



ViaZen Digestion WELLNESS PROGRAM



Enhanced health and vitality

Better nutrient absorption

Fast and effective relief
of digestive issues



ViaZen
Health via Nature.

DIETARY RECOMMENDATIONS

Eating a clean and healthy diet is essential whenever you are trying to address digestive issues. A seamless digestive process ensures an optimal nutritional profile. Unfortunately, we do not necessarily digest all the foods that we eat. The following tips will help facilitate and optimize your digestive process.

Green light

- Whole grain flour
- Products made from whole grain flour: breads, cakes, cookies, pasta, etc.
- Honey, maple syrup, molasses, brown sugar - all in moderation.
- Organic fruit and vegetable juices - freshly squeezed or bottled (additive-free)
- Raw or steamed fruits and vegetables
- Unsweetened fruit compote
- Organic cold pressed oils (olive, sunflower, soy, flax, canola, sesame, etc.).
- Low-fat natural cheeses, without colours: Damablanc, ricotta, quark, cottage cheese, goat / sheep, soy.
- Natural mayonnaise – made with lemon juice and other natural ingredients.
- Home made vinaigrettes (cold pressed oils, vinegar cider, herbs, etc.).
- Herbal infusions - caffeine-free herbs and other alkaloids.
- Organic cow's milk 2 %, 1 % or skim, in moderation, goat or sheep's milk, plant-based beverages (soy, rice, almond, etc.)
- Plain yogurt (ideally home made) - add in your preference of flavor.
- Chicken, turkey, beef, lamb, mutton, game meats, fish, eggs, legumes, tofu.
- Sea salt or sea salt, veggie & seaweed blends.
- Carob.
- Spices and other natural flavoring agents.
- Natural/plain nuts.
- Fresh, uncolored butter and nut butters.
- Unsulfured dried fruit (chemical-free).
- Lactic-acid fermented vegetables (carrots, cabbage, beets), black olives in brine.

Red light

- Refined / enriched white flour.
- Products made with refined flour: breads, cereals, cakes, cookies, pasta, etc.
- White sugar, brown sugar and any products containing these.
- Canned fruit juice, fruit beverages, soda and commercial vegetable juices.
- Canned fruits and vegetables (cooked in water).
- Jams and desserts containing white sugar, dyes, caramels, syrups, etc.
- Oils extracted with chemical solvents and/or containing additives.
- Transformed and/or colored cheeses (Cheese-Wiz, Singles) – also high fat cheeses (gruyère, emmental, brie, camembert, etc.).
- Commercially made mayonnaise containing white vinegar and other additives.
- Commercially made vinaigrettes and salad dressings containing white vinegar and other additives.
- Ground coffee - caffeinated or decaffeinated, tea, cocoa and other chocolate beverages.
- Milk 3.25 %, cream.
- Artificially colored and flavored yogurt, sweetened with white sugar.
- Cold cuts, canned or smoked meats.
- Iodized table salt.
- Chocolate.
- Hot spices, spice blends containing MSG.
- Salted, grilled, smoked nuts with chemical seasonings.
- Margarine and/or animal and vegetable fats.
- Dried fruit with chemical preservatives.
- Marinades, pickles in white vinegar, stuffed green olives.

LIFESTYLE HYGIENE

- **Stay hydrated** by drinking at least 1.5 liters of water a day, between meals. Optimal water intake allows for better transport of water-soluble nutrients, as well as helps eliminate metabolic toxins.

In addition, water is essential to a healthy digestive transit. It's important to consume water that is room temperature as cold water can cause GI discomfort (stomach spasms) and hot water can aggravate irritations in the stomach's mucosal lining.

- **Integrate physical activity into your routine**

(a minimum of 3 one-hour sessions per week). Exercise facilitates digestive transit and enhances circulation, so nutrient delivery and use are optimized. Regular physical activity will also help you maintain a healthy weight, which will have a direct impact on the digestive process.

- **Stress is a major disruptor of digestive functions.**

By incorporating a 15-minute relaxation period into your daily routine, you can significantly reduce your stress levels, which will naturally help facilitate the digestive process.

- **Smoking weakens the gastrointestinal mucosa** – indeed, smokers are far more prone to gastric and intestinal irritations. Stop smoking. Swap out cigarettes for cinnamon sticks or raw vegetables sticks (carrot, celery, turnip, parsnip, sweet potato (yam), which can help temper the urge to smoke when it arises.

- **Avoid tight fitting clothes** that can hinder intestinal movements associated with mechanical digestion and digestive transit. Making changes to one's overall lifestyle hygiene and diet can take time and a little getting used to. An adjustment period is thus to be expected, so don't put additional stress on yourself. Take the time you need to gradually get used to your new wellness program.

10 VIAZEN DIGESTION HEALTH TIPS TO INTEGRATE DAILY!

- 1** Have your meals in a calm, stress-free environment, conducive to an efficient digestion
 - 2** Eat slowly and chew thoroughly (chew a minimum of 10 times before swallowing).
 - 3** Avoid consuming large quantities of fluids immediately before or during meals. Drink a maximum of one cup of liquid per meal.
 - 4** Take three complete meals every day at a set time and avoid skipping meals.
 - 5** Begin lunch and evening meals with crudités.
 - 6** Avoid finishing meals with sweet foods.
 - 7** Incorporate one hour of physical activity into your routine, 3 times weekly.
 - 8** Allow yourself a 15-minute daily relaxation period.
 - 9** Replace cigarettes with cinnamon sticks or crudité sticks.
 - 10** Take one ViaZen Digestion capsule with each meal.
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