

# Terri Ward, MS

Speaker ~ Author ~ Consultant  
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## 14 Tips for Optimizing Digestion

1. Drink a glass of warm lemon water first thing in the morning and stay well-hydrated throughout the day.
2. Remove allergenic foods or any foods that inflame your body
3. Eat whole unprocessed foods with plenty of fiber from foods like vegetables, nuts, and seeds.
4. Eat healthy fats and avoid refined oils.
5. Eat raw fermented foods.
6. Eat raw prebiotic and fiber-rich foods that feed beneficial bacteria in the colon
  - Raw chicory root
  - Raw Jerusalem artichoke (aka Sunchoke or Fartichokes)
  - Raw dandelion greens
  - Raw garlic
  - Raw leeks
  - Raw or cooked onions
  - Raw jicama
  - Raw asparagus
  - Under-ripe bananas
7. Before you eat:
  - Be seated.
  - Express gratitude and calm yourself.
  - Breathe through your nose and engage all of your senses.
8. Chew your food at least 20 times for every mouthful of food and place your fork down every second time after using it. Eating more slowly also allows the brain time to signal the body that you're full, which can take about 20 minutes.
9. Practice Hara hachi bu (eat until you're 80% full).
10. If you must chew gum, do it before meals.
11. Avoid alcohol.
12. If you're a bit sluggish after a meal, take a walk to get things moving.
13. Consider a squatty potty, which puts your body in a better, more natural position for pooping.
14. Speak with your healthcare practitioner about your potential need for:
  - HCl
  - Digestive enzymes
  - Gut-healing nutrients
  - The right strain of probiotics
  - Vitamin D
  - Fish oil
  - Bile salts if you've had your gallbladder removed
  - Identifying and addressing underlying infections

## About Terri

Terri is a recovering CPA who had an epiphany several years ago about her purpose in life. She was losing her passion for tax seasons and while on a cross-country road trip, had a paradigm shift when she realized that her health issues were actually a blessing rather than a curse – that they ultimately made her healthier. Having recovered her own health from autoimmune disease, fibromyalgia and other issues using nutritional therapy and lifestyle changes, she knew she had to help others do the same.

She's since earned two certifications and a master's degree in human nutrition and functional medicine, and founded Terri Ward Nutrition & Wellness.

Terri currently works with clients struggling with autoimmune disease and other chronic diseases. She helps them feel alive again. Clients from around the globe come to her sick, tired, confused and frustrated by previous, failed advice and she helps them find clarity, vitality, and joy.