

# **10 Steps to Strengthen the Earth Element and Your Digestion**

1. Eat Cooked Foods
2. Eat Smaller Meals More Often
3. Limit Cold Foods - Raw fruits and raw vegetables
4. Limit Cold Drinks - Drink smoothies at room temperature
5. Limit Dairy and Meat
6. Avoid Eating Proteins and Grains/Starchy Vegetables in the Same Meal
7. Avoid Bread and Pasta; Try Millet and Buckwheat
8. Eat Fermented Foods and Probiotic Beverages
9. Use Ginger, Cinnamon, and Turmeric
10. Use Digestive Enzymes

Besides weak digestion, people with a weak Earth Element often overwork, worry, crave sweets, and have a proclivity to gain weight. Exercise and seated meditation are also said to be very important in strengthening the Earth Element.

From Body Ecology Website