven't chewed your food properly, then it's not surprising that your digestive system may not be quite supporting you as you'd hoped.

How do we rectify this? By adding a little mindful eating to the equation. Aim to chew each mouthful 30-times. Yep that's a lot! You should have barely anything left in your mouth by the thirtieth chew. That's what you're after. Less work for your precious stomach! And ALWAYS sit down at a table to eat. NEVER eat on the run. When our body is busy doing something else, running about, driving, etc. it doesn't have the energy needed to digest food.

A couple of other things you can do, is not drink 20-minutes either side of eating (or while eating), as this dilutes the digestive acid in the stomach, and only drink beverages that are at room temperature or warm. So no drinks that have been refrigerated or have ice added. And avoid over-eating. Remember that while food tastes good, it's ultimate purpose is to fuel us.

Now lets take a look at the mental and emotional cause of digestive issues. Us ladies tend to store a lot of unresolved emotion in our stomach. Unresolved emotion played out physically equals tightness and tension. When we have a tense belly, our belly's functioning is restricted. Digestion in general is related to there being something in your life - or your thoughts - that you cannot digest. Constipation tends to be related to not wanting to let go of something.

It's issues like this that create fear-based thinking. When we feel fear, signals transmitted through the brain to the hypothalamus and brain stem alter the blood flow to the abdomen thus leading to digestive-style problems. Although it may be a less potent stimulus, the stress of daily life can have an adverse effect on the intestinal tract.

Having a positive relationship with your belly goes a long way in helping it function properly too. If you hate your belly, if you feel the need to suck it in to live up to the surfboard stomachs we see on billboards, then your belly will communicate to you, via physical symptoms. What can you do - or what do you need to let go of - in order to love and appreciate your stomach just the way it is, right now?

I specifically made the **Delicious Digestion Mini** nice and short, where you get to stay in the one position, so you don't even have to leave the dinner table, in order to do it. Simply kneel on your chair once you finish eating OR if you'd prefer to take your practice to the mat, of course you can. Find what works for you, and once you've done this a couple of times with the audio, feel free to just go freestyle. Doing a little mindful movement after a meal helps get the digestive juices flowing, setting your body up to move your food along and keep you comfortable.

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## 3-minute Mini manual

- ♥ Digestive Massage: 1-min
  - ♥ Side Twist: 1-min
  - ♥ Shifting Your Waist: 1-min
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This entire **Mini** is done in **Rock Pose** as **Rock Pose** on its own, is super great for digestion, hence why this is the foundation for the rest of what we do in this **Mini**. Choosing a different seat will significantly alter the digestive affects of the pose, so if **Rock Pose** is difficult for you, take a peek below for ways to make **Rock Pose** work of you...

## Rock Pose

Making sure your knees, ankles and feet are in a straight line, sit back on your hunches into **Rock Pose**. Your big toes should be touching, not crossed. Check in to make sure that your sit bones are pressed squarely into your heels - your weight should be centred on your sit bones so you can completely let go. As you sit here, lift your heart so you feel that lovely length in your spine, crown drawing to the sky as your sit bones root down through your ankles, into the earth.



**OTHER WAYS:** Your body doesn't like this pose? You have hip, knee and ankle issues? You're not alone. Use *props*. If you can't sit on your ankles because it hurts, take a rolled up blanket, place it under the front of your ankles on the floor (you'll need to make the blanket fatter if it still doesn't feel comfortable), then place a second folded blanket from the back of your knee joints, all the way to your toes, and sit back here. Take whatever props you need to be able to sit up tall. It also helps a lot to be on a softer surface, so perhaps fold a couple of blankets to put beneath you as well. Play, until you find something that works for you.

**GIFTS:** Why do we love **Rock Pose**? Because it's the foundation for many other poses, and it's said that when you master sitting in **Rock Pose**, you'll be able to digest a rock!!! Hence to say, sitting in this pose

is great for digestion and why we spend this entire **Mini** in this pose. This pose also stretches all the muscles in the front of the legs, as well as the knee and ankle joints; a great combo for creating a greater range of movement. At the same time it's a restful pose of the legs.

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## Digestion Massage

Place both hands just below your belly button and begin to firmly massage your stomach in a clockwise direction, around your belly button. If you find parts that are tight, be gentle as you enter them, and simply send them love as you invite them to relax and release. Make sure you draw large circles to massage the large intestine as well as smaller circles to massage the small intestine, always going clockwise to support the direction of the intestines. Continue for **1-minute**.

