

Chewing Program - Lino Stanchion

The **Key to Health** is right under our noses, three times a day. Stop and reflect upon your **Eating Habits**. Maximize your assimilation of food and improve your digestion. You eat less and eat fewer times a day. It will boost your body's immune system, increase your vitality, and it may save you money. **How you eat is as important as what you eat. You will learn why you eat, when to eat, how to transform food into energy, and what foods supply the most Healing Power. Learned what to eat and how to eat properly.**

Introduction: In 1943, during World War II, my father Antonio Stanchich was taken prisoner in Greece by the Germans and sent to a concentration camp in Germany. In the morning my father received one cup of chicory coffee and one slice of bread. For lunch and dinner he was given one bowl of soup. The soup was made of potatoes and some other vegetable and included grain or bean, and occasionally a bit of meat. People died of starvation daily. During the cold winter months, death due to exposure increased considerably. Life in the camp was a constant fight for survival. Then my father made a discovery that would save his life. When he was thirsty, he intuitively retained the cold water in his mouth and chewed it a while to make it warm before swallowing it. He usually chewed his water 10 to 15 times. One day when the water was very cold, he chewed it 50 times. Aside from quenching his thirst, the water actually seemed to give him energy. At first he felt it was his imagination but after several experiments he concluded that, indeed, chewing water 50 times or more gave him more energy. He was puzzled. How could plain water give him energy? My father began an experiment. In the beginning, he chewed his food only 50 times a mouthful, then he tried 75, then 100, 150, and 200 to 300 times a mouthful sometimes more. He told me that the **Magic Number of Chews was 150 Times** and after that he could chew almost indefinitely with steady increases in energy.

Simple Technique: Place one tablespoon of liquid or solid in the mouth and chew, counting each chew. He shared his discovery with his friends; this technique gave them more energy. They felt less hungry and even warmer. After two years in the concentration camp, the American Army liberated the prisoners in 1945. A few months later, my father came home to us in Fiume-Rijeka, formerly Italy, and now Yugoslavia. He was skinny but alive. Of his ship's crew of thirty-two who were captured and sent to the concentration camp, only three survived. Those who lived were my father and his two friends who practiced chewing. He attributed his survival totally to chewing. He closed his story by telling me, **"If ever you are weak, cold, or sick, chew each mouthful 150 times or more."** I was 14 years old at the time. In 1949, Yugoslavia was in political turmoil. Its communist government did not allow Italian citizens to travel to Italy. Many who opposed the government tried to escape from Yugoslavia. That year, on the 10th of March, I attempted to escape and was captured at the border and sentenced to two years of hard labor. At seventeen, I too was a prisoner. I would slice the onion in wedges, dunk the wedge in salt, and chew it with a piece of dried bread. Followed by one to two glasses of water, this would fill me up. When properly chewed, it gave me great energy and a strange feeling of confidence and courage. I simply was not afraid of anything or anyone. I chewed the way my father taught me, up to 150 times or more, with one important addition. **I Chewed with my Eyes Closed.** The results were excellent. **I successfully avoided taking in the depressing surroundings.** In addition, closing my eyes internalized my energy. **By not looking outward, my energy went inward, strengthening me even more.** In 1953 we emigrated to the United States. Food was plentiful in America. With the rich American diet, there was no thought of starvation. I stopped my chewing regime. Many years passed and I went through a number of changes until 1969, when I began to suffer the detrimental effects of my high-stress life. I came to the startling realization that I was digging my own grave with my fork. Let food be thy medicine, and medicine be thy food. Eating is a primal desire, the basis of our survival instinct. So simple an act, eating is underestimated as a major influence on health. **Our choice of how we eat can merely fill us up and comfort us, or it can heal and transform us.** The experience of eating, where the aromas, colors, textures and tastes combine to fill our senses and stomach, is for many a forgotten skill. If you are watching television, reading a magazine or driving a car while eating, you inevitably miss the wholeness of a meal. No wonder so many people either overeat or are chronically hungry. We scurry like rats in a maze, at great detriment to our health. Americans are overfed and undernourished. For too many people, food has become a form of entertainment rather than a means of nourishment. Smiling clowns sell brightly colored boxes of high-fat, sugary foods. Cartoon characters, film stars and athletes convince Americans to eat junk food. Yet a growing number of Americans are changing their eating habits. **Unfortunately, some people who eat a healthy diet achieve insufficient results, and they cannot understand why. In most cases, the reason is that they are concerned only with what to eat and forget about or have never learned how to eat.** Very few people I observe know how to obtain the full power from their food. **The effects of even the healthiest meal can be minimized or even nullified if eaten improperly. Nothing can harm you as much as food, yet nothing can heal you more effectively than food.** Eating is so primal an act that it is typically overlooked as a healing and transforming tool. The mouth is the place to exercise our freedom through breathing, talking, chanting, eating, and drinking. To manage the mouth properly is to manage your life properly.

Set your Goals: Before you eat, decide what you want out of life, out of your environment, and out of your food.

Memorize, Visualize & Say Before Each Meal: I am becoming **Totally Healthy**, more **Confident and Assertive**, more **Calm and Patient**, achieving **My Ideal Weight**, developing **Greater Spiritual Awareness**, experiencing **More Satisfying Sex**, and **Learning More Quickly And Thoroughly**, because I am **Chew Each Mouthful 100-150 Times** and becoming **Completely Free of Everything**.

The more vivid your mental picture, the more powerful your results. Read this statement before every meal, as well as throughout the day. Develop a consciousness in your thinking and speaking. When we say the affirmation before and during our meals, **This Statement is Recorded in the Food and Remains in You As Long as the Food is with You.** Whatever we say and affirm tends to manifest in our life.

