



GUIDELINES FOR HEALTHY EATING



How you eat your food is just as important as what you eat. Even foods that normally create imbalance for you will be digested reasonably well if you eat them properly. In the same way if you eat the correct foods in the wrong way your digestion will be compromised and gas, indigestion and toxic accumulation may occur. By developing these basic food habits listed below and choosing the correct foods you'll experience optimal digestion leading to optimal health.

1. Chew your food until it is an even consistency before swallowing. This is the art of mastication. Prana, energy in the form of food, is absorbed when saliva surrounds the food and breaks it down. Nutrition begins in the mouth.
2. Take your time eating. Our culture has forgotten the importance of the rituals that surround our mealtimes. Take care in preparing your dishes in a loving way and savor every bite.
3. Chew each mouthful completely before adding another mouthful. Reduce food anxiety and know the next bite can wait until the present one is fully enjoyed.
4. Only eat until you are 3/4 full. Your stomach is only the size of your fist. Therefore, you should never eat more than what you can reasonably fit in the palm of your two hands. Overeating is one of the major diseases in our society. When you eat too much, digestion becomes difficult.
5. Do not eat while distracted by television, excessive conversation, or reading. Eat food with a proper state of mind, for example, when you are relaxed as opposed to disturbed or impatient. The familiar saying "you are what you eat" explains this concept perfectly. The vibrations of a calm pleasant environment enter your food and are then absorbed into your body.
6. If food does not smell or look appetizing, it probably isn't. This is your body's intuition letting you know it may not respond well to this food. Choose only those foods that you know are nourishing to you.
7. Take time to breathe before and after your meals. Three seconds of being thankful for the food offered to you will help your body understand its life-giving nature.
8. Wait at least 1 hour after eating before doing strenuous exercise. Allow at least 3 hours after a meal or snack for food to digest completely. If more food is taken before the last has digested, the stomach will immediately turn to the new food, leaving the partially digested food to putrefy. This causes gas and indigestion and can lead to other more serious digestive problems.
9. Avoid cold drinks at all times. This weakens the digestion. A small amount of room temperature liquids during meals is acceptable.
10. Digestion is strongest between 10 and 2. Eat your largest meal during this time and lighter meals in the morning and evening.

