



You are:

## **The Digestive Weak Type**

Your digestive system is your weakness and you feel tired easily - especially after meals. You have a tendency to worry and overthink and you may have food allergies or sensitivities. You also tend to feel bloated easily, have loose stools or diarrhea, and you are known to have a sweet tooth.

This type is common and mainly comes from eating too many raw and cold or frozen foods and drinks or from irregular eating. Cold foods lead to digestive problems because your body has to heat up your food to a 100 degree "soup" in order to digest and assimilate these foods. You actually end up absorbing *less* nutrients from cold or raw foods than from cooked foods because of the extra strain on your digestive system.

### **Possible Symptoms:**

- bloating
- chronic fatigue
- fatigue after meals
- loose stools or diarrhea
- sugar cravings
- difficulty digesting foods
- food intolerances
- poor or erratic appetite
- worry/overthinking
- heaviness or weakness in the limbs

### **Causes:**

- eating too many raw and cold/frozen foods and drinks (i.e. ice cream, smoothies, salads, ice water, juices), especially in the winter
- poor eating habits
- irregular meal times
- eating too late or skipping meals
- overeating
- eating too much dairy
- eating microwaved foods
- mental strain
- worry and overthinking
- living in a damp/wet climate
- chronic illness

### **Helpful Tips:**

- Stick to eating mostly cooked foods - especially soups, stews and congees - which are easily digested.
- Any raw food should be eaten on its own (not in combination with hot meals), as to not impair the digestion of other foods.
- Only drink beverages and water that is room-temperature, warm or hot. When dining out, ask for "no ice" or order a cup of hot tea.
- Eat regular meals - breakfast, lunch and dinner.



## Food as Medicine: Digestive Weak Type

Best Foods to Eat	
Meat:	chicken, beef, lamb, liver, turkey, venison
Seafood:	anchovies, halibut, mackerel, tuna, trout, salmon, shrimp
Vegetables:	cabbage, carrots, fennel, onions, peas, pumpkins, sweet potatoes, turnips, winter squash, yams
Starches/grains:	rice, sweet rice
Fruit:	apples, apricots, cherries, dates, figs, grapes, peaches, plums, raisins
Nuts/seeds:	hazelnuts, peanuts, pistachios, sesame seeds, walnuts
Beans/legumes:	aduki beans, kidney beans
Herbs/spices:	aniseed, black pepper, cayenne, cinnamon, garlic, ginger, nutmeg
Beverages:	cinnamon tea, ginger tea

Foods to AVOID
raw & cold/frozen foods and drinks
dairy
sugar
sweet foods
fruit (especially bananas, oranges, pineapples, watermelons)
fruit juices
smoothies
ice cream
cucumbers
tomatoes
salads
wheat beer

## Recipes to Strengthen Your Digestion:

### **Walnut Raisin Spice Breakfast Congee**

(gluten-free, dairy-free)

#### Ingredients:

- 1 cup jasmine or basmati rice
- 2 cups low-sodium chicken bone broth
- 6 cups water
- ½ tsp sea salt
- organic raisins
- chopped walnuts
- ground cinnamon
- ground nutmeg
- ground ginger



#### Instant Pot Directions:

Rinse rice under cold water until water is clear. Drain and add rice to the pot and stir in bone broth, water and sea salt. Seal the pot and set on manual for 22 minutes. Once timer beeps, let the rice sit in the pot for 20 minutes before releasing the pressure valve.

Ladle about one cup of the congee into a bowl. Top with 1 TBSP organic raisins, 2 TBSP chopped walnuts and a dash each of cinnamon, nutmeg and ginger. Stir and enjoy.

#### Crock Pot Directions:

Add water and bone broth to a large pot and bring to a boil.

Once the water is boiling, add the rice and sea salt to the pot.

Reduce the heat to low and simmer for 2 minutes.

Pour everything into a slow-cooker set on low and let cook for 6 - 8 hours (or overnight). Stir occasionally to prevent the rice from sticking to the sides of the slow cooker.

Ladle about one cup of the congee into a bowl. Top with 1 TBSP organic raisins, 2 TBSP chopped walnuts and a dash each of cinnamon, nutmeg and ginger. Stir and enjoy.

## **Tummy-Loving Turkey & Sweet Potato Soup**

(gluten-free, grain-free, dairy-free)

### Ingredients

- 4 stalks celery, diced
- 1 sweet onion, diced
- 1 carrot, diced
- 3 cloves garlic, minced
- 2 sweet potatoes, diced
- 1 TBSP avocado oil
- 8 cups chicken bone broth
- 1 lb. ground turkey
- 1 tsp dried parsley
- ½ tsp garlic powder
- ½ tsp onion powder
- ¼ tsp dried ginger
- ½ tsp fennel seed, crushed



### Directions:

Heat soup pot on high heat. Add 1 TBSP avocado oil. Once hot, add celery, carrots, onions and garlic. Cook for 3 minutes until onions become translucent. Add 8 cups bone broth and sweet potatoes. Turn heat on high and once the soup starts to boil, turn on low heat and cook for 20 minutes. While cooking, add turkey to a heated pan. Add a sprinkle of salt and pepper, onion and garlic powder and add the crushed fennel. Cook until browned. Drain the turkey and set aside. Once soup is done, stir in the ground turkey and serve.



