

WHAT IS MINDFUL EATING?



Let us look at how we can eat mindfully. You are welcome to try this while reading. Please bring a raisin or any food product that is in nearest proximity. If you are eating a raisin, take your time to look at the colour, the serrations, the shape of it. Then feel it - the softness, the rounded edges, the texture. Slowly place it in your mouth and become aware of its feel on the tongue. Hold it in the mouth for a little while before you bite onto it. Now take a bite and become aware of its juices that ooze in the mouth. Let it slowly spread and merge with the saliva. Chew it thoroughly. Experience the sensations it brings into you. Eat in silence.

WHAT IS A WHOLE PLANT – BASED DIET?

Whole Plant Based Diet is a diet that does not use animal products like dairy, and also no oil, sugar and processed food. Food is cooked with natural, unprocessed and organic ingredients.

Following this diet for your own health may be a good reason to embrace it. The benefits are enormous, like increased energy, younger looking skin, prevention and reversal of certain diseases. By following this diet, we also prevent cruelty and exploitation of animals. The animal industry is an environmental concern due to involved issues like pollution, deforestation and use of resources like fossil fuel, water and land.

SOME EXPERIENCES BY PARTICIPANTS

“The taste of the food lasts even after the food is swallowed.

I feel so satisfied after eating only one raisin.”

“It is like meditation”

SOME SUGGESTIONS

“The alteration of diet can be challenging and if done in a very drastic manner may lead to failure of following it consistently. In my experience, trying to apply this change in stages helped me and I am able to follow it more consistently with minimal temptations.

The three stages are:

1. Stop eating the wrong food like fried, packet food, sugar, junk food
2. Start eating the right food in the meals like dals, vegetables, salads, roti
3. Eat what nature really wants you to eat. Raw fruits, vegetables, nuts etc.

Each of these stages can be followed for about 2 -4 months depending on the comfort of the individual and then move on to the next stage.”

Dr Rajan Sankaran