

C A R I S S A  
*Crossdale*

# HOW TO EAT MINDFULLY



FEEL MORE CONNECTED TO YOUR BODY,  
INCREASE YOUR ENERGY & LOSE WEIGHT

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# BUSY, BUSY!



You've got so much to get done today.

You're up early, not necessarily energised and refreshed, immediately racing around getting yourself and your family ready for the day ahead. You're brushing teeth as you check messages on your phone and look for clean socks - you are doing so many things at once that you don't even have time to think about making your own breakfast, even though yesterday you said (again) that you would eat healthy and make your own food to take today; you'll just have to grab a takeaway coffee and muffin to eat.

No lunch break again today - it's far too hectic. So you eat at your desk/in the car/on the go again and keep working through.

# BUSY, BUSY!

Finally home, if you have kids you are rushing around getting them bathed, fed and in bed, and if you don't you head straight for the flop!

Exhausted on the lounge to watch your favourite TV show and shovel in some dinner. Or toast. Maybe wash it down with some wine or grab some chocolate.

Does this sound familiar?

Eating this way means you aren't digesting your food properly or absorbing nutrients. You probably feel inflamed or foggy most days.

You're also more likely to suffer from digestive symptoms like bloating, gas, constipation, heartburn or reflux.

And, you are quite likely feeling like you are in an emotional eating response cycle that you can't get out of (especially where eating sugar is concerned).





## **‘REST & DIGEST’ VS ‘FIGHT OR FLIGHT’**

Your nervous system controls the communication between our brain and our body, via the spinal cord and the many nerves that run like a highway throughout our body. Your nervous system has two states of being; ‘fight or flight’ or ‘rest and digest’.



# EAT ONLY IN 'REST & DIGEST' MODE



When you are operating in 'fight or flight' mode, all your blood and energy is sent to the brain, heart and muscles so that you can either fight or run away from danger. Adrenalin is surging through your body making your heart beat faster, your mind is whirring and you are on high alert.

At the same time, body systems like digestion and reproduction 'pause' as these are not necessary for immediate survival.

Even though we are no longer troubled by Sabre-toothed Tigers, our nervous system has not changed much since primitive times.

# EAT ONLY IN 'REST & DIGEST' MODE

Stressors like work deadlines, finances, exams, driving in traffic etc are still triggers that put us in the exact same stress response.

To our brain and body, it's like we are being chased by a hungry beast.

In 'fight or flight' mode you are not in the best state to digest your food. If you eat when your nervous system is thinking it needs to be preparing for combat, you will likely suffer digestive symptoms like heartburn, indigestion, bloating, gas and either constipation or diarrhea.

Your body is not focusing on digesting food, so you won't absorb as many nutrients from whatever you are eating.

Your body digests food best when the nervous system is in 'rest and digest' mode. This is when blood flow is going to the digestive tract, the mind is at peace, your heart rate is calm and you are focusing on your food.

# MAKE TIME TO EAT!



## WHEN YOU ARE EATING... JUST EAT!

How hard would it really be if you took 10-15 minutes out of your day to stop and eat a meal?

Is the whole world really going to fall to pieces if you take a break?

Probably not.

But if you don't start to eat mindfully, **YOU** may fall to pieces!

Stopping what you are doing to sit down at the table to eat is so simple, and oh so important for digestive health.

Don't work on your computer, watch TV or drive when you are eating.

Ready to learn the steps to EAT MINDFULLY? Well read on!



01

# MEDITATE ON YOUR FOOD



As in think about it, don't sit on it!

Look at your food. Imagine how good it is going to taste.

Think of all the wonderful nutrition inside every tasty bite.

Picture all the lovely people who had to work to bring this food in front of you – the farmer, the shopkeeper, whoever prepared it or cooked it (maybe that was you!)



# MEDITATE ON YOUR FOOD

Smell it. Yes... put your nose near your meal and take a long, deep sniff. Breathe in those aromas.

You may be wondering why I'm making you meditate on your food. It's not because deep down I'm a hippy.

It's because this kicks off your Cephalic Phase of digestion. This is your brain realising that your body is about to eat something and it signals for your digestive juices to get going.

