

Tune Up Your Brain Module Two, Lesson Two

Eating Well and Mindfully

For at least one week, but preferably for the remainder of this program, incorporate these practices in your diet lifestyle. Journal your experiences!

- 1) Try to eliminate all refined sugars and processed foods.
- 2) If you don't already, eat at least 3 servings of vegetables and fruits every day. They will help feed those essential bacteria in your gut.
- 3) Eat consciously and mindfully, which means sitting down in a relaxed environment without lots of noise like television or loud music.



- 4) Chew your food well, savoring every morsel, until it is pureed.
- 5) Avoid consuming large amounts of liquid from 20 minutes before to 20 minutes after your meals. Why? Because a lot of liquid dilutes your digestive secretions, making them much less effective.
- 6) Do have a glass of room temperature water with a squeeze of lemon juice or 1 teaspoon of apple cider vinegar 20 minutes before your meal to help stimulate those digestive juices so that, once your meal arrives, you can digest it properly.

Not only do these practices help with digestion, the very act of eating mindfully is a kind of meditation that also reduces stress.