



LIFESTYLE MENTOR HANDOUTS

#1 Healthy Eating, digestion and assimilation.

Tips promoting a high quality eating experience:

- Allow a period of 12 hours between dinner and breakfast – during this time the body assimilates food and goes through its natural cleansing and renewal processes – eating during this time will upset the natural digestive order.
- Allow 2-3 hours between the last meal of day and laying down to sleep – especially important for those who tend to hiatal hernias or bloating.
- Drinking more than 6 oz of fluids with meals dilutes the essential stomach juices. Proper breakdown is affected. Drink before and one hour after meals.
- Eating naturally moist foods such as fresh vegetables and fruits bring organic fluids to your digestive process, these are naturally beneficial.
- When you crave sweets – you are probably dehydrated. Drink before you eat, don't wait till your thirsty. The signals for thirst and hunger can be confused in the brain. A study showed that midnight eaters would sate their 'hunger' by drinking a glass of water and then returning to sleep after 15 minutes, their cravings gone.
- Eat only when you're hungry.
- Stop eating when you're not hungry anymore – don't wait till you're full.
- Eat slowly and chew your food well 20 – 30 times, set down your fork.
- Eat mindfully, give thanks for your food – no stressful conversations.
- Remember what your mother taught you: Don't speak when your mouth is full – this creates indigestion and air bubbles in your stomach – not to speak of heartburn when the conversation is emotionally charged.

Eating with others is enjoyable when:

- Meals are not meetings
- Meals are not interrogating the children about schoolwork or each other about business events.
- Meals are not occasions to talk about problems
- Meals are enjoyed in companionable appreciation of the food and those who prepared it with uplifting conversation.
- Food is honored and eaten mindfully – creating a dome shape with your hands over your plate before eating has shown that food assumes your own energy, even if no prayers are said.
- Food is appreciated and thanked for – being grateful for what enters our bodies is a smart way to ascertain it gets a friendly welcome.
- Greedy hasty eating is avoided – you could elect not to eat until you have more peace.
- The meal is a celebration.