Seven Reasons for Eating:

1. **Mechanical:** A spontaneous response to hunger with no thought about the quality or effects of food.
2. **Sensory:** Eating for the taste, texture, odor, and visual appeal of the food because it tastes delicious
3. **Sentimental:** Eating motivated by emotions, childhood memories, or romance.
4. **Intellectual:** Influenced by diet experts, scientists. You eat this food because the book says to eat it.
5. **Social:** Eating with a consciousness for the earth and all people, with empathy for others as Gandhi did.
6. **Ideological:** Eating according to a religious discipline or spiritual teaching, for development and transformation.
7. **Supreme:** A freedom of eating with a foundation of deep wisdom and understanding of self and others.

A person should eat only when he has a natural desire for food, and not an indulgent desire.

Eating Schedule

Ideally, the stomach should be empty before we add more food to our digestive system. For best results - **Allow Five Hours Between Meals.** This will help the digestive organs to function well and prevent fatigue, indigestion, gas, or cramps. Three hours is the minimum time we should wait between meals. Some people with hypoglycemia may need to eat every two hours in small amounts until they achieve health. If you eat three times a day, the best hours to eat are 7:00 a.m., 12:00 noon, and 6:00 p.m. Those having **Two Meals A Day May Want To Eat Between 9:00 a.m. and 10:00a.m., Then Again Between 4:00 p.m. and 5:00p.m.**

Exercise Before Eating

Enjoyable, mild exercise is a health-giving activity at nearly any time, and especially preceding your meal. You might choose a session of Chi Self-Massage, three to five minutes on the Rebounder, yoga stretches, or deep breathing. You need enough movement to get your oxygen and energy flowing without becoming over-stimulated or excited. The increased oxygen in your cells will help you digest and assimilate your food. Consequently, you will need to eat less. As you perform each exercise, be sure to inhale through the nose and exhale through the mouth.

Simple Before-Meal Exercises (3-7x Each Exercise)

1. Sit comfortably with a straight posture. Look forward. **Extend one arm to the ceiling while inhaling a deep breath. Exhale as you bring your arm down. Emphasize the exhalation and alternating each arm.**
2. **Stretch both arms slowly to the ceiling looking upward. Inhale and hold your breath. Bring your chin slightly inward. This will straighten your spine. Imagine that a string is attached to the top of your head, pulling you upward. Exhale as you slowly lower your arms to your side.**
3. **Inhale deeply and hold the breath. With your spine straight, exhale as you lower your head to the left shoulder. Inhale as you bring your head up, front and center. Exhale and allow your head to lower backwards. Inhale up again. Exhale and lower your head to the right shoulder.**
4. **Rub the palms of your hands together until you feel the warmth. Place your hands on your kidneys (lower back). Rotate your body around, inhaling while rotating backward and exhaling forward.**
5. **Sit with your feet flat on the floor and in a straight posture. Inhale and place your right hand on your left knee. Exhale and twist to the left and look backward. Repeat to the right side with your left hand on right knee.**
6. **Place both hands on your thighs. Inhale and hold the breath. Exhale and bend forward. Inhale as you come up, exhale forward.**
7. **Inhale deeply-hold the breath. Relax your body. Exhale fully, allowing tension to float away with the breath.**

Cleanse Yourself before Eating

If you have been out of the house all day, the best preparation for a meal is to **Take a Shower and Change into Light, Clean Clothes.** Get rid of all body odors. At least wash your face and your hands before the meal. Cleansing purifies and stimulates your body and sets you in the right frame of mind to derive the greatest benefit from your meal.

Align your Posture

Simply raise your spine upward as though a cord were attached to the crown of your head while sitting at the table. Stretch each arm up over your head several times. Tuck in your chin and buttocks without tension begin to breathe deeply.

Breathe Deeply and Slowly

Learn how to eat, using proper breathing while you eat. The root of the English word for "**Spirit**" is "**Breath.**" If you are breathing abdominally, your abdomen will move outward with each inhalation, and inward with each exhalation. Emphasize the out breath (exhalation) to rid your body of toxic air. Practice abdominal breathing throughout the day, especially at mealtimes. Breathing well will increase the oxygenation of your blood. If your blood is oxygenated well, you will transmute your food better and assimilate and utilize the energy in it more effectively. Therefore, you will feel more satisfied with your meal. Better breathing creates clearer thinking. Slow, deep, rhythmic breathing triggers the release of endorphins. Breathing technique helps you digest food during main meals as well as temper appetite, and you will enjoy the meal more. The best fuel for humans is whole grain because they are complex-carbohydrates, which are high in fiber, low in fat, and nutritionally balanced. Whole grains help stabilize the glucose in your blood. Chewing these grains while breathing properly will give you more energy. The Chinese calligraphy for energy "**Chi**" combines the characters for rice and breath.

Tune in to Universal Energy

Power, Life Force, vitality, electricity, vibration, **Chi (Chinese), Ki (Japanese), and Prana (Indian)** are all names for Energy, from movement (kinetic), to electricity (power), gasoline (fuel), to Universal Energy (Divine Force). Energy is the force of nature that flows through all things visible and invisible that can be neither created nor destroyed. It is eternal.

Direct your Energy

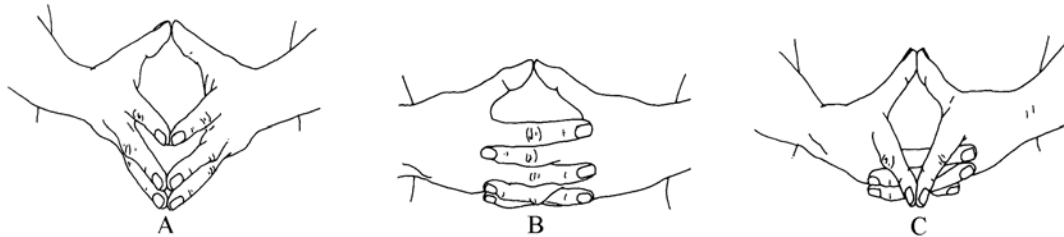
Before meals and during exercise, it is best to focus your energy in your Lower Tan Tien. During meals this focus should be in your mouth. If you watch television or read while eating, the energy will go to whatever you concentrate on, so you could say that much of the energy you receive from the food will go into the television or book. If you stand while eating, most of your energy will go to your legs. If you sit, or better yet, kneel down, the energy will center more effectively. If your eating posture is correct, you will tremendously increase the transformation of food into energy.

