



# 20 Tips for Eating in a State of Receiving

1. Put away DISTRACTIONS while eating (phone, book, TV, etc). Digestion begins in the BRAIN, so it is necessary for your body to be consciously AWARE of what you are eating.
2. Sip WATER WITH LEMON OR ACV before eating. This stimulates STOMACH ACID production, which is important for proper digestion.
3. Sit AT A TABLE to eat - do not stand or eat at your desk or bed, which have other purposes. Otherwise you will fall into the habit of eating every time you are at your desk or in your bed.
4. Take time to transition: change your clothes, wash your feet, make a cup of tea, or stretch when you come home (rather than searching for a snack right away). This helps you slow down and make INTENTIONAL EATING decisions.
5. Take 5 deep BREATHS before eating. Your body processes food best when you are in a STATE OF RECEIVING.
6. Ask yourself "DO I FEEL?" (rather than "HOW DO I LOOK?"). Let your body tell you.
7. Practice GRATITUDE before eating - pray, meditate, or verbalize your thankfulness for the GIFT of food. Not only does gratitude require attentiveness, it fosters relationship and REWIRES our brains.
8. Put your food on a plate or in a bowl (versus eating right out of the package). PORTIONING out your food helps you to RECEIVE rather than take.
9. Ask yourself "DO I WANT THIS?" (rather than "CAN I HAVE THIS?") This attentiveness is the key to intentional eating.
10. Chew each bite of food 20 TIMES before swallowing. This is important for proper digestion and ENJOYMENT of your food.
11. Pay attention to how food FEELS in your stomach before eating seconds. It takes about 20 MINUTES for your body to communicate to your brain that you are full.
12. Save your favorite food for last to end your meal with a feeling of SATISFACTION.
13. Take the extra time to make a really BEAUTIFUL meal as a way to HONOR your body.
14. Do something ENJOYABLE after eating (if you tell yourself you will clean the bathroom after you are done eating, you will never want to be done eating).
15. Avoid drinking lots of LIQUID while eating, only sip as needed. This is especially true of carbonated beverages. Too much dilutes and WEAKENS the acid and enzymes of digestion.
16. Sit for at least 5 MINUTES after your meal to let your body RELAX and focus on digestion.
17. Go for a SLOW WALK after a meal to help digestion (but avoid really strenuous activity for at least 1 hour).
18. Finish eating at least 2 HOURS before bed. Late night snacking is usually MINDLESS and can affect your ability to fall asleep.
19. Eat in a BEAUTIFUL SPACE: outside, by a window, or put a big bouquet of flowers on your table. The entire experience of your meal should be enjoyable and REJUVENATING.
20. Eat your meals with OTHERS. Not only is it important for RELATIONSHIPS, but it also helps you eat slowly and more intentionally.