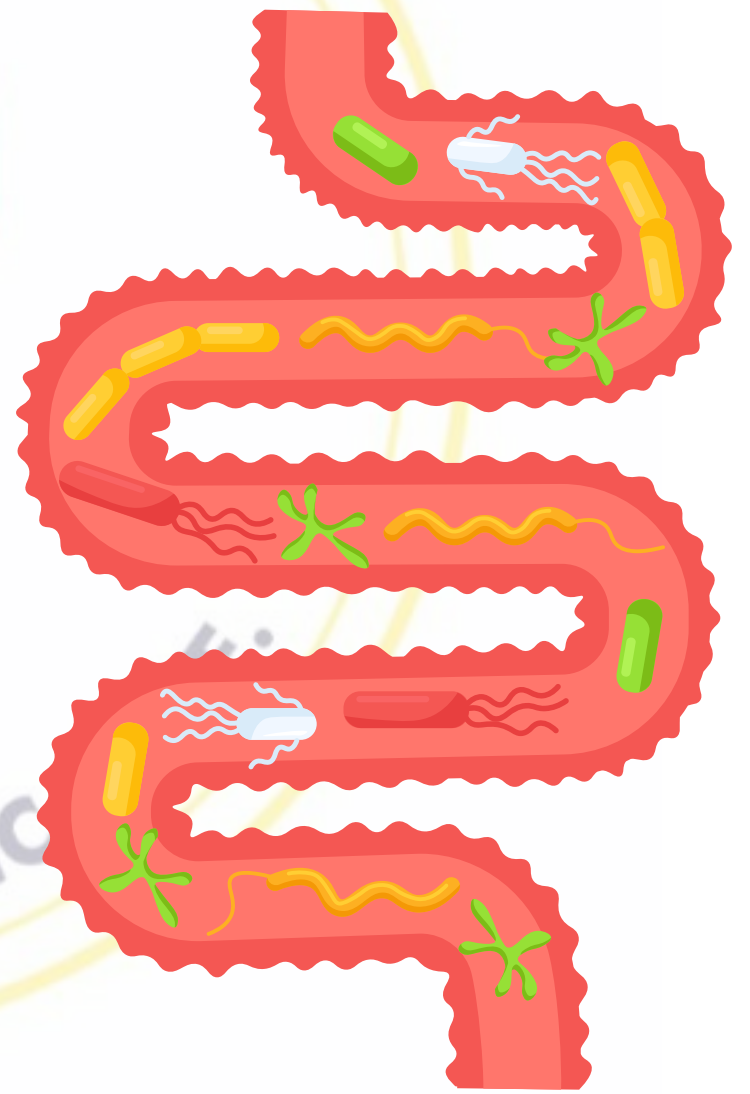
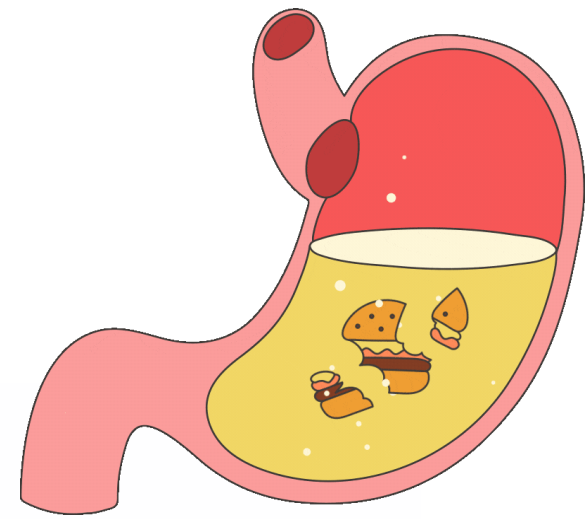


# 5 Post-Meal Mistakes That Are Killing Your Daily Digestion Capacity



*Most commonly  
neglected ==>*

# Drinking Water After Meal:



During the meal, the body temperature rises and the body starts digesting the food resulting in the release of more energy makes us excited to do work. But when we drink water, the stomach temperature goes down and the food remains partially or less digested



*Taking too early break ==>*

# Immediately Taking A



**Power Nap:** A power nap is ok but immediately lying on the back damages the wind pipe causing you acidity in your stomach. Instead, have at least 40 mins break to take a power nap



*Drinking the **favourite**  
**hot beverage** ==>*



# Drinking Tea After The

3

**Meal:** Tea contains the elements to absorb the zinc and iron from our body that can cause fatigue, pale skin, & weakness (equally applicable to green tea). Having a hour gap with a ginger tea can fasten up your digestion



***Freshening up at  
wrong time ==>***

# Bathing After A Meal:

4

During eating the healthy stuff the stomach starts absorbing the essential nutrients, but when you take a shower the blood gets distributed in other body parts with too little blood in the stomach weakens the digestive process (so have a bath before the meal)



*Irregular meal time ==>*

**Eating The Meal At Irregular Time:** Having a nonfixed eating schedule can make you hungry at midnight and will disturb the deep sleep schedule that happens between 2:00 AM - 4:30AM



*Which of the above mistake you were making in your daily lifestyle?*