

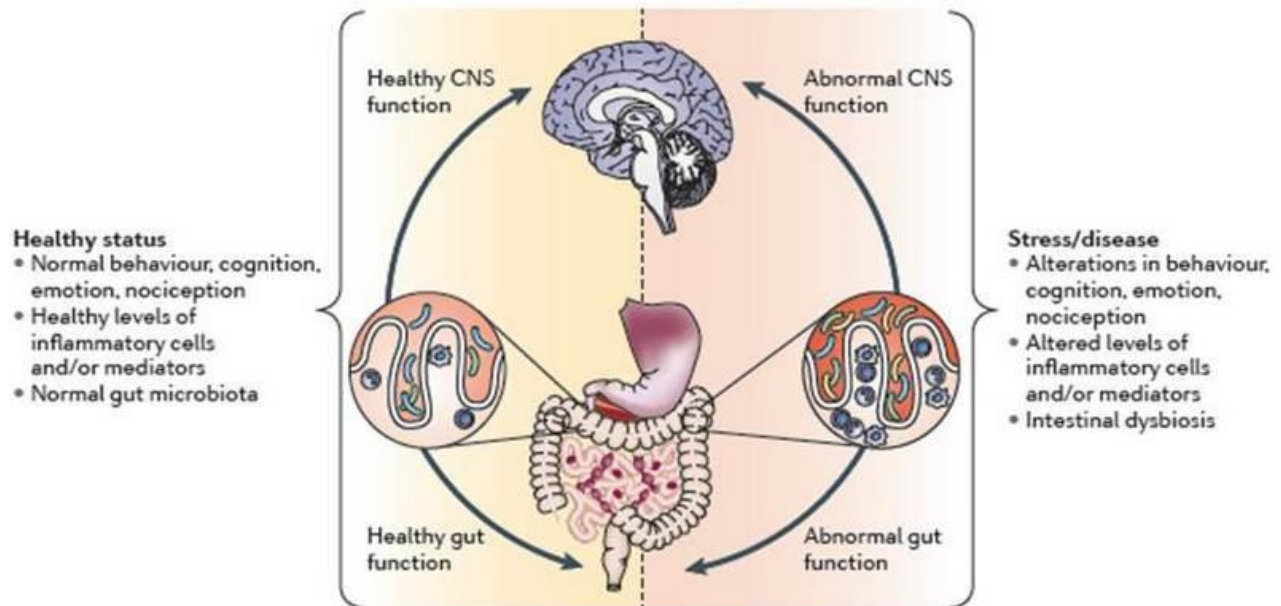
# Mindful Eating: How You Think About Your Food Really Matters

Our thoughts play a role in the feeling of fullness we experience after eating. In a 2012 study, people were given a cherry-flavored gelatin cube. They were told it would either turn to liquid in their stomach or stay solid. When they believed that it would turn into a liquid, they were more likely to eat more at a later meal. When they believed it would stay solid, they ate less at a later meal.



## Relaxation is Essential

In addition to our thoughts, relaxation plays a role in our feel full and digestion. For the gut's nervous system to work properly you need to be relaxed. If you are stressed, you will not digest food properly and your stress hormones slow metabolism



## 20 Minutes

Furthermore, when you eat quickly you are likely to overeat, since it takes your brain a full 20 minutes after you start eating to "know you're full." Just by slowing down a little, you can help yourself lose weight.

So, what drives us to eat is complex with many factors playing a part. But the master influencers are how you eat as well as what you eat. With the right knowledge, you can lower your appetite, eat less food and still have that glow from feeling full.



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