

# EVEN MY T-SHIRT IS GLUTEN FREE

Confused? I am! Now more than ever the market is saturated with diets (and complementary foods, shakes & books of course) to support you on your 'journey'. All of a sudden fat is now ok, gluten is evil, we need to ferment absolutely everything in our pantry & there may be a war on carrots on the horizon...sorry I think I meant cabbage!

Seriously, with all these diets I'm starting to wonder what our grandparents did for food? How did they survive? Did calories even exist back then?!?!?What do seemingly healthy people do in 3rd world countries that can't afford a cold pressed juicer?

We all know the answer to that...before the food industry became so commercial, diets were simple, foods were well cooked, highly digestible & instead of counting calories, carbs or fats people just talked, laughed & actually enjoyed their food.

Deepak Chopra once said to me that, 'its better to eat junk food at the right time than healthy food at the wrong time'

Ayurveda never talks in calories or carbs but conscious eating habits.

So what's right?

A return to 'correct' eating.

Breakfast should be a medium, sit down meal, and lunch the largest meal of the day with dinner the absolute lightest.

Our digestion is strongest between 12-2pm. Our digestive fire or 'furnace' is roaring so we want to eat our biggest meal and do all our sinning at lunch.

Our digestive system starts to shut down between 6pm - 10pm. Eating a large meal during this time is like smothering your digestive 'fire' completely out. Foods don't get digested properly, ferment then disturb your sleep amongst a whole host of other unhealthy reactions.

What foods do I eat?

Anything really that's fresh, seasonal, well cooked and has all six tastes, sweet, sour, salty, bitter, astringent and spicy.

According to Ayurveda, the world's oldest medicine, foods should be highly digestible. Well-cooked foods are your best bet as the heat breaks down the hard to digest cellulose in vegetables & other foods. Avoiding cold foods & drinks is very important to avoid smothering our fire out.

Quite often a slow cooking process will cancel many of the toxins & allergic components of foods. Think stews, curries, soups, and laksas...anything warm and nourishing. Salads are better in summer when our digestion is stronger. The six tastes in each meal ensure you are getting all the phyto nutrients that create the tastes in foods. Get creative and have fun!

Want to jump start your digestive system?

It's easy to overindulge but there's one easy way to fix it with what I call the Lunch-to-Lunch Detox.

Once or twice a week you will start with a normal breakfast and lunch, swap to a superlight light dinner (miso soup or any clear soup alternative) sleep, light breakfast (miso soup or any clear soup

alternative) then resume your normal lunch (you will be ravenous/ravishing by then) & dinner. You can repeat this the following day or another day in the week.

This resets & reignites your digestive fire so that everything you consume is fully burnt down & digested.

Please don't be tempted to skip your 'light' meals during this mini detox as fasting completely is very stressful on the nervous system and further shuts down your precious digestive system.

Add, don't subtract.

Correct eating is all about adding new tastes and ways of cooking as opposed to removing food groups. Sure, you can wind sugar back a little, however make sure u experiment with seasonings, spices and flavours that make your food exciting.

By all means please enjoy your paleo, activated, non-violent muesli but at your next meal, before you reach for your smartphone and take an Instagram pic of it, how about exploring every taste sensation, every crunch, texture & flavour....with a friend is even better.

**WORDS** by Michael Joseph

## MORE INFORMATION

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