Recharge your Energy

Your body receives downward-moving energy from the heavens (**Heaven Energy**) through the spiral at the crown of your head. Conversely, the **Earth Force** spirals up through the soles of your feet and your genital area, then meets and connects with the Heaven Energy. Our entire body is a miraculous, living receptor and generator of electromagnetic energy. The Heaven and Earth energies meet in our mouths while we chew connecting your **Governor and Functional Channels**. Heaven's downward-flowing, contractive energy forms the uvula, the cone-shaped piece of tissue hanging down at the back of your throat. The earth's expanding energy spirals up through your tongue. As your food is chewed, the uvula and the tongue charge the food, and a transformation of energy takes place.

Effective Eating and Hand Positions

The worst position for eating is walking. This is because the energy leaves the digestive tract and circulates all over the body. The second worst position for eating is standing because energy goes to the legs. Better than standing is, of course, sitting while you eat. Sitting gathers the energy to the Lower Tan Tien, the digestive center, stomach, and intestines. One position is in a chair with legs down, with straight posture. Another position some people like is crossing their legs Lotus Style. The optimum eating position is **Sitting on your Feet**. Kneeling is practical, not mystical. The center of gravity is in the Lower Tan Tien. If you eat in this position, you will eat less food and derive more energy from it simply because the energy is not dispersed through your limbs. You are concentrating your energy in the hara and connecting more closely with the earth, which produces the food you eat. Feel yourself becoming more centered. Eating can be as balancing as a meditation increasing the power of food. As with meditation, acquiring a soft cushion on which to sit, and perhaps placing another one under your knees, will help make the position more comfortable. When you kneel to meditate, pray, or eat, keep your **Big Toes Crossed Behind You and Hold Your Fingers Together Loosely in Your Lap**. This will enhance the flow of energy from one side of the body to the other (**Bridge and Regulatory Channels**) and balance the energy in both the right and left sides of the brain. You can place your fingers in a **Meditating Position**. (Illustration A.) Or you may wish to **Link your Fingers**. (Illustration B.) Put your pointing (**Index**) **Fingers Together Facing Downward with Your Thumbs Together**. (Illustration C.)



This position relaxes your shoulders. The lung meridian (energy channel) flows through the thumbs. When you connect your thumbs, you complete a circuit that strengthens your lungs and thus your breath. In addition, the large intestine meridian flows through the index fingers. Energy from the lungs goes to the large intestines, affecting your entire digestive tract. When the feet touch each other, and one hand touches the other hand, the energy circulates throughout the body. When such a posture is adopted while eating, a powerful energy cycle is formed. The energy will flow down each leg, across the toes and back up your other leg, then the energy moves down each arm, across from one hand to the other and up your other arm. The energy flow then circulates from one side of your body to the other and meets at the hara. The body is now aligned to receive and circulate maximum energy at its fullest. You will literally be recharging yourself as you eat. Choose any position you prefer, from sitting in a chair to sitting cross-legged or kneeling on a floor cushion. Whatever position you choose; remember to be aware of your posture and the energy flow. Sit straight. Concentrate on your mouth or on your Lower Tan Tien. Breathe slowly and deeply.

Create Quiet Mealtimes

Talking while eating tends to send the energy from the mouth to your throat or brain, creating a separation of energy in the body and disrupting the digestion process. We receive much less energy from the food when we expend the energy by talking. People who talk while eating often need larger quantities of food and experience more frequent indigestion. It is best to practice silence while eating or to speak as seldom as possible between bites. Turn off your television, telephone, or loud radio as you eat. Many people find that soft music is very relaxing at mealtimes. If you must talk socially while eating, discuss pleasant topics. Avoid any negative topics of conversation because you will charge the food with negative thoughts and as your food gets digested, the negative energy will go inside you. Charge your food with thoughts of strength, joy, and appreciation and the same will become you. Even the best quality food can be indigestible if you are tense or disturbed when you eat it. Create a quiet and relaxing time for meals.

Learn to Relax:

Relaxation has been proven to improve digestion, reduce high blood pressure, and strengthen the immune system. The glands in your mouth produce two kinds of saliva. **The Parotid Glands produce saliva that contains digestive enzymes and is watery; it easily digests food being chewed. Under stress, however, the sublingual glands exude a thick saliva that is devoid of digestive enzymes.** By timing chews with breath in a meditative manner, a relaxed mood can be preserved throughout the entire meal. Straighten your spine. Tuck in your buttocks without tension. Rub the palms of your hands together as you breathe deeply, until you feel the heat of energy between your hands. This begins the flow of energy throughout your body. Relax your arms with your hands clasped comfortably in your lap. Sit still for a few minutes and breathe abdominally, at least seven times, the slower and deeper the better. Close your eyes and send loving thoughts from the top of your head throughout your body, downward, filling your arms, your chest and abdomen, down your legs and into your feet. Continue until your whole body is relaxed. Send the loving energy to all organs or areas that needs special healing. Now extend that love outward to your family, friends, city, continent, as it flows over the entire earth and into the limitless heaven and back into you.

