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







CONSUME

Are you ready to eat? Take your time here. Cut your meal into small bites & chew each mouthful a minimum of 20 times. The smaller you can break your food down in your mouth, the easier it is for your digestive system (stomach

& small intestines) to digest.



REFLECT

Take a few deep breaths & consider how your food got to your plate & be grateful for that. Who grew it? How was it grown? Where did you buy it? How was it transported? Be grateful for the people & the food that is about to nourish your body.

ENGAGE

Engage your senses

View your food. Smell your food.

Imagine the flavours of each element as they hit your mouth. Your saliva should be accumulating in your mouth. If not, imagine biting into a sour lemon.



