

# Chew On This!

Such a small things can make the biggest difference!

Sometimes, the simplest things sound too good to be true, but once you actually give it a try, you realize that they do hold some truth!

Clichés like:

- Movement helps your body stay fit and in shape
- Water helps to hydrate and keep you feeling good
- Sleep is so regenerative it can literally change your mood!

All so simple, and all are totally the real deal!

Just like **chewing your food**. Nice and slow eating can help with so much - and not just to refuel you!

Chewing is the first step in the digestive process because it activates enzymes in your mouth that help break down food. It breaks down proteins into usable forms that your body can absorb and assimilate. And if this part doesn't happen, like you swallowing food without chewing, your stomach and digestive system will have to work harder. Even with regards to smoothies or soups, the movement of your jaw helps to release enzymes that help your body save energy.

Did you know that the average amount of chews people do are around **3-4 times** before swallowing but it's actually necessary to chew at least **30 times!** Raise your hand if you think this might apply to you. (I'm just as guilty on this as well!)

It's ideal to have your food be near liquid form by the time it hits your stomach and digestive system. Definitely try your best to not overburden your body!

It's best to leave some time between eating so your system can have a break but also you want to be in a hunger state so your stomach acid will help break down food when it hits your stomach!



# Try it yourself!

## CHEW ON THIS CHALLENGE

When you sit down to eat your next meal pay attention to how many times you chew your food upon first bite.

Next bite, focus on how many times you can chew before you swallow. Try to focus on eating your entire meal. Afterward, see how that affected you.

Did you get full faster?

Were you more satisfied?

How was your energy after this?

How did it affect your digestion?

This small thing can have the biggest impact on mindfulness, fullness, and digestion.

Please share anything you noticed in our secret Facebook group!

Happy chewing!

*-Jess*