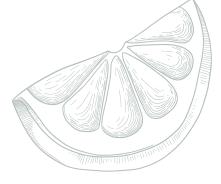
Pre-Meal Practices





Take slow deep belly breaths for 1-2 minutes



Hum a short song to stimulate the vagus nerve and activate your parasympathetic nervous system #restanddigest



Set a positive intention over your food and infuse it with gratitude



Stop scrolling social media or checking your e-mail



Turn off the TV especially any program that is stressful



Take your meal in with your senses and appreciate the color, texture, and smells of your plate - digestion actually starts here!



Feel gratitude for each hand that helped grow and transport your meal and for how the food will nourish and support your body

