Mindful Eating & Chewing

Do you have any problems with your digestion? Ever have a feeling of being bloated, having gas or pain? Try mindful eating and chewing your food until it has a smooth & mushy consistency. Your digestive system works at its best when the parasympathetic nervous system (PSNS) is activated. The opposite is the Sympathetic Nervous System (SNS) that controls the “fight and flight” state. PSNS stimulates the digestive system so it works better. You can easily activate this “rest and digest” state. Here are some suggestions with Mindful Eating and the importance of chewing your food enough.

Breathe Long & Deeply
Before meal: relax & close your eyes.
Breathe long & deeply for a couple of minutes to relax before your meal.
Your digestive system loves no-stress-meals!

Make your eating beautiful
Decorate your plate & table beautifully. Be creative with flowers, candles on your table and add colorful veggies on your plate.
Feel the peace where you are.

Chewing
Chew every bite at least 30 times or more, until the texture is smooth and mushy.
Taste the sensations of flavors
Makes it easier to digest & absorb the food

Avoid distractions
Avoid distractions like TV, computer, reading etc.
Keep your full attention on your meal.
Every now and then, pause between bites.
Some relaxing music in the background can be nice.

Enjoy your food!!!

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