

Good Eating Habits

Most people these days eat too quickly, when rushed, and when watching the TV. This is not conducive to good gastrointestinal health.

The most appropriate time to eat larger meals is between 6am and 3pm. After 8pm, the digestive process naturally diminishes.

General Rules of Eating

Some simple rules for improving your digestive health:



- Eat slowly.
- Chew thoroughly.
- Concentrate on the process of mastication (chewing your food) - the more work you do in your mouth, the less of a load on your digestive system.
- Eat to 70% capacity only.
- Only eat small light meals in the evening (after 8pm).
- Do not drink with your meal (drink 15 minutes away from eating, as fluids dilute the digestive enzymes). Drink between meals.
- Relax while eating.
- Avoid consuming iced or refrigerated drinks (very cold food and drinks reduce the effectiveness of digestion).
- Adhere to your practitioner's instructions as closely as possible for maximum results.

Breakfast is the most important meal of the day, a nutrient rich breakfast high in protein and complex carbohydrates is the best way to begin a day. Remember the old adage: Breakfast like a King, Lunch like a Prince, and Dinner like a Pauper is very true and applies to all of us. Some breakfast suggestions:

- An egg on wholegrain toast.
- Sardines/tuna and cheese on toast.
- Yoghurt with fruit and raw nuts.
- Porridge, oats or millet.
- Brown rice with yoghurt and nuts.
- A smoothie – banana (or seasonal fruit), egg, soy milk and nuts.
- Yoghurt with wholegrain museli and nuts



With Compliments From:



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