

TRUCKER SERVICE ASSOCIATION

LIVE HEALTHY
DRIVER HEALTH CAMPAIGN

"DRINK YOUR SOLIDS, EAT
YOUR LIQUIDS"

October 2021

KUHLEFIT
RENEW YOUR VITALITY



THIS MONTH...

We're taking it back to the basics. The absolute very basics to aid in better nutrient absorption, less bloating, and improved health markers. It has nothing to do with food, hydration, or even working out - it's simpler than that! I'm talking about digestion. If you glance over that last sentence and think that's not an issue, buckle in. You'll be the person that can learn the most from this section.

WHY FOCUS ON DIGESTION?

Digestion is the body's ability to break down food into smaller components that the body can uptake and utilize. Failing to digest food properly can result in a cascade of downstream effects on the individual such as additional physiological stress, parasites, food sensitivities, or a hyperactive immune system--even if you're making healthy food choices! Poor digestion won't promote healthy individuals, optimal weight or normal blood pressure; which are a few main reasons why drivers fail to pass their health screenings.

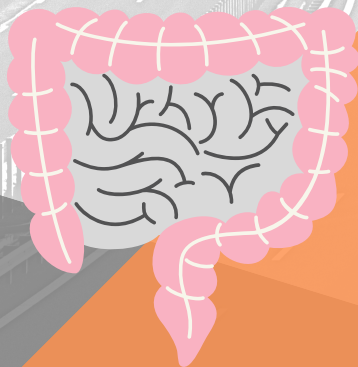
HOW DIGESTION WORKS

Digestion begins before food even reaches the mouth. You may notice this when walking into a kitchen and you smell someone baking -- your mouth begins to salivate from the smell alone. Your body is already starting the process of digestion before the food enters the mouth! Our saliva carries enzymes that help break down food matter. The next step in digestion is the mastication process -- how well do you chew your food? If you're like the majority of people out there, it's 5-6 bites and then "toss it down the hatch." This sets the body up for failure because now your stomach has to do an even harder job of trying to break down the large chunks of food without the help of your teeth.



WHY TO CHEW?

A large percentage of people have less than optimal levels of enzymes or hydrochloric acid, both of which help break down the food particles into the smaller components the body has an easier time utilizing. This leads to larger pieces of food passing through the stomach and into the intestinal tract where they can be absorbed into the blood through the small intestines. This wreaks havoc on the body and heightens it's stress response as well as the immune response because there are large food particles where they shouldn't be. This is the source of many food sensitivities and why many people become sensitive to the foods they often eat. These food particles are literally leaking into the bloodstream from the gut due to being improperly broken down in digestion. This makes it much more difficult for the body to extract the nutrients it needs to help replenish, regrow, and repair the body! Most of these concerns can be avoided with a few SIMPLE steps.



DIGESTION TIP #1

Mastering digestion can be really simple and implemented anywhere. I'll point out some of the easiest ways to start optimizing digestion right away:

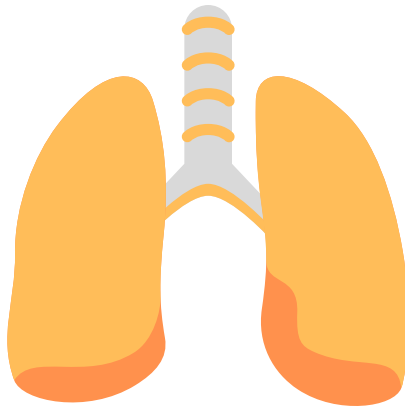
Chew your food until it's a liquid!

- a. This helps every aspect of digestion downstream from the mouth. Simply try for 30 chews on every bite of food placed in your mouth.

DIGESTION TIP #2

**Take 5-10 deep, calming
breaths before eating
any meal.**

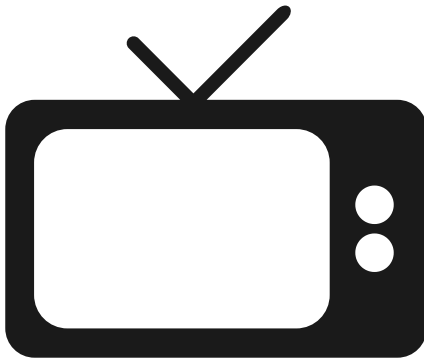
- a. This will help the body get into a digestive state -- preferentially shuttling blood and nourishment to the internal organs that aid in digestion.



DIGESTION TIP #3

Avoiding stressful situations.

- a. TV, aggressive music, news, etc. while eating.
This triggers a sympathetic response which detours blood preferentially to the extremities instead of the internal organs, and down-regulates digestion.



DIGESTION TIP #4

Set your fork down between bites.

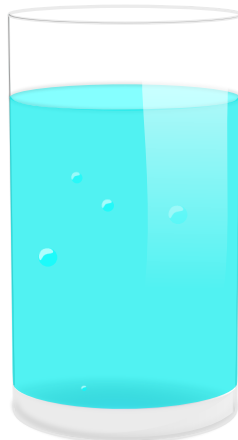
- a. See if you can do it for every bite in a single meal? It'll force you to slow down and make sure you're getting those 30 chews in.



DIGESTION TIP #5

**Drink a glass of water
30-minutes prior to
eating.**

- a. Very little liquids, if any, during the act of eating. Wait 30 minutes after eating to consume any liquids again. Drinking during meals dilutes the stomach “juices” and decreases the ability of enzymes and hydrochloric acid to function at their best.



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