

# How to Connect with your body before EVERY Meal



## Before you eat ANY meal...CONNECT

There are so many experts, diets, protein shakes, nutrition tips, and cleanses to choose from. So, why are so many people still confused and searching for the perfect diet, vitamin, meal plan, and program?

The perfect diet is within you. Your mind, rules, habits and guilt can be factors that block you from what your body truly needs. Shifting your perspective is the #1 change agent. Being the curious observer vs. aiming for perfection or following specific rules. An example for breakfast is that some mornings eggs sound delicious and some mornings they do not resonate with you. If you force your body to eat “protein” in the form of eggs, that isn’t serving your higher self and your body’s needs in this present moment. Try practicing these 3 Steps before you meal plan, grocery shop, or order at a restaurant.

**1**

**BREATHE:**  
TAKE 5 VERY DEEP  
CONSCIOUS BREATHS  
ENDING WITH A SIGH

**2**

**ALIGNMENT:**  
PLACE A HAND ON  
YOUR HEART &/OR  
TUMMY

**3**

**CONNECTION: ASK**  
YOUR BODY IF IT  
WANTS HOT OR COLD  
AND SWEET OR  
SAVORY

**STEP 1:** Your body releases 60% of its toxins through your exhale (CO<sub>2</sub>)<sup>1</sup>. If you are stressed and experience adrenal fatigue, cortisol spike and being in fight or flight for most of your day, these stressors compromise the lung's detoxification functions. Stress is the leading cause of disease, symptoms and imbalance in the body. Reducing your stress level through breathing, movement, quality food, and great sleep will enhance your mental focus, moods, energy, reduce inflammation and help you be a kinder and happier human.

Taking 5 Deep breaths also relaxes your nervous system to support your small intestine to absorb essential vitamins and minerals.

Here are the steps on how to breathe properly and efficiently.

Breathing 101& other resources below<sup>2</sup>:

1. Exhale completely.
2. Take a deep breath
3. Let it out effortlessly, and then squeeze out a little more. Repeat 5 times.

Ending with a sigh<sup>3</sup>, clears your lungs, emotions, and relaxes your cortisol to support your mind and body to enjoy the pleasure of the food.

**STEP 2:** Alignment: There is a movement that is including more energy modalities in the fields of science, nutrition and wellness. Connecting



to your spirit (Mind-Body Connection) can come through a strong intuitive feeling. Have you ever heard an inner dialogue that is loud, certain and authoritative? There is no questioning that this is your intuition. Pay attention to your intuitive spark and listen to it when it comes through.

When you connect with your body by placing your hands on your heart and/or core, this will help your mind relax and you can hear your intuition guide you toward foods that serve you best. My favorite times to do this is at a restaurant and grocery store, I relax my eyes and flow over the menu or through the aisles and let the entree or groceries for the week jump out at me.

**STEP 3: Connection:** The question of asking your body if it wants hot or cold and sweet or savory also gets you out of your mind and uses your senses to connect with your body. Our body needs to adjust and align with the seasons, when we tune in we can flow versus force.

Many ancient modalities such as Oriental Medicine and Ayurvedic Medicine use a yin/yang approach to help the body achieve balance. We yearn for different flavors, textures and cravings. An article by Psychology of Eating<sup>4</sup>, said it best, “Life Itself is a Yearning”.

An example of a hot/savory meal would be eggs with vegetables and topped with avocado. An example of a cold/sweet meal would be the conscious cereal recipe, crushed nuts, almond milk, shredded coconut with a drizzle of raw, organic honey.

Proceed to nourish yourself, chew well and slowly for ultimate absorption, and Enjoy!

---

**If you are someone who is passionate about helping others with nutrition. Please share this complementary guide by Heather Dawn Fleming, Founder of the Conscious Nutrition Program and Leader of the Intuitivarian Movement.**

---

To learn more about other conscious tools to support your nutrition intuition and evolution,

Please visit: [ConsciousNutrition.com](http://ConsciousNutrition.com) & [YouTube](#):

---

## RESOURCES

- \* 1. How your body exhales fat and toxins: <http://www.livescience.com/49157-how-fat-is-lost-body.html>
- \* 2. Abdominal Breathing Technique: With one hand on the chest and the other on the belly, take a deep breath in through the nose, ensuring the diaphragm (not the chest) inflates with enough air to create a stretch in the lungs.
- \* 3. Why to Sigh? This was a great takeaway from a Silent Retreat with Lola of [DivineOpenings.com](http://DivineOpenings.com)
- \* 4. I so enjoy this article on cravings and staying conscious <http://psychologyofeating.com/3-types-of-cravings/>