

# 6 Foods you must avoid if you are having any stomach issues !

Find Out What Plant to eat to get complete relief!

**plus** ↗



AVOID THESE FOR 28 DAYS AND DRAMATICALLY IMPROVE YOUR GUT HEALTH. GUARANTEED.

## HELLO, HELLO!

Oliver Lepki here



Thanks for stopping by to check out this guide and list of foods to avoid in order to help your gut feel better. If we haven't met yet - I am Oliver Lepki from Toronto, Canada. Ever since my father passed away from colon cancer and all the related stomach issues that come with it I have created interest in healthy lifestyle. When I was 12 years old and when I literally put my head on his chest to check, he was not breathing any more. Life was different ever since.



[OliverLepki.com](http://OliverLepki.com)



When I grew up I realized that colon cancer is hereditary but it can also be prevented. Now that I have my own kids, I promised myself I will do all I can to protect myself and also to help others.

So I learned a lot and wanted to share this simple but important list of foods completely free that is not serving you well if you are having stomach issues. Whether you have some simple stomach issues like bloating, heart burn, acid reflex they can become more complex and turn into IBS, stomach ulcers, serious constipation, hemorrhoids.

To prevent these I highly suggest to avoid following foods:

## Here are 6 foods you must avoid if you are having any stomach issues !

1

### SPICY FOODS

Normally Spicy food stimulate digestion and hence you definitely want to avoid spicy food. Even fresh hot peppers might be creating more damage than benefits.

2

### OILY FRIED FOODS

Most of them are low in fibre and they are harder to digest.

3

### AVOID DRINKING COFFEE

If you love coffee switch to Caffeine-Free coffee at least for a while. If you are a tea drinker switch to herbal tea - they are caffeine-free. One tea that is actually great for digestion is called Aloe Herbal Tea from a company called Forever Living.

4

## FATTY FOODS

Fatty foods in general stimulate contractions in the digestive tract, that can worsen constipation and situation overall.

5

## ACIDIC FOODS

Citrus fruits like lemon, orange, grapefruit and similar as well as tomato sauce should be avoided. If you need Vitamin C you may want to find a different source.

6

## PROCESSED FOODS

This should not be a surprise, but some people find it comforting. Processed foods should be avoided as they often contain preservatives and artificial colouring which will not make your upset stomach situation any better.

**OBVIOUS SUGGESTION: AVOID ALCOHOL**

## SUPER SUGGESTION!



Aloe Vera

Most of these foods listed above cause some kind of irritation or inflammation. Not sure if you know, but one of the absolute best natural things to drink to calm inflammation is drinking **aloe vera gel**. So, drink aloe, but with few things to keep in mind. [See next page](#)



## FUN FACT ABOUT ALOE

Did you know that there are over 300 different species of Aloe Vera and only 5 of them are edible and beneficial to consume internally. The most potent one with largest amount of vitamins, minerals and amino-acids is Aloe Barbadensis Miller - discovered by Dr. Miller on Barbados. Aloe Vera is very **alkaline**.



## ALOE BENEFITS

Most people drink aloe for almost any stomach issues like **constipation, heartburn, acid reflex, stomach ulcers, bloating** and similar issues. Aloe has properties to soothe and calm down inflammation in the digestive tract. Being anti-inflammatory aloe helps with **joint pain** as well.



## BEST ALOE DRINK

There are many types of aloe vera. There are also many companies selling aloe vera drinks. So, how do you pick the best one to make sure you get good results.

Well, the largest aloe vera company that produces the best quality aloe vera is called Forever Living and here (photo on the left) is the purest (**99.7%** pure aloe vera gel) that you can find today on the market.

**Learn more about this Aloe Vera Gel (Drinking Juice) on this page:**

[www.oliverlepki.com/aloe/](http://www.oliverlepki.com/aloe/)



Best Aloe Vera

### DISCLAIMER:

This general health guide is not intended in any way to replace the treatment or prevention of any disease, nor as a substitute for medical treatment. Before starting any healthy lifestyle program consult with your family doctor or health professional. I am sharing information based on my personal experience and my beliefs.

“ Emily G.

I was suffering with stomach digestion and bloating as well as arthritis. I used to take 6-8 pain killers every day to go through the day. Few months after drinking aloe vera my pain is gone and I feel so much better. After all this I started to recommend aloe to all my friends and family.



Emily G.

“ Emanuel Y.

I drink aloe before i start and end my day! Perfect **internal cleanser** that makes me feel light and energized. Beautifies my skin from inside out. Been drinking aloe vera for over 10 years.



Emanuel Y.



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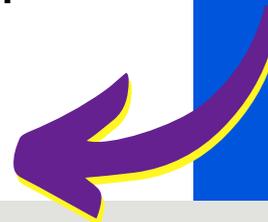


Best Aloe Vera Gel (drinking juice)

**Learn more about this Aloe Vera Gel (Drinking Juice) on this page:**

[www.oliverlepki.com/aloe/](http://www.oliverlepki.com/aloe/)

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