

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

