

## Mindful Eating Habits

### WHAT WE EAT & HOW WE EAT AFFECTS DIGESTION

Feel the cool air rushing across your nostrils as you inhale deeply. Remember that your lungs operate like bellows, you want to breathe deeply, drawing your diaphragm down, allowing your belly to expand as if it were filling with air.

Once you have filled your lungs/belly to capacity, pause, and then exhale, pressing your belly button back toward your spine, feeling the warm air rushing out across your nostrils. After completely emptying your lungs, pause a moment, then repeat for at least 5 rounds.

One deep breath is good, three is great, five deep breaths fully activates your parasympathetic (rest & digest) nervous system and takes you out of the stress response.



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