**GIFTS:** Rubbing your tummy is not only extremely comforting, it can help give your digestive system a nudge in the right direction. As you do large circles you're massaging and activating the large intestine. As you do smaller circles near the belly button, you're massaging and activating the small intestine, helping to move the contents of your bowel through, making this a brilliant exercise for constipation, but also to simply help you develop a healthy relationship with your belly and support your digestive system in working well.

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## Side-Body Twist in Rock Pose

Sitting in **Rock Pose**, lift your heart and allow your shoulders to relax down your back. Lovingly place your right hand on your left outer thigh. Inhale tall, and on an exhale use your right hand to gently help you twist your torso to the left, so you're looking left, (or slightly behind you, depending on how far your body wishes to twist). Use your left hand to take the right side of your rib cage, and gently encourage your mid-section a little further into the twist. Inhale and exhale here, letting your exhale gently soften you into the stretch that little bit more. Hold, then on an inhale return to centre, exhaling your body to the right, doing the same stretch here on the opposite side. **30-seconds** each side.

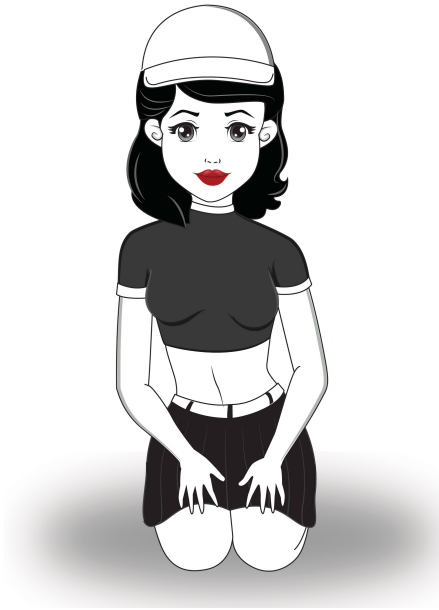
**OTHER WAYS:** Twists just after eating can feel slightly uncomfortable so make sure you enter your twist slowly with lots of love. If you can't twist very far that's totally ok, even a small twist will help create some digestive fire in your belly!

**GIFTS:** Twists are so good for our insides. They help nourish and detoxify the stomach to help aid digestion. When you twist your torso like this, you're massaging your abdominal organs and stimulating the *agni* - or digestive fire. Twisting after a big meal helps encourage fresh blood flow to your digestive organs. According to Ayurveda, our body's *agni* allows our food to digest efficiently, and absorb essential nutrients from our food.



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## Shifting Your Waist



Sitting in **Rock Pose**, spine tall as your sit bones root down into the earth, through your ankles, rest your hands on your thighs. Gently move your waist about 6 inches - or far enough so you feel a small stretch - to the left and then 6 inches to the right. In this pose your hips and legs are staying still and it is only your waist that is moving, and taking your torso with it. Continue this movement for **1-minute** (or more if you have time).

**GIFTS:** This exercise stimulates your digestive system, giving your internal organs a really nice massage. You can do this pose on its own for 3-5minutes to really get your digestive system firing on all cylinders. What's really nice about this pose, is that it's really small and subtle, so it's easy to do while still at the dinner table with friends or family.

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To end the Sequence, bring your hands to you heart in **Prayer Pose** - sternum lifting to meet your thumbs - and bow your head to your gorgeous belly. As you do, smile down to your belly, feel love for your belly, and all that it does for you.

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## GOT MORE THAN 3-MINUTES?

Or want to focus a little more time and energy on getting your digestive system? Feel free to do each pose for a couple of minutes, thus lengthening the sequence. If you want to add a couple of additional poses to support your digestive fire, then **Wind-Relieving Pose**, which you'll find in the **Luscious Lady Parts 60-minute Sequence**, and **Goddess Pose**, which we do at the beginning of every sequence are perfect for this.

When we draw our legs to our belly in **Wind-Relieving Pose**, this gently massages the digestive organs and encourages trapped wind to move through the digestive tract. The pose compresses and massages the ascending and descending colon, encouraging blood flow to our digestive organs.

**Goddess Pose** has many restorative benefits, one being that it allows your body to extend, which creates space in your torso and pelvis, increases blood flow and stimulates your digestive organs. What's really beautiful about this pose is that it invites all your muscles to relax, and when we're relaxed, we are freeing up space for our organs to function as they were designed. When we are tense, we unconsciously restrict the functioning of our internal organs.

Our stomach is governed by our third chakra - the solar plexus - which is responsible for our personal power. It's not uncommon for people with digestive issues to have trouble setting boundaries, saying 'No', and confidently communicating their desires.