



Before Eating Strategy

Before eating, sit and briefly stop what you are doing. Whether you say a prayer or simply luxuriate in the food's aroma, sight, or contemplate its source; pausing helps you relax and anticipate pleasure. And this also prepares your body for optimum digestion and awareness.

Recent finding: Women who meditated for five minutes before eating had 22% more alpha-amylase in their saliva. This enzyme helps metabolize mood-enhancing carbohydrates and B vitamins.

From Bottom Line Health

Most religions offer prayer before meals. This helps people contemplate their food. In Judaism, blessings are recited before eating. The Christian rite of saying grace has its roots in this tradition also. In Zen monasteries monks chant and pray during meals resulting in lower stress levels.