



MINDFUL EATING

The aim of mindful eating is to switch your body from flight or fight mode (sympathetic nervous system activation - stress) & into rest & digest (parasympathetic nervous system - relax) mode so you can better digest & absorb nutrients from your food.

BENEFITS?

- encourages blood flow back towards your inner organs
- allows your mind to recognise a hunger signal
- ignites your digestive juices, increasing your ability to extract & absorb the most nutrients from your food.
- helps reduce bloating, pain, reflux and discomfort within the digestive system
- reduces over-eating & poor dietary choices

