

Ashly's WB Bio-Balance

Tune into Gut Wisdom

Exercise 1:

Stay awake at the Plate:
Who is eating?
SLOW
Mindful
Aware/Be Present
Pleasure



Exercise 2:

Learn to listen and hear the body. Before meal time... tap into the gut wisdom.

1. Breathe long slow deep BELLY breaths, at least 5-10 times; this will get the oxygen flowing to the gut
2. Ask yourself (the gut) "Is this good food for me to eat right now?"
3. "What amount of food is best at this moment?"
4. "Is this a good combination of food choices?"

Exercise 3:

Eat to the point of energy! In other words...stop **BEFORE** you fill up.

1. Set the intention to eat to the point of energy
2. Observe energy level throughout the meal
3. Observe satisfaction level
4. Observe satiation level
5. End the meal when you can leave with more energy than when you started. Your stomach will not be full...it will feel empty.

Through-out your meal, be aware of your energy level.

- When you eat past the point of fulfillment, even just ONE bite...you are sluggish and sleepy and do not perform your best. When you stop eating **before** the point of fullness, you will be alert with the tummy slightly empty; however, this energy will come in handy as you continue on with your day. **Listen to your body, it is filled with wisdom.**