

Module 4 – Digestion & Meal Timing

[3 videos, 3 assignments]

One of the easiest, cheapest, and most effective ways to improve our health, reduce food sensitivities, and recover from dysfunction, is to address the timing and practice of eating. By eating on time, slowing things down, chewing thoroughly, and being a more conscious eater, you'll be amazed at how much faster you can recover your health. The process of extracting nutrition and life-force energy from food is extremely valuable, and sadly this topic is too frequently glossed over in favor of fancy supplements. I encourage you to make this a priority in your life!

Video 4.1 — Homework 14

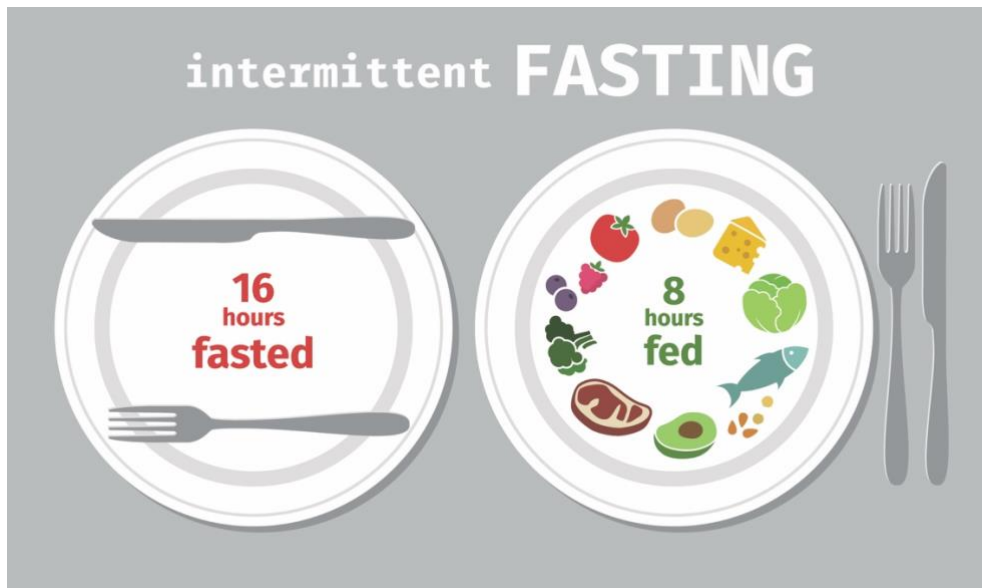
Homework

Estimated days of adherence: 5-7 days

It is recommended that you give yourself some time to implement these changes and at least 5 days to adhere to Assignment 1 before moving on to Assignment 2.

Assignment

If possible, limit your number of meals in a day to 2 or 3. The body shouldn't be having to digest food all day long. Shorten your "feeding window", the time in which you eat your meals, down to an 8-10 hour window (or less on occasion). Give yourself 14-16 hours each without food. This should become a regular practice that is your ongoing baseline operation. Below are a few typical examples of good meal timing:



- 1) Breakfast at 8 am + Lunch at 12 pm + Dinner at 5 pm = 9 hour feeding window
- 2) Breakfast at 10 am + Lunch at 2 pm + Dinner at 6 pm = 8 hour feeding window
- 3) Breakfast at 8 am + Lunch at 12 pm + Snack at 3 pm = 7 hour feeding window
- 4) Breakfast at 9 am + Lunch at 3 pm + no dinner = 6 hour feeding window

Video 4.2 — Improving Digestion

Video 4.3 — Homework 15

Homework

Estimated days of adherence: 5-7 days

It is recommended that you give yourself some time to implement these changes and at least 5 days to adhere to Assignments 2 & 3 before moving on to the next module.

Assignment

Focus on eating your meals in a calm setting and chewing your food thoroughly to the point where your food is nearly liquid. If new to this practice, it can often feel like you are “over-chewing”, but that’s because most of us have been “under-chewing” much of our life. The goal here is to slow down, relax, and bring awareness to our chewing and how fast we’re eating.

Reminder: You should already be practicing engaging the parasympathetic nervous system from the previous module. This includes eating in the proper state, smelling & preparing your food, and taking a moment of gratitude.

- Slow Down & Chew
 - Chew each bite 20+ times before swallowing or taking another bite. Not only will the food will be broken down well by chewing, but this will allow the saliva to do more work. And perhaps just as importantly, it slows the rate at which you’re eating.

Assignment

Consider using Betaine HCL or Aloe prior to your meal. If you’ve experienced chronic gastrointestinal issues and/or poor digestion, I’ve found these two supplements to be extremely effective for many people. If you feel called to experiment with these, here are the two I recommend often. Note: Aloe Arborescens is more medicinal than Aloe Vera, which is why it is more expensive.

- [Aloe Arborescens](#)
 - Typical Dose: [1 TBS] 3 x day at breakfast, lunch, dinner
- [Premier Research Labs HCL](#)
 - Typical Dose: [2-3 caps] 3 x day at breakfast, lunch, dinner
- [Premier HCL Activator](#) [use with Premier HCL]
 - Typical Dose: [2-3 caps] 3 x day at breakfast, lunch, dinner