

# *Feelgood week*

## Nutrition advices from an ayurvedic perspective

- ∂ Eat what feels right for your own constitution, in case you are interested to figure out your Dosha distribution, I recommend you doing a test or seeing an ayurvedic doctor
- ∂ Don't eat when you are thirsty and don't drink when you are hungry
- ∂ Don't drink a lot before or during your meal in order to not dilute the gastric juice
- ∂ Ideally eat regularly and the main meal between 10 am and 2 pm
- ∂ Don't eat four hours before going to sleep or after 7 pm, during the night your blood becomes more alkaline in order to better transport away the waste material and clean the body. If you eat too late, you disturb this cleaning process. During the day the blood is more acid to better digest the food
- ∂ Don't eat too much, what fits within your two hands is perfect. Ideally your stomach is one third full with food, one third full with liquid and one third empty
- ∂ Be grateful for having food and try to use seasonal and fair trades products without chemicals
- ∂ Chew your food 32 times if possible if the consistency allows and notice how the taste actually changes



**Every single cell of our body is rebuilt within seven years**

**All the building material of our body is absorbed by the food we consume**

**We are what we eat so be mindful about what, in which quantity and quality**

**you induce to your own body**