



melmed center

# Nutri-Tip from Jan

*Volume 29, October 2019*

## Mindful Eating and Chewing



Chewing food completely has numerous benefits such as improving digestion and appreciation of food, recognizing fullness and reducing cravings, better absorption of nutrients and strengthening the immune system. Here is how to chew properly:

- 1. Give yourself enough time:** Do not eat while you're in a hurry. Allow yourself enough time to savor your food and taste each bite.
- 2. Cut the food into small portions:** It is important not to put too much in your mouth at once. This makes it difficult to chew food thoroughly.
- 3. Chew thoroughly:** The exact number of chews vary with the texture of the food and the salivary glands of the person. Food should be chewed until mushy and liquid.
- 4. Swallow slowly:** Do not gulp an entire mouthful of food down your throat at once. This can cause choking or damage to the esophagus.
- 5. Wait before the next bite:** You should wait until you are finished swallowing before taking another bite: Let the food pass through your esophagus before putting more in your mouth. It is helpful to put your knife and fork (or hand) down in between bites to avoid this.

### Want to Learn More?

If you are concerned about your child's eating style and nutrition (or your own), schedule an appointment with Jan Katzen, CN, our nutritional therapist, for a comprehensive nutritional evaluation and an individualized, sustainable food plan. Contact the front office for a complimentary 10-minute phone or in-person consult with Jan.



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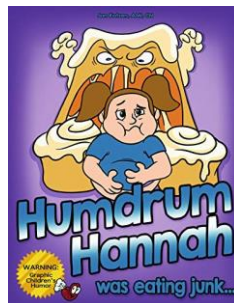
Nutritional therapy aims to identify nutrient deficiencies and food sensitivities that impact brain development and function along with the impact of food on emotions such as depression and anxiety. Nutritional therapy works with other therapeutic modalities including counseling, ABA, occupational and speech therapy, medical management with feeding therapists to identify priority foods.

Individualized food prescriptions can improve the severity of symptoms seen in autism, sleep disturbances, and ADHD. We address the nutritional side effects of medications, picky and binge eating, weight control, and digestive health concerns.

Jan Katzen, AMI, CFP, CN, Nutritional Therapist and Educator, studied nutrition and health under the tutelage of the Director of Brain Chemistry and Human Nutrition at the London Metropolitan University. She interned with the founder of Foresight Preconceptual Care and has served on the advisory boards of the Mother and Child Foundation (UK), the Montessori Education for Autism Foundation (UK), and ePap Nutritionals in South Africa. Jan is the nutritional instructor for the Center of Guided Montessori Studies online teacher training/credentialing classes.

Jan has written nutritional education books for both adults and children. She has years of clinical experience coordinating nutritional care with developmental pediatricians, pediatricians, psychologists and mental health professionals.

Check out Jan's Most Recent Book on Amazon.com!



**Complimentary 10-minute introductory phone consults with Jan are available**

Please contact the front office for details