

# Chewing and Digestion

## Initial Steps to Proper Digestion:

1. Relax and take a breath before eating.
2. Chew thoroughly, until food is liquefied.
3. Drink little to no fluids with meals. NEVER wash food down with a drink!
4. Eat only until satisfied, not full.

That's it, that's all! For the reasons, see below.

## Why Relax & Slowdown While Eating?

- Stress (a.k.a. *Fight or Flight*) turns off digestive processes.
- Digestive acids and enzymes will "turn on" when relaxed.
- Less food is consumed. It takes about 20 minutes to register "full".

## Chew thoroughly!

- Chewing mixes saliva with food, which starts breaking it down.
- Chewing sends a message to the stomach so it knows what's coming.
  - The stomach can only activate the appropriate digestive enzymes and juices if it "knows" what's on the way in!
- Liquefies the food enough to be swallowed without additional liquids.
- Food particles sit in the stomach until liquid enough to pass into the intestines. If it sits too long it ferments / rots in the gut.

## Eat Only Until Satisfied

- Do not overeat!
- A full stomach can not effectively "churn" the food. The result is undigested food which ferments.

## Undigested and Fermenting Foods in Gut Results in:

- Gas
- Bloating
- Food allergies
- Water retention
- Heart burn/acid reflux
- Pain
- Lethargy
- Increased risk of parasites
- A wide variety of disease
- Malnutrition

## Liquid with Meals?

- Fluid with meals dilutes digestive juices.
- A properly hydrated body will make enough saliva to swallow food comfortably without drinking.
- Drinks should be consumed until 20 minutes before a meal and from 1-2 hours after, depending on the food consumed.
  - ½ hour after fruit
  - 2 hours after a rich meaty meal
- If one must drink with food then sip on a small cup of a warm or hot drink.