



Mindful Eating Habits

“The grim reaper looks over us when we stand to eat.”

-Ayurvedic quote

FOR EACH MEAL, TRY THESE TIPS

- Create a pleasant, calm environment with no distractions (phone, TV, computer, etc.)
- Take a few moments to appreciate the food, look at and smell it, give thanks. This stimulates the secretion of saliva which readies the GI tract.
- Sit at a table while eating, use a favorite placemat to make it pretty!
- Eat at a moderate pace, chew food well (32 times) before swallowing the food as a “juice” rather than large chunks that we have to actively push down.
- While eating, avoid talking, standing, eating on the run, driving or while watching TV/phone/computer or checking emails ☺.
- Eat only when hungry and to about 3/4ths of your stomach’s capacity.
- Eat to fill the stomach by half, add ¼ liquid, ¼ of stomach is empty.
- Don’t eat when there is extreme grief, sadness or loneliness.
- Sip small amounts of warm water or teas only during the meal, avoid iced drinks .
- Lunch time/nap time!! After lunch especially, recline/rest on your left side for 5-20 min after eating...yeah! Vamakukshi! This exposes your food to more of the stomach lining which stimulates more digestive enzymes.

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