Your whole digestive tract prepares for the impending arrival of your meal.

Digestive juices are flowing and this then helps you digest your food.

## 02 CHEW YOUR FOOD!



Were you ever told as a child to chew each mouthful 20 times before swallowing?

It's good advice, and here is why...

We have teeth because we need them to chew, grind, mush and pulverize our food before it enters our stomach.

This is really important for good digestion and it is a step that is often missed.



## 02

**CHEW YOUR FOOD!**  
**(CONTINUED)...**

Inhaling your food like a hungry Labrador means that it hits your stomach barely broken down, making your poor stomach work really hard to digest your food.

Dogs have incredibly acidic stomach acid, so they can do this.

But we humans can't! We have those back molars for a reason and we need to use them!

The same goes for your hunger and satiety signals - you may not realise you are full because you are eating so fast (and it can also lead to increased gassy feelings and flatulence).

## 03

## ENJOY YOUR FOOD

Savouring your food and really enjoying eating is also super important.

When you are doing all that slow eating and chewing, take a moment to really taste your food.

Explore its texture in your mouth.

Move it around with your tongue.

Enjoy the delicious flavours and sensations as you chew (and chew, and chew!).

You will notice an increase in your pleasure centres, as you become more present with your food.



## 04

**SMALL SIPS, NOT  
GUZZLED GALLONS**

Try not to drink too many liquids while you are eating as this may dilute your stomach acid and prevent proper digestion.

Best to drink large amounts of liquids half an hour either side of your meal.

If you are enjoying a glass of wine with your meal, that's okay, just take small sips throughout the meal, rather than guzzling down several glasses.

The most important point is **BEFORE** you eat - as you really need your stomach acid and all your enzymes nice and strong, not diluted by too much liquid.



## 05

**STOP BEFORE  
YOU'RE FULL!**

Unless this really is the last meal you will get before your 5 day trek through the Andes, it really is best to stop BEFORE you feel full.

Eating too much in one sitting puts a huge strain on your digestion. There's not enough stomach acid to break down your food, your stomach gets stretched and can't work effectively and anything that cannot be made into energy gets stored as fat.

The Japanese have a beautiful way of saying this.

They say, "hara hachi bu" translated to "eat until you are eight parts (out of ten) full".



## 06 SHARE A MEAL

As much as you can, eat with people you love (or at least ones that won't give you indigestion!) We are inherently social beings and cultures from the dawn of time have shared meals together.

Sitting with another person or a group of people to all eat together just feels right, doesn't it?

Friends, family, work colleagues, fellow students – whoever it is, make sure that you enjoy some light conversation with your meal.

Maybe you could share with them how to 'eat mindfully for better digestion' - Just don't talk with your mouth full!







## ABOUT THE AUTHOR

CARISSA CROSDALE

*"We are each gifted in a unique and important way. It is our privilege and our adventure to discover our own special light." —Mary Dunbar*

Carissa is a dedicated advocate for living a whole and holistic life. She has created this guide to mindful eating as she believes that most of what we need for a thriving well-being can come from very simple tweaks and changes.

With a background in Naturopathy, Clinical Nutrition, Coaching and Mentoring, Carissa is passionate about transforming lives through a mindful relationship that starts

with your body and a mindful relationship with food and nourishment.

She believes that slowing down can truly transform our lives and is thrilled to share these practical insights and mindful practices to help you savor each bite as you nourish and love your body.

Enjoy these steps for mindfulness and creating a balanced and nourished life.





Mindfulness is simply being  
aware of what is happening  
right now *without* wishing it  
were different; enjoying the  
pleasant without holding on  
when it changes (which it  
will); being with the  
unpleasant without fearing it  
will always be this way  
(which it won't).

– James Baraz

# liberate



## READY TO TAKE THE NEXT STEP?

Liberate is more than a program; it's a holistic approach to health, combining personalised nutrition, mindset shifts, and lifestyle changes. You will join a community of empowered women who are living a life of hormonal harmony and lasting transformation. Liberate yourself from fatigue, stress, emotional eating and weight struggles. Your path to vitality starts now – take the next step with Liberate!

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# CONTACT

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