

# CHEWING

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## YOUR STOMACH DOESN'T HAVE TEETH

### YOUR PARENTS ALWAYS SAID TO CHEW YOUR FOOD 32 TIMES!

Eating begins with the simple act of chewing. Chewing properly leads to greater assimilation of nutrients by initiating the release of digestive enzymes that break down food. Whole grains and fats must be mixed with saliva and chewed until they become liquid to release their full nutritional value. If you do not chew your food well then the digestive process is compromised – and there's no point in eating good food if it's going to go to waste!

Large food particles make it more difficult for the stomach to completely digest food, which causes an increase in bacteria in the intestines. This bacterial overgrowth can cause gas and bloating, constipation and diarrhea, and abdominal pain and cramping. Eventually this will lead to nutritional deficiencies.

### CHEWING PROPERLY

To get into the habit of chewing correctly, try counting the chews in each bite, aiming for 20 to 30 times. It helps if you put your fork down between bites. It might be a challenge at first but the benefits are so great that it's a must for anyone who wishes to overcome their eating and digestive issues.

- Longer chewing has been shown to increase the amount of protein your body absorbs.
- It also makes many vitamins and minerals more available for absorption.
- Nuts and some raw vegetables cannot be broken down entirely in the stomach and need to be chewed properly.
- Studies show that taking smaller bites and chewing longer can decrease your food intake by one third!

### GOOD CHEWING SUGGESTIONS

#### BEFORE EATING

- Wash your hands.
- Step away from the television, computer and cell phone (I know this one is hard!)
- Do not read.
- Sit up straight and breathe.

#### DURING YOUR MEAL

- Place a bite of food in your mouth.
- Put your knife and fork down.
- Concentrate on eating (don't talk with your mouth full).
- Look at your food or something attractive.

#### AFTER EATING

- Say thanks.
- Sit and talk after your meal.
- Take a short walk (this really helps with digestion!)