Guidelines for Eating

\*Eat enough quantity considering the state of Agni and Doshas

\*Eat three meals a day

\*Eat after previous food is digested

\*Set specific time and place

\*Eat with proper frame of mind (A happy mood)

\*Create and pleasant environment (flowers, music, incense)

\*Wash hands thoroughly

\*Feed somebody before you eat

\*Bless your food before you eat

\*Do not eat very slow or very fast. Take time. Chew food longer. Food starts digesting in the mouth by Bodhaka Kapha. We enjoy the taste of the food while it is in the mouth. It reduces the amount of food we eat.

\*Do not talk or laugh while eating. Do not eat on the run or while watching TV. Concentrate on the food.