

Lesson 12: Cephalic Digestive Response

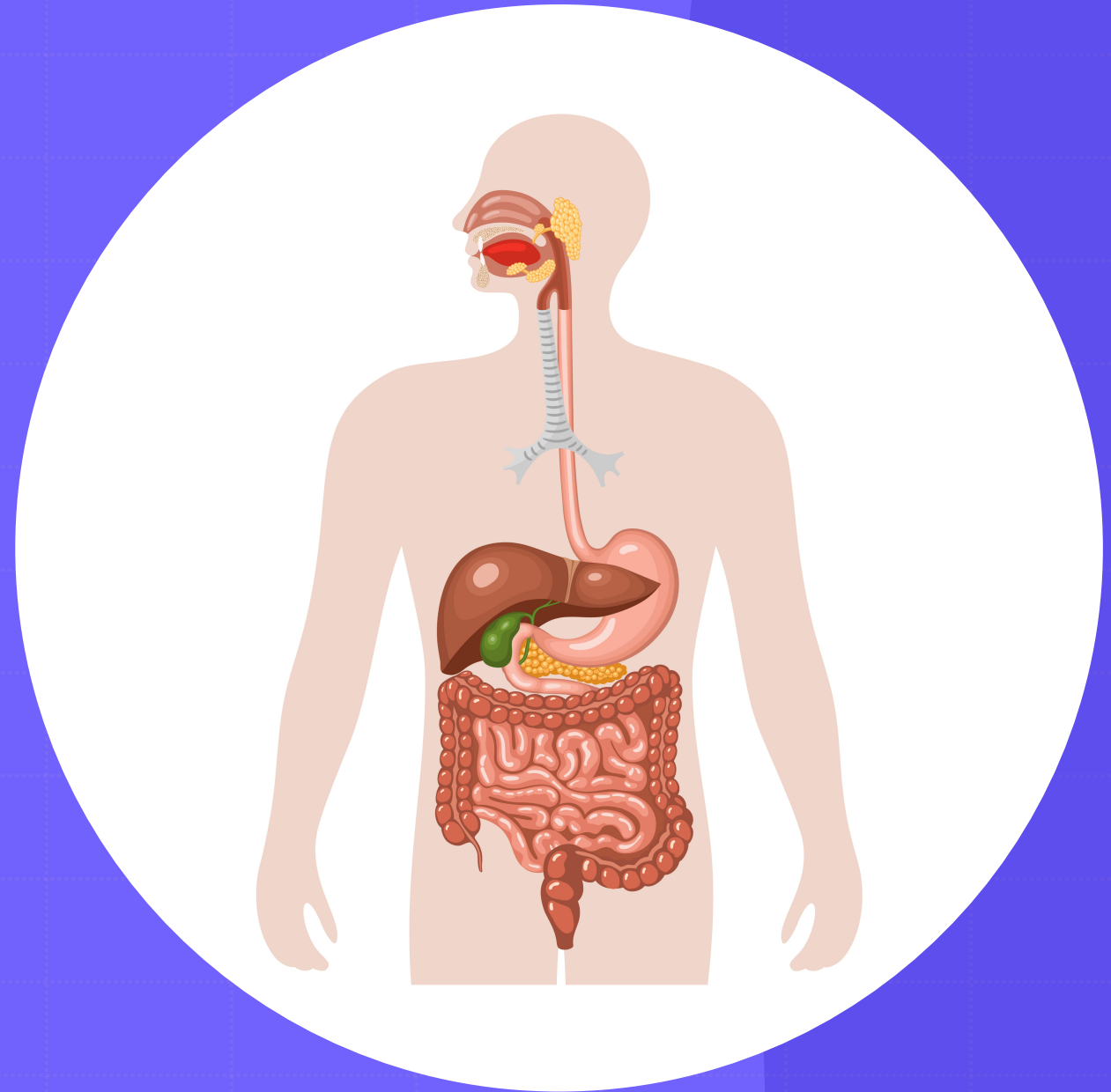
Megan Ramos | Co-founder and CEO



the **Fasting Method**

What is the cephalic digestive responses?

- First phase of digestion and occurs before we eat anything!
- It is the conditioned anticipatory physiological responses to food cues.
- They occur before nutrient absorption and are hypothesized to be important for satiation and glucose homeostasis.



Why is it important?

- Impacts our glucose and insulin levels
- Determines how many nutrients we absorb
- Plays a significant role in how our GI system responds to the food we eat



If you change "how" you eat, you can...

- Absorb 60% more nutrients
- Reduce your glucose and insulin levels by 30%
- Decrease risk of IBS symptoms, i.e. gas/bloating, diarrhea, constipation, etc.



A woman with dark hair tied back, wearing a purple ribbed sweater, is shown in a meditative state with her eyes closed and hands held up in front of her. The background is a bright, modern kitchen with white cabinets and shelves. A semi-transparent purple banner is overlaid at the bottom of the image.

