

Guidelines to Healthy Eating

The Five Major Rules

♦ Begin meals with grace or by simply taking 3-5 slow breaths with eyes closed. This prepares the body to receive the food.

♦ Eat in a calm environment where there is little distraction. It is best to avoid having the television or the radio on. Avoid excessive conversation and all conversation about emotionally intense issues. Avoid reading.

♦ Chew your food until it is an even consistency. This requires your attention to be on the food in your mouth. There is no magic number of times to chew food. Chewing properly improves digestion and absorption of the food.

♦ Eat at a moderate pace and until you are 75% full. Overeating is one of the major causes of disease in our society. When we eat too much, digestion becomes difficult. When we finish eating, we should not feel heavy and we should not feel hungry. We want to feel satisfied. This is what is meant by 75% full.

♦ Following your meal let your food digest some before going on to the next activity. It is best to wait 15-20 minutes for food to digest. During this time engage in light conversation or read a light book. You can also go for a slow walk. If you are rushed, take at least 3-5 slow breaths to close the door on this sacred experience.