

Chewing is the key to weigh loss. The more you chew the less you eat and the following cards will guide you in this process.

The Professor (Wei Tzu)
Master of Nothingness

Learn How & When to Eat - Magic Number of Chews is 150x for What Ails You.

Cleanse Yourself before Eating: Take a Shower and Change into Light, Clean Clothes.

Quiet Mealtimes: Talking sends Energy from Mouth to Brain disrupting Digestion.

Time Chews with Breath activating Parotid Glands producing Saliva with Digestive Enzymes.

Eating Schedule: 5 Hrs between Meals-2 Meals/Day (9:00-10:00am & 4:00-5:00pm)

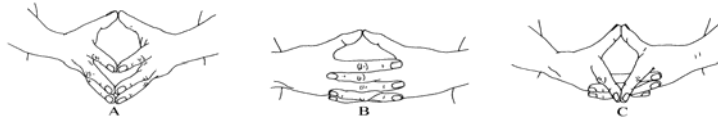
Before-Meal Exercises (3-7x ea) Align Sitting Posture-Spine Upward-Tuck in Chin & Buttocks.

1. Look Forward-Inhale Extend Arm to Ceiling-Exhale bring Arm Down-Both Arms Together.
2. Inhale-Hold-Exhale-Head to Left-Inhale Back-Exhale-Head Backwards-Inhale Up(Reverse).
3. Rub Hands Warm-Place on Kidneys-Inhaling Rotate Waist Backward-Exhaling Forward.
4. Inhale-Right Hand on Left Knee-Exhale twisting to Left looking Backward-Reverse.
5. Hands on Thighs-Inhale-Hold Breath-Exhale-Bend Forward-Inhale Come Up.
6. Inhale-Hold Breath-Relax Body-Exhale Fully releasing All Tension with Breath.

Breathe Deeply & Slowly as you Chew-Focusing on Lower Tan Tien & Mouth connecting Governor/Functional Channels as Tongue Charges the Food with Heavenly & Earth Forces.

Hand Positions: Cross Legs-Hold Fingers Together Loosely in Lap.

To balance Sides of Body (Bridge/Regulatory Channels)-Place Fingers A, B, or C Positions:
Lung (Thumbs) & L. Intestine (Index Fingers) Meridians connects Body Circuits with Breath.



Gratitude in Meal Attitude: Give Thanks (Food is Alive from Earth & Sun) to Nature, People who grow, brought, cooked It-The Food Itself. Thank the Universe for Giving Us Life, Inspiring Us & Guiding Us-Parents & Friends who share our lives making Us Healthier, Better Balanced & Happier-Becoming Better Beings with More Awareness & Peaceful. Amen.

Arrange Plate Like a Painting: Enjoy Food with All Senses: Sight, Taste, Touch, Smell & Sound of Chewing. Grain Front Section-Beans, Fish or Meat Left Side-Root Vegetables Right Side-Sea Vegetables Back Left Side-Pickles Back Right Side-Leafy Greens Back Section-Side Dishes & Condiments on Sides of Main Plate.

Eating Sequence: Eat Soup First (Slightly Salty activates Salvia Flow) or Sipped throughout Meal as Beverage. Take Tablespoon of Whole Grain-Place Utensil Down-Chew-Swallow-Take Spoonful of Beans, Fish or Meat-Place Utensil Down-Chew-Swallow-Return to Grain- Utensil Down-Chew-Swallow-Bite of Root Vegetables-Place Utensil Down-Chew-Swallow-Continue in sequence: Grain-Bean-Grain-Roots-Grain-Round, Ground Vegetables-Grain-Sea Vegetables-Grain-Leafy Greens-Breathe Deeply As You Chew-At End Bite a Pickle as Digestion Aid -Bread & Salad Eaten after Main Meal then Eat Desserts or Sweets at End with Beverage.

Chews/Mouthful: Healthy(50x-30min/meal)-Problems(150x-1.5hrs/meal)-Sick(200x-2hrs/meal).

