

Digestive Health

Modern life takes quite a toll on our digestive system...

- Eating too quickly
- Skipping meals
- Yo-yo dieting
- Eating too little of the foods that really nourish us

...can leave us feeling bloated, sluggish, in pain or discomfort and can ultimately lead to more serious problems. And did you know that around 85% of digestive problems are actually caused by or exacerbated by stress? The reason being, when we are feeling stressed the body takes energy away from what it considers to be non-essential body functions at the time of “fight or flight” and that includes the digestive system, so it’s no wonder we end up with indigestion or worse!

Top Tip!

Feeling bloated? Upset tummy? Try this simple posture to help the digestive organs relax:

- Lay on the floor, on your tummy.
- Bringing the arms up towards the head and bend the elbows, so that you can rest your head on your hands.
- Walk your feet / legs outwards, as far as feel comfortable, allowing the heels to fall into the centre and the toes to point outwards.
- Rest here for a few minutes, breathing into the abdomen, so you can feel your tummy expand as you inhale (really aware of the pressure of the abdomen on the earth) and relax your abdomen as you exhale.

Yoga is the perfect tool for supporting your digestive system and can even help you manage conditions such as IBS and diabetes. The great thing is that the more care you take of your body, the more you will naturally want to eat healthier and we can help you make more holistic eating choices (check out www.organicstoyou.co.uk), help you cut down on comfort eating and of course show you how to reduce stress and practically manage a wide range of digestive challenges.

To find out more contact us on isabel@yogainsideout.co.uk