## **Cinnamon Spiced Salmon with Ginger Rice**

(gluten-free, dairy-free)

### Ingredients

For the salmon:

- 2 wild-caught fresh salmon filets
- 2 tsp organic honey
- 2 tsp olive oil
- 1 tsp chili powder
- ¼ tsp organic ground cinnamon



For the rice:

- 1 cup organic jasmine or jasmati rice, rinsed and drained
- 1 cup organic chicken stock
- 1 clove minced garlic
- 1 tsp ground ginger

### Directions:

Preheat the oven to 350 degrees. Start by making the rice. Take the rinsed rice and put it in the bottom of the instant pot. Add garlic and ginger and stir to mix. Add the chicken broth over the rice without stirring. Secure the lid on the instant pot and set to manual for 4 minutes. Once timer beeps, let the rice sit in the pot for 10 minutes before releasing the pressure valve.

Place salmon on a baking sheet. Mix together the honey, olive oil, chili powder and cinnamon. Spread the mixture on top of the salmon and bake in the oven for 15 minutes. Place a scoop of the rice on a plate and top with salmon. Sprinkle with salt and black pepper and serve.



## Pumpkin & Caramelized Onion Soup

(gluten-free, grain-free, dairy-free, vegan option)

### Ingredients:

- 2 TBSP coconut oil
- 4 cups chicken bone broth (or vegetable broth)
- 2 15 oz. cans organic canned pumpkin
- ½ cup coconut milk
- 2 sweet onions, diced
- 2 cloves garlic, minced
- 1 tsp sea salt
- 1 tsp cinnamon
- ½ tsp nutmeg
- ½ tsp ground ginger
- ½ tsp cardamom



### Instructions

Melt coconut oil in large pot over medium heat. Add diced onions and cook for 15 minutes on medium-high heat, stirring every few minutes until browned. Add garlic, cinnamon, salt, nutmeg, ginger and cardamom to the onions and stirfry for 1 minute.

Add ¼ cup of chicken broth and stir to remove brown bits from the pot.

Stir in the pumpkin puree and the rest of the chicken broth. Bring to a boil and turn heat on low and simmer for 20 minutes. Stir in coconut milk and serve.

## **Turnip the Heat Lamb Stew**

(gluten-free, grain-free, dairy-free)

### Ingredients:

- 1 lb organic ground lamb
- 4 small turnips, peeled, ends trimmed & diced
- 4 carrots, diced
- 1 sweet onion, diced
- 1 leek, dark green part removed & diced
- 1 tsp dried rosemary
- ½ tsp fennel seed
- ½ tsp minced ginger
- ½ tsp onion powder
- ½ tsp garlic powder
- 6 cups chicken stock
- 1 tsp avocado oil
- 6 cloves garlic, minced
- 1 tsp himalayan salt
- 1/8 tsp black pepper



### Directions:

Heat a large soup pot on medium-high heat. Add avocado oil. Once hot, stir in garlic and cook for 1 minute until fragrant. Add ground lamb and half the salt and pepper, and cook until slightly browned and no longer pink. Add onions, leeks and ginger and saute for 3-4 minutes until translucent. Use a mortar and pestle to crush rosemary and fennel. Sprinkle over lamb. Add chicken stock, carrots, turnips, onion powder and garlic powder. Stir and bring to a boil. Once boiling, turn on low heat and simmer for about 20 minutes until the vegetables are tender. Ladle into bowls and serve.

## Comforting Chicken Congee

(gluten-free, dairy-free)

### Ingredients:

- 1 cup sushi rice
- 4 cups organic low-sodium chicken bone broth
- 4 cups water
- 1 1/2 lbs skinless chicken thighs
- 4 TBSP ginger paste (or 4 1/4 inch slices of crushed fresh ginger)
- 1 1/2 tsp sea salt



### For garnish (optional):

- Sesame seeds
- Scallions
- Peanuts

### Directions:

Rinse and drain the sushi rice until the water runs clear. Add all the ingredients into the slow cooker and stir. Place the lid on the instant pot and cook for 8 hours on low.

Take out the chicken thighs and add to a bowl. Discard the bones if not using boneless thighs. Shred the chicken with two forks or an electric mixer and add the chicken back to the slow cooker and stir. Ladle into bowls and add sesame seeds, diced scallions, and/or chopped peanuts.

## Baked Spiced Peanut Butter Apples

(gluten-free, grain-free, dairy-free, vegan)

### Ingredients:

- 1 organic apple, cored and sliced
- 1 TBSP organic peanut butter
- Allspice (or cinnamon)



### Directions:

Preheat the oven to 400 degrees. Place the apple slices on a baking sheet covered in parchment paper and sprinkle with allspice on the side that is facing up. Bake for 10 minutes. Flip the apples and sprinkle allspice on the other side. Bake for an additional 10 minutes. Place the baked apples in a bowl. Melt the peanut butter in a separate small bowl, scoop with a spoon, and drizzle over the apples.