Chewing Speed: Slow/Lethargic People-Chew Faster to Speed Up Metabolism-Peppy Music; Hyper People Slow Down Chewing to Slow Metabolism-Eat with Slow Music to Calm Down.

While Chewing: Say Positive Affirmation in Rhythm to Chews & count them in your Head; Count only up to ten on each finger or Time How Long It takes to Chew the # of times.

Chewing Motion: Spiral Motion (Left to Right-Side to Side)-**Body Energy Glow** not Up/Down.

Visualize & Say before Meals: I am becoming Healthy, Confident, Assertive, Calm & Patient, Achieving Ideal Weight-Spiritual Awareness-Satisfying Sex- Learning Quickly & Thoroughly. (This Statement is recorded in the Food & Remains in You As Long as the Food is with you.)

Consciously Chewing: Strengthens our Immune System promoting Rejuvenation releasing Parotin Hormones (T-Cells) by Parotid Glands (located on Sides of Jaw behind Ears activated by Chewing). Chewing enables Digestive Enzyme Ptyalin in saliva to mix with carbohydrates transforming food into energy. Chew every mouthful of food until it liquefies in your mouth.

The more you chew, the more you transform food into energy. If you chew food finely enough you will release the energy absorbed by the plants from the sun, the earth, the moon, and the stars. You need to ignite a healthier, more vital life by building a **Digestive Fire**.

Food Temperature: Eat Food Warm (Room Temperature)-Slightly Cool for Hot Person Type.

Food Quantity: Two Fist-Sized Meals is Minimum Meal Size (1 Fist-Size-Stomach Size).

When you eat, never eat unto fullness always eat less by a third. Overeating will cause imbalance & takes blood away from the brain losing Clarity of Thought.

Healthy Eating Utensils: Energy flows best through Organic Materials. So avoid using Metal-Use Cookware, Utensils & Dishes made of Organic Material such as Wood, Clay, or Ceramic.

Set Table to Set Your Mood: Served Simple Colorful Meals (Red-Warmth, Brown-Stability, Blues/Greens-Cool)Clean Area-Look at a Scene in Nature-Flower or Plant & Light a Candle.

Meal Drinking: Do not drown your Kidneys (Ear Size)-Frequently thirsty; look at Protein & Salt Intake. Cooked Whole Grains (70% Water)-Vegetables (85-95% Water)-Drink Beverages after Meal only. Drink only when Thirsty-Chew Beverage (25-50x) mixing with Saliva bringing it to Body Temperature. **Learn to Listen to your Body** it will tell you how much to eat and drink.

Practice after Eating: Stay at table (10-20 min.) to allow food to transformation into energy.

Continue to **Breathe Deeply**. Express loving gratitude to the food for becoming part of you.

Sit drinking tea discussing Pleasant Topics. Retain energy in digestive tract to maximize full absorption for total experience. After Move Slowly and Calmly & Continue Breathing Deeply.

After-Meal Stroll: To Assimilate Food & Complete Digestion-Take a walk after for 10-30min.

Avoid Sleeping after Eating: After lunch, wait 1hr before Nap-Evening-wait 5hrs before Sleep.

Stomach should be completely empty before meals-sleep-Bed 11:00pm-Finish Meal by 7:00pm

Eating Benefits from Chewing: Improves Digestion & Absorption-Produces More Energy & Endurance-Deep Relaxation-Powerful Calming & Satisfaction-Faster Healing-Patience & Self -Control-Reduces Quantity of Food Desired-Creates Clearer Thinking & Better Mental Health -Enhances Results from any Diet-Saves Money-Reduces Sweet Cravings -Improves Taste of Food-Reduces Flatulence & Bad Breath -Encourages Relaxation-Activates Glands-Creates Alkaline Condition in Body-Helps Heal Ulcers-Prevents Death by Choking-Creates Stronger Teeth & Gums-Reduces Food Cravings-Improves Creativity & Marriages or Relationships -Promotes Rejuvenation & Psychic Powers-Sexual Stamina & Vitality-Increases Efficiency

Remember: If Ever You are Weak, Cold, or Sick, Chew Each Mouthful 150 Times or More.