Gratitude in your Attitude

Just before we begin to eat, we should **Give Thanks**. Think about how you feel when a friend expresses love and gratitude to you. This is exactly how the food feels. Food is alive. Food is not a dead, inert, or unmoving object. Food is a blessing from the earth. The practice of fasting creates a profound awareness of the blessing of food. Talk to food as if it were alive because it is alive. **The food can sense your gratitude and will respond to you.** Think of the different foods as little genies or spirits on the plate that will enter your body and do magical things for you. Realize how fortunate we are to have food. **Express your gratitude to Nature, God, the Universe, to all the people who bring the food to you, and to the food itself. Only then, after you have given thanks, should you begin to eat.**

Mealtime Prayer

Thank you, Universe, for giving us life, for inspiring us and guiding us. **Thank you for our parents, mates, and friends who share our lives.** We deeply thank you for the food we are about to receive. We thank everyone who brought the food to us, from the farmer who grew it, to those who deliver it to us. We especially thank the cook who prepared this food and now serves it to us. **May this food go inside our bodies and help make us healthier, better balanced, and happier. May it purify us, so that we become better human beings with more awareness, who make this world more healthy, peaceful, and happy. Amen.**

Choose Healthy Eating Utensils

Energy flows better through **Organic Materials such as Wood.** These natural materials transmit a strong flow of energy from nature to your food and into you. **So avoid using metal utensils whenever possible.** Instead, try to use cookware, utensils, and dishes made of organic material such as wood, clay, or ceramic.

Set your Table to set your Mood

Serving food in a beautiful manner is a high art all over the world. We are as nourished by our food's appearance as we are by its nutritional or energetic value. We can help balance our conditions by the ways we present our meals. With consciousness, we can arrange and serve our food to enhance our pleasure. When we are served beautiful, simple meals, we feel loved and cared for. Eating is the act of creating your body, your very life. **Color** can be a healing influence, nowhere more profoundly than in our table settings. Red makes us feel warm and stimulated. Earthy tones of brown, gold, and russet bring us warmth and stability. Blues, greens, and pastels cool and calm us. White is neutral. Choose colors for your table that complement the season and the effect you desire. First, clean your dining table well. Put away distracting papers that you may be tempted to read as you eat. As you eat, you may want to look out at a lovely scene in nature, or at a beautiful flower, branch of a tree, or plant. In the evening, perhaps you may want to light a candle on which you can meditate.

Arrange your Plate (Food) for Best Results

Arrange the food on your plate as if you were painting a picture, and just as from a work of art, its energy will enter through your eyes, making your whole spirit and body feel better. Food should look good. Learn to enjoy your food with all your senses: sight, taste, touch, smell, and even the sound it makes in your mouth. Eating your food in an orderly way becomes easier when you arrange your food in a conscious, proper way on your plate. **The grain should be on the side of the plate nearest you, the beans, fish or meat to the left of the grain. Arrange the root vegetables to the right of the grain. Sea vegetables are placed on the left above the beans, pickles on the right above the root vegetables and leafy greens on the top of the plate directly across from the grains.** The addition of special side dishes and condiments lends variety and enhances the total eating experience.

Eat in the Proper Sequence

Eat the Soup First. The soup is usually slightly salty, which stimulates the flow of saliva and enzymes in the mouth. This helps to predigest carbohydrates and release the stomach's digestive juices, including hydrochloric acid (HCl), which digests protein and fat. **Soup may be finished before eating your main course or it may be sipped throughout the meal as your beverage. Eating your meal sequentially from foods that are more condensed to foods that are more expanded will promote the best digestion and elimination.** After the soup, take between a teaspoon and **A Tablespoon of Whole Grain.** Place your eating utensil down on the table. **Chew your food very well. Swallow.** Then take **A Spoonful of Beans, Fish or Meat.** Put your utensil down. **Chew well and swallow. Return to the Grain.** Put down your utensil as you chew. Next, take **A Bite of Root Vegetables.** Lay down your utensil. Chew well. **Alternate bites of grain with portions of each kind of food in this sequence: Grain-Bean-Grain-Roots-Grain-Round, Ground Vegetables-Grain-Sea Vegetables-Grain-Leafy Greens.** Continue this

Optimum Eating Cycle, alternating your grain between each spoonful of other food. **Remember to place your utensil down between each bite and to breathe deeply as you chew.** These techniques will help you eat more slowly and receive maximum benefits from your meal. Toward the end of the meal, take a piece of pickle as needed or desired to aid digestion. **If bread and salad are served, they should be eaten after you have finished the main course.** **Finally, eat desserts or sweets at the end of the meal with your beverage.** People who tend to produce flatulence (gas) should wait at least 15 minutes after the main course before eating dessert. Grain should be eaten throughout the meal to promote an orderly assimilation of different foods. Grain's high fiber also assists the peristaltic movement through the intestines. This way of eating will virtually eliminate chronic constipation. Eating whole grains in the proper way is the single most powerful action you can take toward good health.

