

Body Intelligence Techniques (BITS)

- Include all six tastes at every meal.
- Eat in a quiet, settled, comfortable environment.
- Eat only when you feel hungry.
- Do not eat when you are upset.
- Always sit down to eat.
- Reduce ice-cold food and beverages.
- Eat at a comfortable pace, stay conscious of the process.
- Reduce talking while chewing and keep to light-hearted conversations.
- Listen to your appetite: Wait until one meal is fully digested before eating the next.
- Sip warm water with your meals to avoid diluting digestive acids.
- Eat freshly prepared foods. Lightly sautéed or steamed foods are preferable to raw or overcooked.
- Favor fruits, vegetables and grains, warm milk, almonds.
- Drink milk separately from meals, preferably warm and either alone or with other sweet foods.
- Do not overeat. Leave 1/4 to 1/3 of your stomach empty to aid digestion.
- Sit quietly for a few minutes after your meal. Focus your attention on the sensation in your body, then take a short walk.