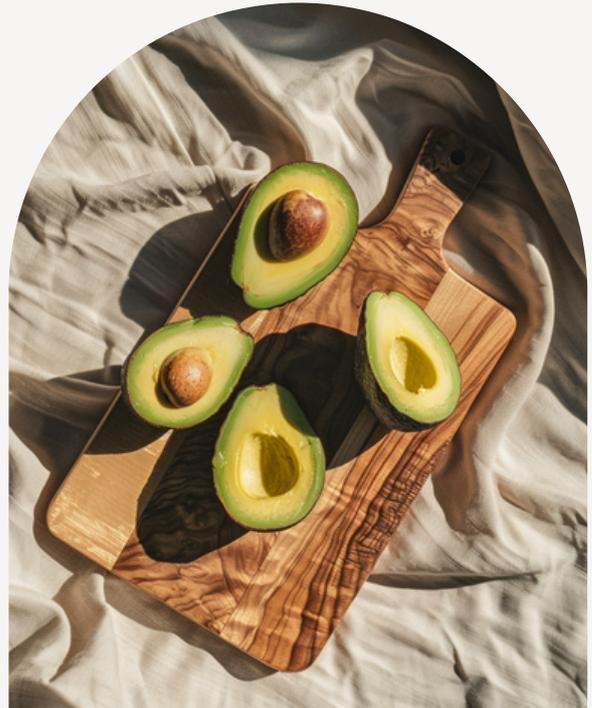


MINDFUL EATING

Mindful eating is about bringing your full attention to the experience of eating, noticing flavours, textures, hunger cues, and how your body feels. This simple practice activates your body's "rest & digest" mode, which is essential for optimal digestion.

Benefits of Mindful Eating

- ✓ Improves digestion (less bloating & other digestive symptoms)
- ✓ Enhances nutrient absorption and helps prevent deficiencies
- ✓ Helps regulate appetite and prevent overeating
- ✓ Encourages a healthier relationship with food
- ✓ Supports the gut-brain connection and vagal tone



Digestion begins before you eat

The sight, smell, and anticipation of food stimulates your brain to signal the release of saliva, stomach acid, bile, and digestive enzymes. But when we eat in a rushed or stressed state, the sympathetic nervous system (fight or flight) overrides this response, suppressing digestive secretions and slowing gut motility. Over time, this can lead to poor breakdown of food, nutrient deficiencies, bloating, and an increased likelihood of food sensitivities or intolerances. By shifting into the parasympathetic state (rest and digest) through mindful eating, we support this critical digestive cascade and help prevent longer-term gut dysfunction.



Practicing Mindful Eating

Set the scene

Sit down at a table to eat and try to minimise any distractions. Turn off the TV and put your phone in another room.

Engage your senses

As you eat notice: How does the food look? What can you smell? What flavours and textures do you notice? Any sounds?

Check in with your body

Eat until you are satiated but not overly full. It can take 20 minutes for your brain to register fullness.

Eat slowly and mindfully

Take deep breaths and slow your nervous system down. Eat slowly, chew thoroughly and pause between bites.



Common Barriers



Eating with distractions (phones, TV, computers)



Eating quickly and rushing through meals



Eating on the go, in the car or while standing



Eating for comfort, ignoring fullness signals

Nervous System & Digestive Support



Bitter foods



Lemon juice



ACV



Chamomile



Lemonbalm



Peppermint



L-theanine



Fennel



Magnesium