Consciously Chewing

Chewing strengthens our immune system and promotes rejuvenation. The salivary glands produce enzymes that begin digesting carbohydrates in the mouth, a process that is vital to vegetarians. Also, chewing stimulates the release of parotin hormones, which encourage the thymus to create T-cells, the protectors of our immune system. **Parotin hormones are released by the parotid glands, located on each side of our jaw behind our ears, which is activated by the chewing.** All foods, especially carbohydrates, begin the process of digestion in the mouth. Chewing enables the digestive enzyme ptyalin, found in the saliva, to mix well with carbohydrates. Ptyalin breaks down the carbohydrates, beginning the dynamic process of transforming food into energy. In addition, vegetables must be chewed well to break down the tough cellulose that surrounds the plant's nutritive core. The stomach cannot digest carbohydrates. It is imperative to chew grains well. Poorly chewed grains cannot break down properly and thus the nutrients, protein, and starches will not be separated from the fiber. If grains are swallowed without proper chewing, the pancreatic enzymes will be unable to break down the food into its basic components. In this case, the grains will only be partially absorbed by the intestines. At this stage, the unabsorbed, partially digested food particles move to the large intestines, where intestinal bacteria ferment them. Fermentation produces excessive carbon dioxide, and sometimes, methane (if there is an odor.) The result is gas and bloating. If you don't want to chew, any diet, especially one high in complex carbohydrates, will fail to produce the desired effect and may create gas, heaviness, discomfort and sluggishness. Poorly digested food can sometimes produce mental and emotional side effects such as irritability, moodiness, and anger. **Chew every mouthful of food until it is liquefied in your mouth.** The strongest animals in the world and those with the most endurance eat vegetation, which they chew very well. Carnivorous animals have teeth with which to tear. Plant-eating herbivores have teeth with which to grind. We are omnivores who can tear and grind our food. Of our 32 teeth, only four are sharp, tearing tools. **The more you chew, the more powerfully you will transform your food into energy. Chewing is like building a fire. Try it yourself. Build a pile of paper and put three or four thick logs on top. Light the paper and see what happens. The paper will flare up, the logs will be blackened and the fire will go out. No matter how dry the wood is or how good the wood is, the chances are 1,000 to 1 that the wood will not burn. Now try chopping the wood very finely, as thin as kindling. Try again. It doesn't matter how hard the wood is, if you chop it finely, you will be able to start the fire and generate heat and energy. If you chew your food finely enough you will release the energy absorbed by the plants from the sun, the earth, the moon, and the stars.** As you chew these pure vegetarian foods, the universal energy is released to help provide the power you need to ignite a healthier, more vital life by building a **Digestive Fire**.

How much should you Chew?

If you want to get your **Digestive Fire** really burning and produce strong energy, then you must chew at least 100 times. However, if you have an ailment or are seeking above-average energy, you should chew 100-150 times. To help recover from **Serious Illness and Degenerative Diseases** or if you are taking drugs or radiation therapy, you will need to **Chew Each Mouthful 150-200 Times.** Chew your drink and drink your food. **Chew even your liquids, and chew your food until it becomes liquid before you swallow.** Once you have chewed 150 times, there is really nothing left to chew. The food will be entirely liquefied and mixed with your saliva. That way, the food is predigested in the mouth and the intestines will not be required to work as hard.

— For **Healthy People, about Fifty Times**, which means about thirty minutes per meal; if talking time is included, you need **An Hour** or more as you wish.

— If you have **Some Health Problems**, you should **Chew Each Bite a Hundred Times** or more; this will take about **An Hour & A Half** just for chewing.

— If you are **Seriously Ill**, try to **Chew Two Hundred Times or More** and take at least **Two Hours** for your meal. This amount of chewing is needed in order for parotin to be produced from the saliva and absorbed into your bloodstream.

Saliva Heals. Have you noticed how a dog will lick a wound? If you have a small cut, saliva speeds up the healing process. **Saliva contains an antibacterial substance that prevents the AIDS virus from infecting white blood cells. Saliva is a powerful and essential element in the transformation of food into energy. Chewing is the spark that lights your Inner Fire.** People who chew more are healthier, stronger, and happier. You can live on half a meal.

At What Rate Should We Eat?

If you are **Slow and Lethargic**, and wish to revitalize your metabolism, consciously **Speed Up Your Chewing Pattern.** If you want **To Be Calmer and Slow Down Your Metabolism**, then purposely **Slow Down the Speed of Your Chewing.** You can set the stage with background music and lighting. **Bright lights and peppy music speed up the rate of eating. Soft lighting and slow music will create a more tranquil pace of chewing.** The rate at which you chew your food affects the energy in your entire body. Chew consciously, with awareness, as you adapt your chewing for your daily needs. The important thing is that you chew your food well. You have no teeth in your stomach nor in your

intestines. **So you must chew in your mouth, 50 times per mouthful, at least. The more you chew, the quicker you will master our philosophy of longevity and rejuvenation.**

Mastication can be Fun

1. Say a **Positive Affirmation in Rhythm to Your Chews** like "Every day in every way I feel better and better." Count how many beats to your affirmation and repeat it in your mind as you chew.
2. **Count only up to ten on each of your fingers.**
3. **Time How Long It takes to Chew** the number of times you desire.

Advanced Chewing Techniques

Chew in a Spiral Motion for Best Results. In the beginning it may feel strange as most people chew up and down. You can train yourself better if you push the food with your tongue left to right from one side of the mouth to the other every 25 bites or so. The whole experience becomes more and more pleasant (even if it seems monotonous) until one begins to feel calm and relaxed. **Keep my eyes half-closed or closed as you repeat your affirmation and visualize what you would like to manifest in your life helping your dreams and desires become reality.** You will feel that you are chewing with your whole body and feel heat all over experiencing the ultimate high of eating at about 200 chews and a glowing, tingling sensation all over your body that feels intoxicating with "**Body Energy Glow**" like athletes often get a "rush" when they run full stride. Lovers experience a high when they are near their beloved. Others feel this energy flow when they are joyfully involved in singing, dancing, chanting, or playing. You will experience the chewing glow. Brown rice is the food that gives the best high; because the **Rice changes into natural sugar more readily and contains the most life energy.** **After a meal you should feel light, energetic and buoyant, as though you were floating in the air, feeling very, very good, happy to be alive and grateful for everything you have, especially the food you have just eaten.** Chewing increases the endorphins in the brain and body, and makes you feel so good that you believe you can handle anything. **Chewing that makes you feel in love with your body and all of life.**

