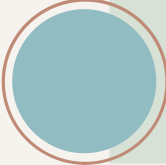

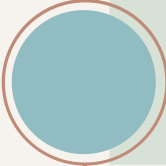
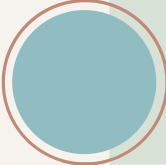



CHEW YOUR WAY TO BETTER DIGESTION

FUN FACTS!

-  Chewing until food is liquid or very soft, kick starts digestion.
-  Chewing releases enzymes that begin to break down food.
-  Stomach needs food to be small to digest and send to small intestine where nutrients are absorbed.
-  If food isn't broken down enough, the stomach can't digest and small intestine can't absorb nutrients.
-  Undigested food goes to the large intestine, aka the colon, as waste.



CHEW YOUR WAY TO BETTER DIGESTION

TIPS!

Take a deep breath before eating. This helps the body begin to rest & digest.

Chew slowly. It helps your body relax.

Main goal is to chew solids so they get as liquidy as possible.

Some people find it helpful to count their chews. 32x is the general recommendation.

Your food should fit on your utensil, not falling off or over, for a good bite-size chew.

