

CONSIDER THESE FOUR TIPS AS TO PROMOTE GOOD GUT HEALTH AND DIGESTION THIS SPRING:

Read full article here: <https://lifepa.com/10-dietary-tips-to-transition-into-spring/>

1. Cook all of your spring veggies, except sprouts and microgreens. In one study, spring foods like cabbage greens, green bell peppers, mustard greens, collard greens and kale were measured for their bile acid-binding capacity. While all of these foods have naturally high bile acid-binding capacity in their raw forms, there was a significantly higher quantity of bile acid-binding capacity after the foods were steamed.
2. The first foods to be ready for harvest in the spring are the root veggies like ginger, turmeric, burdock, dandelion, goldenseal and Oregon grape, to name just a few. These make great transitional teas at this time. Not only do these root veggies boost immunity, they also naturally scrub the intestinal tract from any accumulated mucus and toxins. The health of the intestinal mucosa is responsible for 80% of the body's immunity and the robust diversity of the microbiology.
3. Spring is a gluten and grain-free season, as these foods are traditionally not harvested until fall, so reduce your portions of rice, grains, breads, and pastas. Organic, non- GMO corn is, however, on the Spring Grocery List. While corn is harvested in the fall, the original maize was harvested in Central America in the spring before the rainy season. Corn is a very dry grain, so it makes better sense for it to be eaten in the wet season of spring rather than the dry season of fall – nature had this all figured out until humans got involved.
4. Spring is also a dairy-free time of year. Cows are giving birth at this time, and all the milk is essential for feeding the calves. This is a good time to begin to reduce the intake of dairy.