Sink your Teeth into This

If your teeth are in poor shape or are missing, it is critical to fix them. Get all gaps filled in so you can chew your best. Even if you puree your food, always mix it well with your saliva. **Chewing motion stimulates the release of the ptyalin enzyme and the parotin hormone, both vital digestive and rejuvenating elements to be release into your body.**

Eat your Food at the Proper Temperature

Most food should be eaten warm, at least at **Room Temperature**, particularly if you are a cool type of person. You are a "cool type" if (a) you dislike cold weather; (b) your hands and feet get cold easily; and (c) you sneeze often and catch colds frequently. You are a "hot type" if (a) you love cold weather; (b) your feet and hands are always warm; and (c) you perspire easily. **If you have excessive body heat or if the weather is hot, then cool foods, such as salads will refresh you. Icy cold foods may produce cramps, or even paralysis in the stomach.** When your stomach becomes cold from icy foods and beverages, the gastric juices stop flowing, creating indigestion. When you eat, never eat unto fullness always eat less by a third. Overeating causes excess, which, if it is not discharged, will cause imbalance as more is taken in than is given off. Overeating brings the blood to the lower digestive regions of the body. It therefore takes blood away from the brain. **Clarity of thought is sacrificed through overindulgence.**

Quantity of Food

If your body is functioning really well, your stomach should be about the size of your own fist and ideally this is the amount we should eat. One fist-size is approximately the size of an average soup bowl, and coincidentally, the size of your stomach. Although one such serving should contain all the nourishment you need, very few people are actually satisfied with that small amount of food. **For most of us, two fist-sized meals is usually the minimum, but most of us eat about three fist-sized portions of food per meal, or more.** Many of us have enlarged stomachs. Therefore, if you eat until your stomach is three-quarters full, your stomach will slowly shrink to a smaller, more healthy size and you will begin to be satisfied with less food. Do not bite off more than you can chew. Even if we ate the best quality of foods, eating too much of them would spoil the benefits we received. Try chewing each mouthful 300 times and was surprised at the energy and awareness it generated. Chewing helps us to be modest and appreciate the foods we are given. Eat a little. That way, you will be around long enough to eat a lot.

How Much Food is Too Much?

Imagine your body fully satisfied, vibrating with life energy, perfectly nourished, relaxed yet keenly aware. Visualizing is the first step. **Chewing can start you on your path to nutritional satisfaction and balanced weight.** You can be satisfied and eat smaller amounts. Overeating is a crime against your body. Some people who are overweight do not overeat, and others who are slender do overeat. **Chewing can help reduce body fat as well as obsessive food cravings.** Your body can digest only so much food. The rest is deposited as fat or toxins. When these fats and toxins come out, they manifest as pimples, cysts, boils, and crusts. When blocked inside they form internal cysts, tumors, and fatty layers around your organs. Excess food creates stagnation of the Life Force Energy. If you are overeating, learn to heal your mental attitudes, fears, and personal traumas through meditation, support groups, and workshops.

Chewing Benefits:

1. **Better Absorption:** When healthy food is chewed well, **your Digestive Tract will Absorb Its Nutrients.** You are often hungry because you are undernourished, either by the consumption of devitalized, processed food, or because you are gulping large, un-chewed mouthfuls into your stomach. Many are over-fed & under-nourished.
2. **More Satisfaction:** The sole act of chewing has a **Powerfully Calming, Satisfying Effect on People.** When you chew very well, you are quite content with half my usual amount of food.
3. **Deeper Relaxation:** Tense, hyperactive people often overeat. **Chewing has a relaxing effect on the body.**

Toast to Good Health

Are you drowning your kidneys? Those valiant little organs the size of your ears courageously attempt to filter all the soft drinks, hard liquor, and fruit juice guzzled in this society. **If your diet includes animal foods like fish, chicken, meat, cheese, and eggs, you will need more liquids to balance their high protein, sodium, and toxicity.** If you are frequently thirsty, seriously look at your protein and salt intake. If you are eating a grain-and-vegetable diet, you will need fewer liquids, since vegetables and cooked grains have abundant water content. **Cooked whole grains have up to 70 percent water and vegetables contain 85-95 percent water.** Drink your beverages after your meal, as they will dilute vital digestive enzymes. **Drink when you are thirsty. Chew your beverage well (25-50 times) for best results.** This will mix the liquid with your saliva and bring it to body temperature. Notice when your body is hungry and thirsty. As you become more balanced, listen to your intuition regarding eating. Your body will tell you how much to eat and drink.

Practice after Eating

When you have finished eating, remain at the table for 10-20 minutes to allow the food to begin its transformation into energy. Continue to breathe deeply. Express loving gratitude to the food for becoming part of you. Sit and drink your tea and discuss pleasant topics. Keep in mind that the energy of your words and thoughts deeply affects you, especially during and after mealtimes. If you get up immediately after eating, the energy will go to the moving parts of your body. Retain the energy in the digestive tract for as long as possible to maximize the full absorption of the total eating experience. **After this short relaxation, it is fine to get up and move around. That is the time to wash the dishes and clean up the dining area. Move slowly and calmly.** It is important to continue **Breathing Deeply.** This oxygenation of the blood, along with tranquil movements, will ensure better digestion.

After-Meal Stroll

One of the best ways to help your body assimilate food and complete digestion is to take a walk after the meal. Just a stroll for ten minutes is often adequate, and half an hour is even better. If you work in an office building, going outdoors for a walk after lunch to get fresh air will improve digestion. **Walking helps you breathe more deeply. When you breathe, you burn your food better and release more energy from the same amount of food.** Walking is the most efficient form of exercise and the only one you can safely follow all the years of your life.

