



## Eating Well 101:

Since most of us are constantly on the go, eating has become just another task to fit into our day. This common practice not only creates bad eating habits, but leads to symptoms of chronic gas, belching, indigestion, and fatigue. We then head to the doctors complaining of these symptoms and are most likely given a pill. Most DON'T need a pill. We need to be mindful, slow down, and enjoy our meal.

1. **Be Mindful:** Multitasking and eating don't mix. It's important for many reasons to sit down, relax, breathe, and eat (and enjoy!) your meal. When we try to eat on the run, our body goes into "fight or flight mode," and most certainly does not have the ability to adequately digest food.
2. **Slow Down:** Digestion takes time. Things like digestive secretions, such as stomach acid, bile, & pancreatic enzymes need time to be fully secreted. If we are stressed or eating in a hurry this process takes longer. Remember, it takes about 20 minutes for your gut to send a signal to your brain that you are full. If you down your plate of food in five minutes, chances are you are overeating.
3. **Chew Your Food:** This is the only part of the digestive process that you can control! Most of us chew five times and then quickly swallow our food. The less we chew our food, the harder our digestive tract (and entire body) has to work. Chewing your food properly ('till it's almost liquid) can reduce gas, bloating, indigestion, and post-meal fatigue.
4. **Think Before You Drink:** I know I talk a lot about the importance of staying hydrated. However, did you know the best time to hydrate is between meals? Consuming large amounts of water with your meal, dilutes our stomach acid, which dramatically slows down the digestive process leading to indigestion and in some cases malnutrition. We need our stomach acid to break down food and absorb nutrients and minerals like magnesium, zinc, iron, and vitamin B12.

I strongly encourage my clients to try these four practices. Chronic gas, reflux, and belching are not normal. Before you pop a pill, try focusing on your mindset and taking time to re-focus your eating habits!