

Title: You are not what you eat; You are what you metabolize!

**Have you ever heard, “YOU ARE WHAT YOU EAT”?**  
**You are NOT just what you eat - YOU ARE WHAT**  
**YOU METABOLIZE!** Digestion is very important, and we are talking about more than just the digestion of our food!

**We METABOLIZE all of our experiences from all five of our senses!** And how healthy our digestion is has a major impact on our over-all health and well-being. For example, Nutrition is not limited to just what goes into our mouths, although that is an important step. Healthy digestion involves being conscious of all the steps in nourishing ourselves. When we eat a meal we consume not only the calories, proteins, fats and carbs in the food, but are also influenced by our emotional state when we eat, the environment in which we eat and the manner in which the food was prepared. The same meal can be metabolized in an entirely different way depending on how it is prepared, the frame of mind we are in when it is consumed, what is going on around us, and even the time of day that it is consumed.

When you consume your food, consider not only the quality of your food, but your state of mind, the company you are in, and your surroundings. A delicious meal consumed in a highly emotional state with the TV blaring the daily news, in the company of others who are stressed out and unhappy will not have the same nourishing effect as the same meal consumed in a happy and relaxed environment, prepared by someone who loved the process, and in the company of those with a pleasant, relaxed and positive outlook on life!

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