



THE
Bodhi
Clinic

The Art of Eating

- The ability of the body to break down food into absorbable nutrients is the foundation of a healthy person. Various events will decrease the body's ability to feed itself, including stress.
- The following guidelines are designed to improve digestion and increase the body's ability to supply itself with the essential nutrients needed to function on a daily basis, to heal itself, and to provide energy to its cells.

1. First, sit down and take 10 deep breaths from your lower belly.
2. Drink warm or room temperature drinks before meals (add a little lemon to prepare the liver for digestion). Drink very little liquids with the actual meal if at all for it dilutes the enzymes in the stomach and decreases digestive ability.
3. Smell your food and think about what you are eating.
4. Be thankful for the meal and what it provides for your body, spirit and mind.
5. Gather a reasonable portion and chew it 30-40 times before swallowing (it should be a liquefied when swallowed). Practice this for at least one bite per meal. Eat slowly.
6. Never gather the next bite until you are completely finished swallowing the first.
7. Wait at least 20 minutes before going for seconds; it takes this long for the stomach to inform the brain that it is full.
8. Relax and chat with family or friends for a while after eating. Staying calm maintains the parasympathetic nervous system as the dominant force in the body which leads to proper digestion of food. Taking a relaxing walk after a meal is another excellent option.
9. Eat 3 whole food meals per day. Skipping meals confuses the body and may decrease your metabolism. Allowing yourself to become extremely hungry may lead to binge eating and eating the first thing in sight, usually a heavily processed food or candy item.
10. Snacking with whole foods (especially fruit) is wonderful if needed.
11. Never count sweets as a meal for it provides no nutrients to the body. Save sweets and treats for the weekend or after a nourishing meal. Often times you will find you do not really desire them.
12. Cook your meals with herbs such as rosemary, thyme, or oregano. Culinary herbs improve digestion, have anti-bacterial activity and add flavor to your food.
13. Take 1 tablespoon of Braggs Apple cider vinegar in a little water at the end of a meal to help with digestion.
14. Best to eat dinner at least 2-3 hours before going to bed.
15. Dinner should typically be the smaller and/or lighter meal of the day.