Avoid Sleeping after Eating

After you have eaten, the very worst thing you can do for your body is to go to sleep. After lunch, wait at least one hour before taking a nap. Following your evening meal, wait **At Least Three to Five Hours** before going to sleep. **Ideally, your stomach should be completely empty before meals and when you go to sleep. Much of the body's regeneration and healing occurs while sleeping, but only if the stomach is empty.** So, if you go to **Bed at 11:00 p.m., finish your evening meal by 7:00 p.m.** Eating immediately before going to bed has the similar effect as eating animal foods. It creates improper digestion, gas formation, emotional heaviness and general fatigue. The energy of the body gets congested and blocked, producing stagnation and deep imbalances. Therefore the body cannot heal, unblock, recharge, and balance itself. You will likely wake up in the morning feeling sluggish, cranky, or clouded after sleeping poorly or for too long.

Eating Process Step By Step:

1. **Exercise; Practice Chi Self-Massage, Yoga, and Tai Chi Kung etc.**
2. **Take Bath, Shower, or At Least Wash your Face and Hands.**
3. **Turn Off the Television, Radio, and Telephone.**
4. **Find a Clean, Quiet Place to eat.**
5. **Light a Candle or Play Soft Music if desired.**
6. **Perform Table Exercises if you haven't exercised.**
7. **Sit with a Straight Spine.**
8. **Express Gratitude or Read an Affirmation.**
9. **Begin Conscious Breathing.**
10. **Place a Bite of Food in your Mouth.**
11. **Place Eating Utensil Down (Hand Position).**
12. **Begin Chewing and Deep Breathing.**
13. **Concentrate in your Mouth or Lower Tan Tien.**
14. **Look at the Food or Other Attractive Object.**
15. **Place your Hand with Fingers Touching.**
16. **After Eating, Say a Word of Gratitude.**
17. **Rest and/or Talk for 10-15 minutes.**
18. **Take an After-Meal Stroll.**

Eating Benefits from Chewing:

1. **Improves Digestion:** The more you chew and the more relaxed you are at mealtimes, the more peaceful and cheerful your attitude will be and the better you will digest and assimilate your food.
2. **Produces More Energy and Endurance**
3. **Promotes Faster Healing**
4. **Develops Patience and Self-Control:** Chewing is a discipline. By adopting a discipline at meals, you will bring more discipline into your life. You will also develop more patience. More chewing produces more patience; more patience produces more chewing. Self-control is exhibited when we can wait for delayed gratification, rather than choosing immediate gratification through impulsive behavior.

5. **Reduces Quantity of Food Desired:** As you chew more, you will need less food because you will get more nourishment out of your food. As you consume more moderate amounts of food, the size of your stomach will decrease. As we become healthier, we generally need a smaller quantity of food. Chewing can help you achieve your most balanced weight and your body will become more firm and trim. Even cellulite can disappear. You will first lose the excess weight, then the fats around the internal organs.
6. **Creates Clearer Thinking and Better Mental Health:** If we eat less and chew more, our thinking becomes clearer and our brain functions better, especially if we breathe deeply while eating. The majority of the oxygen we take in goes to our nervous system, to our brain, and helps digest our food. The combination of less food and more oxygen creates a greater flow of energy. More importantly, this combination helps your food to change into glucose, which helps provide your body with energy.
7. **Enhances Results from any Diet:** Carbohydrates are digested in the mouth with the help of the ptyalin enzymes in your saliva. Of course, the healthier the diet, the better the results.
8. **Saves Money:** You will become more satisfied with less food, and therefore will spend less money on your groceries also reducing costly medical bills.
9. **Reduces Cravings for Sweets:** Those who chew complex-carbohydrates well are able to experience the inherent sweet taste of these foods and frequently are able to decrease their craving for sweets. The more we chew, the sweeter the food becomes. This sweet flavor will help satisfy a need for relaxing food (sweets).
10. **Improves the Taste of Food:** Chewing gives you the **Real Taste of Food**, enabling you to distinguish between good food and bad; real food tastes better the more you chew.
11. **Reduces Flatulence:** There are two kinds of flatulence. One type of gas has no odor and occurs because of inadequate chewing and overeating. If you chew your foods calmly and quietly, you will eat less and reduce flatulence. Odorous flatulence occurs in people who have poor digestion due to an unhealthy diet, poor food combining, improperly cooked foods, or inadequate chewing. **Chewing provides clear solutions to overeating, indigestion, improper food combining, and improper chewing.**
12. **Encourages Relaxation:** Many people are tense and have a lot of stress. The calmer your mealtimes are, the more peaceful the energy you take into your body will be. This will carry over throughout your day. **When chewing is done as a meditation, a mealtime becomes a powerful, calming, and healing experience you may enjoy two or three times a day.**
13. **Reduces Bad Breath:** Most people who have chronic bad breath overeat or eat too often. Before they finish digesting one meal they eat another. They snack and nibble between meals. Their daily routine might be breakfast, then a coffee break, lunch, a snack, dinner, and then another snack before bed. Three meals a day should be sufficient if you eat properly. Many people are satisfied with two meals a day. We have the choice of putrefying or purifying our digestive systems. A healthy digestive system generally signifies a healthy body and mind. Sweet breath means a sweet disposition.
14. **Activates Glands:** Chewing (**Jaw Motion**) will affect your entire **Endocrine Gland System**. Chewing activates all the glands, from the pituitary and thyroid to the pancreas, spleen, and gonads. The sex organs become more balanced. **The gland that undergoes the most change is the thymus gland, which produces T-cells necessary for a healthy Immune System.** The parotin hormone, which is excreted during chewing, increases T-cell production. Chewing well is vital especially for people with any degenerative disease.
15. **Creates a More Alkaline Condition in the Body:** Saliva is alkaline and as it mixes with the food it alkalizes the food you swallow. Even grains can create an acidic condition if not chewed well.
16. **Helps Heal Ulcers:** Chewing increases the quantity as well as the quality of saliva, which is healing for all tissue, internal and external. People with stomach or digestive disorders should hold an umeboshi (pickled plum) pit or clean pebble in the mouth to stimulate the production of saliva. **Saliva is a natural alkaline medicine which, when swallowed, neutralizes excess acidity in the stomach, and helps relieve ulcers.**
17. **Prevents Death by Choking: Choking, or Cafe Coronary** for which the Heimlich maneuver was developed, is one of the five main causes of accidental death in the United States, occurring when people swallow a piece of food that is too large. **Chewing a 100-150 times can eliminate many of these needless deaths.**
18. **Creates Stronger Teeth and Gums:** Chewing stimulates the flow of blood and energy to the teeth and gums because you use them more.
19. **Reduces Food Cravings:** If you chew a healthy diet well, you will probably discover that your craving for unhealthy foods will diminish. Many people become more satisfied with the healthy foods they eat.
20. **Improves Creativity:** Calm, meditative eating and chewing helps you become a calmer, clearer channel for inspiration. Consider the starving artists who produce their best work in poverty with little food. Small quantities of food allow a stronger flow of **Ki, Chi, or Prana** through the body. Excess food creates stagnation of the body, mind, and **Creative Energy Channels.**
21. **Enhances Marriages and Relationships:** When family members eat in separate ways and at separate times, dissatisfaction and division spread. The family that eats calm, balanced meals together will become more centered, stronger, and more relaxed. They will most likely have a better chance of staying together.
22. **Promotes Rejuvenation:** Chewing revitalizes the body because it activates the parotid glands, located on each side of our jaw behind our ears. The more we chew, the more active the gland becomes, secreting the hormone parotin. If one chews too few times, the hormone is swallowed and destroyed in the stomach. **Chewing your food well causes the parotin hormone to become absorbed through the lymph system. The hormone**

