

## Method of eating food

After selecting the right food for your body (See Article 1), it is very important that, how you are eating the food. You must chew the food slowly and thoroughly so that more saliva is added before swallow it.

You should take the food only when you feel hungry. Because the saliva secrets at the time of hungry have more enzymes which help the food get digested properly.

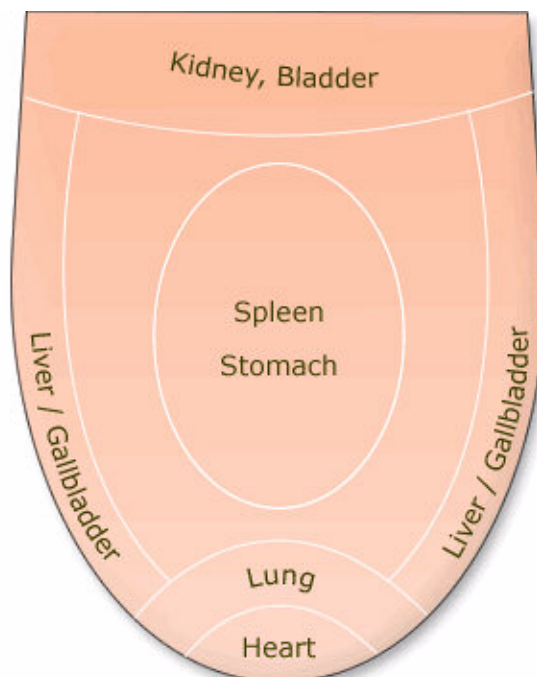
If possible try to sit on floor. When you are sitting on a chair, keep your legs folded. Eating food in standing position is not advisable.

Don't talk/read and watch TV when you are taking food, because if you hear/know some bad news, body shuts the feeling of hungry. Taking food without hungry will lead to indigestion.

You must take food which has all the 6 tastes (Bitter, Astringent, Sweet, Spicy, Salty and Sour). All the naturally grown food items (not the canned food) have all the 6 tastes but each one may have one taste most dominated.

Our tongue has the capability to absorb all the 6 tastes. Each organ has its own taste. When the food touches each area of the tongue, it absorbs the tastes and sends the signal to the organs. If the taste is good and at correct level it makes the organ to work proper, and when it tastes more/very less it affects the organ.

The figure shows the area of the organs connected.



The table shows the element, organs and tastes belong to that.

Element	Organs	Tastes
Fire	Heart, Small intestine	Bitter, Astringent
Earth	Stomach, Spleen	Sweet
Air	Lungs, Large intestine	Pungent(Spicy)
Water	Kidney, Urinary bladder	Salty
Space	Liver, Gall bladder	Sour

For example, the tip of the tongue absorbs the bitter taste which is meant for heart and small intestine. If you take food with bitter taste, it absorbs and sends the signal to the heart and small intestine. Even though you are taking the food with bitter taste and that is not touching the tip of the tongue, then it cannot absorb the taste properly.

When you are not chewing the food properly and simply swallowing it, without fail food crosses the end of the tongue, which is absorbing the salty taste. So only kidney/Urinary bladder receives the signal not the others, which spoils the health even though you take proper food to fill your stomach.

## **Diet**

Many people fix the quantity of food in the name of diet before they start eating like 3 dosas for breakfast, 2 chapattis for dinner. It is totally wrong. Hungry level varies person to person and time to time.

All you need to do is when you feel hungry start eating the food slowly with concentration. When you feel it is enough stop eating immediately. Never worry about the quantity.

For example, usually you have 4 chapattis for your breakfast. If you feel it is enough after eating 3 chapattis, just stop eating. If you feel still hungry even after eating 4 chapattis, go for 5<sup>th</sup> one without hesitation.

When you eat more than what you require, it totally becomes toxin and if you have any weak organ the toxins settle on it and you become unhealthy. So never take food more than what you require at that time.

Never worry about the content (Protein, carbohydrates etc) of the food what you eat. Select the food as per the method given in Article 1 and eat it slowly, our body is capable of converting the food into the content what is required for it. So never take packed food which says Vitamin A-Z is added to it.