

# TAFIQ'S PHYSIQUES

## EVALUATING THE EFFECT OF YOUR EATING

ISSUE	CAUSE	SOLUTION
Bloating, burping, belching and/or gas	<p>There are 3 different possible causes.</p> <p>#1 - Irritation from the consumption of cruciferous vegetables. And if so, you don't have enough good bacteria in your stomach to make enzymes to digest them.</p> <p>#2 - Possible food allergy to nuts, milk, gluten or similar.</p> <p>#3 - Could possibly be suffering a sluggish gallbladder which prevents digestion of fats, oils and some other foods effectively.</p>	<p>#1 - Have a small serving of cruciferous vegetables each day until your body is able to grow the needed microbes to make the enzymes until the digestive issues subside.</p> <p>#2 - Avoid nuts, dairy and gluten. If digestive issues get better gradually add one back every other week and see if there's a reaction. If you get any bloating, gas or other digestive problems after consuming one then you'll know what the culprit is.</p> <p>#3 - Cut out nuts, nut butter, fish and flax oil. Then you could try purified bile salts. You can also try acidifiers like Choleacal and Zypan, if needed. (discuss w/me first)</p>
Acid Reflux	<p>It's not from having too much acid – it's actually from not having enough.</p>	<p>Consume 1 tsp of apple cider vinegar per glass of water. If you get worse by adding apple cider vinegar you may possibly have an ulcer. If that is the case you want to discontinue with the vinegar and see your health care provider.</p>
Sluggish / Tired after a meal	<p>Not eating enough protein. Could also mean you're consuming hidden sugars or not eating all of your meals.</p>	<p>Consume an adequate amount of protein at each meal. Check that you aren't consuming hidden sugars.</p>
Hunger	<p>Could be from not eating enough food OR not including the healthy fats in your meals as you should.</p>	<p>Eat all your meals and snacks if snacks are part of your plan. If you are eating all that you should at your meals and still feel hungry just add more complex carbs.</p>