



HALE PULE
AYURVEDA & YOGA

How to Eat for a Healthy Gut

FEEL WELL. HEAL NATURALLY



Do you experience uncomfortable digestive symptoms like gas, burping, heartburn, acid reflux, constipation and diarrhea?

There's 1 key thing that you
can start to do right now
that will improve your
digestion, your energy
levels and your enthusiasm
for life...



Chew your food

The most effective solutions are often the simplest.

Your body has a limit to how hard it can work to digest a meal, just like how your car has a limit to how far it can drive on a tank of gas. Swallowing partially chewed food every time you eat is really tough on your digestion. Your system becomes clogged and discomfort and disease are the result.



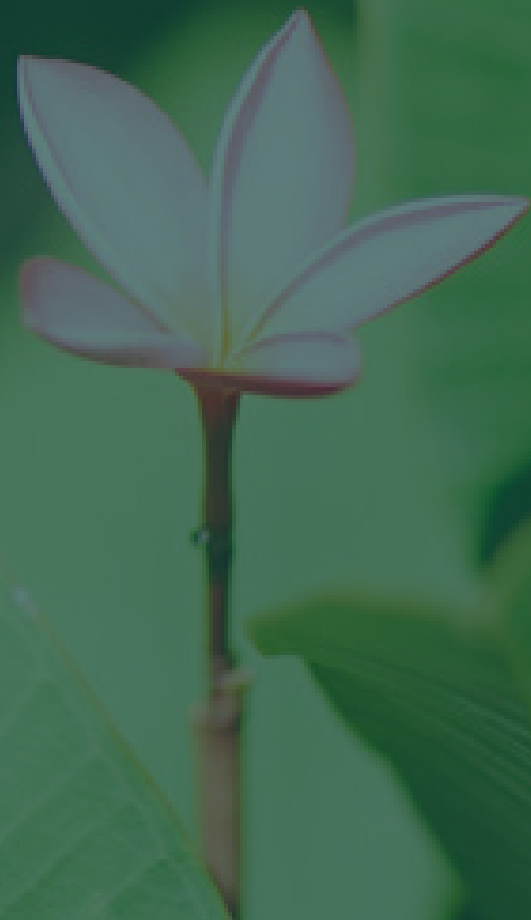


Not chewing your food properly contributes to overeating and weight gain

Your digestive system can't properly digest and assimilate partially chewed food, and this can result in undernourishment. Undigested food sits in the intestines, becomes toxins and accumulates in the body leading to unhealthy weight. Also, when you don't chew you're not as satiated. Then your mind will tend to look for more satisfaction, leading to overeating and weight gain.

Not chewing thoroughly contributes to constipation

When the food is not chewed the saliva does not mix sufficiently with the food. This means that you don't produce the enzymes needed for proper digestion. Then the moisture content in the food is not available for the body and your dried out system doesn't process and eliminate the waste product the way it should. This equals constipation.

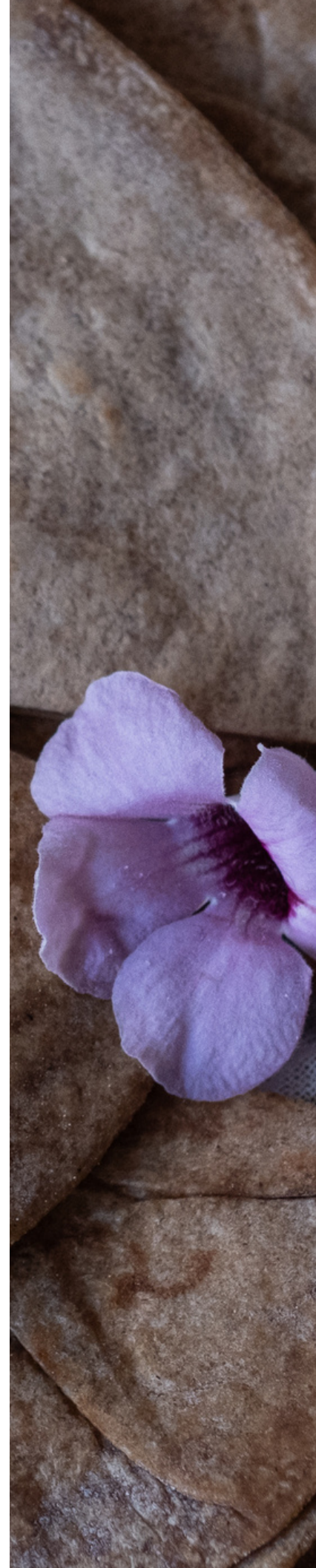


How to improve your chewing skills

- Chew the food to a liquid mush consistency
- Aim for around 20 chews
- Take smaller bites so that you can chew and enjoy
- Eating soup? Sauce? Don't swallow straight away!
- Hold the liquid in your mouth for a few seconds so it mixes with saliva and wakes up the digestive enzymes

It's a simple tweak with BIG benefits...

- Feel WAY more satisfied after eating
- Feel energized after eating and throughout the day
- Experience a greater sense of calmness and clarity
- Focus and perform better at work
- Reduce embarrassing sounds and odors from your gut



HOW you eat is just as important as WHAT you eat...

Take this simple step for yourself. Bring consciousness to how you eat. Take your time with it. Savour. And see how life gets better.



Healing doesn't have to be complicated or difficult. Sometimes feeling better is just about changing what you're doing that isn't working.

When you're ready to take the next step and heal your gut naturally with a proven system based on ancient wisdom, I'm here for you.

Learn more at → halepuleoffers.com/agnitherapy



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