Lunch with leisure!

Did you know that only 25% of digestive stress comes from what you eat and 75% from who you are being when you're eating?

Now… think about.this:

Who are you being when you eat lunch?

😬 Cramming it in as you rush from meeting to meeting

😬 Catching up on email or work while you eat

😬 Stressing about all the things you still have to get done

Eating fast or under stress reduces your ability to digest properly and to absorb nutrients from your food. This is why you still feel hungry after eating a full meal. If you want to get the most bang for your buck with the food you're putting in your mouth you have to slow down and de-stress around meals.

How can you add more leisure to your lunch...

📆 Actually schedule time in your calendar and commit to it

☀️ Eat outside or just outside of your office

💻 Sit on the opposite side of your desk so you can't reach your computer

🗣 Take a 10 minute walk or 10 deep breaths to de-stress

Try to schedule 1 hour for lunch knowing things will come up but at least it guarantees a possible 30 minutes to eat leisurely, and eat outside when weather permits.

How can you be more leisurely around lunch to boost your digestive power?

I have to admit, this is the HARDEST of healthy habits for me!

Practice this habit for the next 14 days to improve health and feel your best!

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