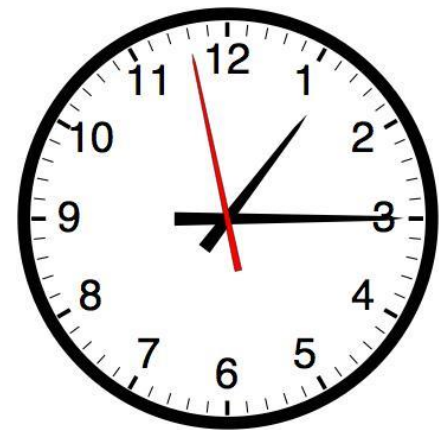


THE ART OF CHEWING



The Art of Chewing

- The most important part of the digestion process
- It is also the least understood by clients
- It is the number 1 factor in acid reflux
- It is a major contributor to gas and bloating
- And it should be taken seriously by the client so they can allow time for it



The Chewing Process

- The pace of the chewing will set the rhythm for the rest of the digestive process
- Chewing at the proper rate gives the stomach time to tell the brain that food has arrived.
- More importantly saliva contains leptin (decreases appetite) and grehlin (increases appetite) which signals the brain to help make the decisions to stop eating.
- Saliva is also a source of enzymes for carbohydrates (salivary amylase) and has an alkaline ph
- Saliva contains strains of good bacteria, antibodies and anti-microbial compounds

Chewing

- According to a study at Harbin Medical University in China, people who chewed each bite 40 times (as compared to 15 times) ate 12 % less food and blood tests showed lowered ghrelin levels
- A study of 1000 Subway consumers showed they chewed, on average, each bite 6 times
- Chewing 20- 30 times on average is good – it depends on the food and how dense it is
- Chew until it is liquid



Benefits of Chewing

- Aids digestion
- Increases the availability and absorption of nutrients
- Decreases risk of diarrhea, constipation, stomach discomfort and nausea
- Reduces bloating and gas
- May aid weight loss
- Most importantly, it increase enjoyment of the food

