

Making Time for Food

Through the proper use of food and good digestion a person builds and revitalises their self and body. In order to have the right weight and maintain it a person needs to have a positive and healthy relationship with food. These guidelines will help you to achieve this.

Healthy eating and drinking habits:

- Eat with attention and focus, begin with offering thanks.
- Sit down when eating or drinking.
- Stop before becoming uncomfortably full, leave 1/3 of your stomach empty.
- Eat slowly and chew your food well.
- Eat freshly cooked/prepared foods.
- Eat a variety of foods (see 'Eat Right and Be Slim' article).
- End your meal with offering thanks.
- Sit quietly for a few minutes after your meal.
- Do not eat when upset, very tired, or while using a mobile/TV/computer.
- Do not use cold foods and drinks from the fridge, allow them to come to room temperature or heat them up.
- Do not eat again until your last meal is digested – this takes about 4 hours
- Only drink herbal digestive teas after a meal
- Avoid drinking water with your meal unless it's very dry or spicy
- Drink water (warmed or at room temperature) frequently throughout the day but stop drinking 20 mins before eating food and for 2 hours after. Do not gulp water but sip.
- Drink a digestive tea after main meals

Making time and creating balance:

- Eat the right foods in the right combination to produce energy, rather than excessive toxins, fats and sugars (see 'Eat Right and Stay Slim' article)
- Maintain healthy digestion with sufficient digestive fire to digest foods into their proper form and qualities. Use ginger, garlic and spices in recipes to help this process, unless you are sensitive to these foods.
- Plan your meals and allow sufficient time in the day for food preparation. This will avoid the need to buy snacks and convenience foods and processed, quick cooking foods.
- Start your day with a mug of warm water 20 mins before food
- Finish your evening meal 2 hours before bedtime.
- Establish good eating and drinking habits as a process of gradual and permanent change.

Reference source

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