renews the cells, affecting the entire endocrine gland system and rejuvenating the whole body. Each of us can chew and produce our own revitalizing hormones.

23. Enhances Development of Psychic Powers: *When the diet is eaten properly, in a calm, meditative manner, with aligned posture and deep breathing, then powerful changes occur in the mental and spiritual channels. Stagnations disperse, allowing the energy channels to open, inspiration to flow, and intuition to clarify.*

24. Creates Greater Sexual Stamina and Vitality: *Impotence, infertility, non-orgasm and PMS are primarily the results of blocked energy and poor nutrition. **Chewing is an effective exercise, through breathing, eating, and relaxation, which contribute to better circulation, vitality, stamina, and sexual satisfaction.***

25. Improves the Condition of All Organs: *Chewing improves your total health, whichever diet you choose, because it will make us eat less. Then our liver will be healthy. This is the first step toward longevity and health.*

26. Increases Efficiency: *Taking time for **Chewing** means you will take less time to accomplish things.*

*The best way to become attuned with nature is to **Eat Foods that are Fresh, Seasonal, Organic, and Local**, chosen to balance our own unique conditions and needs.*

Whole Grains: *The foundation of each meal should be 50% to 60% whole grains. Among the delicious, health-giving whole grains are brown rice, whole-wheat berries, millet, barley, rye, oats, corn, buckwheat (kasha), quinoa, amaranth, bulgur, oatmeal, noodles, corn grits, sourdough whole wheat bread, chapaties, and **Sprouted Grain Bread**.*

Soup: *One or two small bowls of vegetable soup, comprising approximately 5% to 10% of your daily food intake. The soup is prepared with land and sea vegetables along with savory miso or tamari added as a delicious, mild seasoning and as a tremendous nutrition boost.*

Vegetables: *Fresh, Organic Vegetables, prepared in variety compose 25% to 30% of a standard diet. From **Steamed Vegetables to Stir-Fried Vegetables, from Crispy Salads to Rich Stews**, vegetables are vital for health.*

Beans: *An **Excellent Protein, Mineral, and Fiber Source**, beans and bean products are recommended as 5% to 10% of our daily food. Prepared with sea vegetables & grains or in soups and salads, beans are satisfying & delicious.*

Sea Vegetables: *These vitamin and mineral-rich foods supply important nutrients lacking in the American farmlands and foods. Comprising about 5% of our diet, sea vegetables are eaten in beans, soups, vegetables, and even desserts.*

Seeds and Nuts: *Roasted sesame, pumpkin, and sunflower seeds are an integral part of your diet that supplies valuable minerals and high-quality protein. Nuts and nut butters are to be used sparingly.*

Fish or Meat: *A moderate amount (3-5 ounces) of white-meat fish and seafood is desirable for some people once or twice a week or as needed. When eating fish or meat, consume three times more vegetables than fish or meat.*

Desserts and Sweeteners: ***Grain-Based Sweeteners as Rice Syrup, Barley Malt, and Amasake Plus Fruit Juices.** Pies, Cakes, Cookies, Puddings, and Gelatins are prepared with these sweeteners and eaten in moderation.*

Fruits: *Depending on one's condition, needs, and climate, local fruits in season are recommended in moderation.*

Cooking Oil: ***Naturally Processed, Cold-Pressed Vegetable Oils (Coconut Oil)** are recommended in cooking.*

Condiments: *Use of valuable condiments such as gomashio (sesame salt), umeboshi plums, tekka, and sea vegetable powders. Sea salt is best used sparingly in cooking and with knowledge of its effects.*

Pickles: *Fermented vegetable pickles eaten daily are natural digestive aids and alkalize the body.*

Beverages: *Spring or well water is recommended for drinking, and in the preparation of food and teas. **Bancha tea, and non-stimulant herbal teas are the most frequently served beverages. Avoid iced beverages.***

Cook: *A flame or gas stove is essential. **Avoid Electric or Microwave Cooking.***

Entertainment: *Use a **Protective Screen on your Color Television and Computer Terminal.***

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