



CONSCIOUS EATING

- Develop an awareness of the cause and effect of what you eat and how you feel. Learn to eat what your body needs: sustainable health and energy, rather than eating at the whim of your taste buds.
- Increased sensitivity to your daily choices provides leverage to change areas of struggle such as diet issues, body image, energy, fatigue and relationships.
- You eat less and feel more satisfied, consuming nutrient dense foods rather than calorie dense foods. Thoroughly chewing food encourages you to take smaller bites and prevents indigestion. It enhances your sense of taste and smell, too.
- Conscious eating reduces symptoms of indigestion: low energy, brain fog and weight gain. No discomfort means less reliance on symptom-relieving drugs and less stress on your liver and kidneys.
- Feeling relaxed with food and eating cultivates a deep sense of trust in your own body. Your body is always there, constantly registering data, whether you notice or not. Begin to listen.
- One diet doesn't work for everyone. You have a unique biochemistry, background, genetic makeup and family history. Paying attention to the way you feel before and after you eat helps you make better choices.
- The way we eat is as important as what we eat. Take time to sit down, appreciate and enjoy your food. Our bodies will not digest food properly if we are stressed, excited or multi-tasking while we eat. The parasympathetic system governs our digestion. While driving a car, watching television or working at the computer, the sympathetic system (fight or flight) takes over, suppressing parasympathetic actions, primarily digestion.
- Reading lots of labels is not required. Our grocery stores are loaded with packaged foods. They are time-saving, tempting, and lifeless. It's true we are what we eat. Most whole foods are on the outside aisles of the grocery store. Whole foods are easily recognizable. When buying packaged foods, ask yourself, "Would my grandmother recognize this as food?"
- Movement is life. Our bodies are designed to move. It doesn't need to be strenuous; a brisk walk followed by a few stretching exercises is good for everyone. Movement enhances digestion, eliminates toxins quickly and efficiently, and reconnects you with your amazing body.