

INDIGESTION



&

NLP



Let's talk about indigestion and how NLP techniques can help. Neuro Linguistic Programming teaches how your thoughts, words and actions impact all areas of your life, both internal and external.

If you suffer from indigestion then you probably experience heart burn, bloating & excess gas buildup.

It is said that common indigestion can be caused by eating too quickly, overeating, consuming fizzy drinks, alcohol, caffeine, chocolate, some antibiotics, iron supplements, pain killers, and eating spicy, greasy or fatty foods. Anxiety can also add to indigestion.



Your physical health is closely connected to your emotional and mental health.

A quote by Richard Matheson says, "The deeper buried the distress, the further into the body it went. The digestive system was about as far as it could go to hide."

We unconsciously hold a lot of tension in our gut and the first way to get relief is to acknowledge that!

The second thing to do is to be aware of what triggers YOUR indigestion?

Is it the foods you are eating, or the negative emotions you are storing or both?



**In This Visulisation We Are Going To Use
Your Mind's Eye
To See This Connection.**



Follow your food's journey through your digestive tract.

Take a deep breath.

Close your eyes, see your lips. Look at their colour, are they pink and bright or beige and dry?

Taste is your first, sense. Smell using your nose is your second sense.

Visualise inside of your mouth. Look at the roof, feel its ridges. Notice the colours, shapes and feelings associated with this.



Are your gums, healthy or bleeding?

Look at your teeth. See how you chew & break down food, your food. Are your teeth clean or do they have plaque?

Feel your tongue and its strong muscle, moving food.

See your taste buds that help you taste different flavours (sweet, sour, salty & bitter)

Are your taste buds coated or clear?

See your saliva, breaking down your food.



Notice your esophagus and its waves of rhythmic muscular contraction, pushing your food towards your stomach.

Feel your stomach - is it too full, over stretched or empty?

Notice your food passings through your small intestine.

Your large intestine, liver, kidneys and pancreas all playing their part.

Relax into these organs, let go, breathe out.



Now Imagine your organs as little people, who see rich food, alcohol, coffee coming towards them.

Oh no! Another avalanche! They say, "We'll have to work hard, this is going to be painful".

When they see fresh water coming down your gullet they shout – yippee! Thanks.

Talk to your organs. Thank each of them for supporting your body.

Take a deep breathe and come back to now.



Take mindful mouthfuls, slow down, enjoy,
and taste every ingredient.

A relaxed state is key to dealing with
indigestion.



Did you know your mind does not know the difference between your subconscious and conscious thought?

Visualisation is a great tool for you to change what is happening inside of your body.

The more often you practise this, the better it will be and the healthier you will become.

This Ebook is a collaboration between Anne McKeown, Master Coach at 2mpower.co & Global Healing Exchange

