

## How do I eat healthier for me?

Posted At : December 5, 2010 3:19 PM | Posted By : Michael Smith

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I think noticing how *your* body feels after you eat certain foods or cut them out is the best advice. Your body is the ultimate judge when it comes to what is healthy for you. We are all unique and learning to **listen to our body** is an important skill. For example if eating cheese gives you cramps and bloating might be best to cut it out. Sometimes we have allergies to foods we love. If this resonates with you then trying fasting or an elimination diet where you slowly add back in food types will let you know for sure.

**How to listen to your body.** You might need to go to a quiet place and meditate for a few minutes to be able to hear your body at first. You might also try talking to your body parts, tell each of them that you love them, thank them for helping you and ask if they have any messages for you about your food. If you are worried about talking to your body parts realize that most people do this already but in a negative way - giving nasty comments to body parts (eg bad tummy, ugly arse) and hating them. And it might take a while for the love to sink in after years of hating. For me my body has contained a lot of wisdom for me on food and all areas of my life.

A related idea is to **eat meditatively** . That is firstly really noticing how you are feeling when you get the urge to eat, especially if it is an urge to eat a gallon of ice cream! Perhaps I am upset rather than hungry and really need to get a hug and drink a glass of water. I suggest the water because most people in this country are dehydrated most of the time and thirst is often confused with hunger. Water also helps when processing emotions for the energy to move faster and for released toxins to come out of the body. As a book of this title says:

"Food is not love and love is not food"

Secondly **eat slowly** - notice how eat mouthful tastes. There is not a wolf in the chair next to you who will steal your food from you (at least I hope there isn't!) but often we wolf down our food without chewing or tasting it. A waste of a potentially enjoyable experience and also bad for the rest of the digestive system as the teeth and saliva are the first step in digesting all the nutrients in our food. Part of eating meditatively is to **focus on the eating** sensations - not watching TV, having angry conversations, or working while while you eat.