The Art of Eating

Recommended Read

- One of the most critical books to my success – changed my entire life
- Shift perspectives from low calorie to low insulin, etc.
- Great recommendations on circadian rhythm but not suitable for all lifestyles

"If you've ever struggled with finding a way to a deep, happy, and healthy connection with your body and food, The Slow Down Diet is your bible."
–Mark Hyman, M.D., director of Cleveland Clinic Center for Functional Medicine and author of the #1 New York Times Bestseller *The Blood Sugar Solution*

THE SLOW DOWN DIET

Eating for Pleasure, Energy & Weight Loss



An 8-Week Breakthrough Program

 10TH ANNIVERSARY EDITION

MARC DAVID

Founder of the Institute for the Psychology of Eating

Autonomic Nervous System

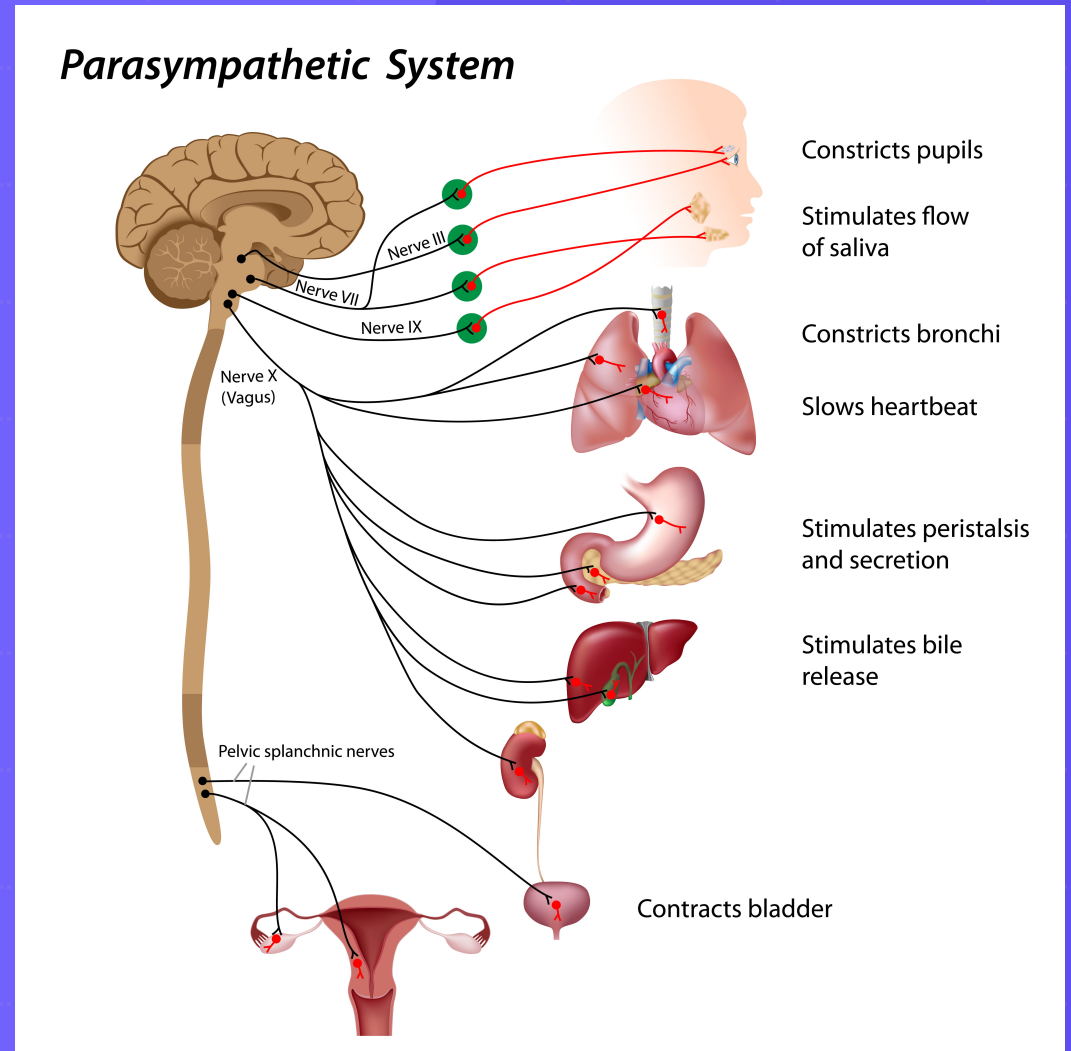
Sympathetic Nervous System

- Flight or fight
- Increases cortisol, insulin and glucose
- Fat storing
- Decrease digestive activity

Parasympathetic Nervous System

- Rest and digest
- Lowers cortisol, insulin and glucose
- Fat burning
- Increase digestive activity

Which state do you want to be in while you eat?



Impacts of Eating Under Stress

- Decrease nutrient absorption
- Increase cholesterol and triglycerides
- Increase cortisol
- Decrease gut flora populations
- Decrease growth, thyroid and sex hormones
- Diarrhea/constipation
- Increase inflammation
- Burn out mitochondria
- Lowers ability to burn calories



The Art of Eating Tips: Things to Avoid

- Don't watch/listen to TV, podcast, radio or audio books
- Don't use smartphones (no social media and YouTube)
- Don't eat at your desk or sofa
- Don't read (news, books)
- Don't multitask



The Art of Eating Tips

- Do take 4-8 deep breaths before eating (4-4-4-4 or 4-7-8 breathing)
- Do eat at a designated eating area
- Do listen to music
- Do enjoy conversation with friends/family BUT don't talk while chewing
- Do pay attention to the number of chews per bite
- Do pay attention to temperature, texture and combinations of flavors



Healthy Habits and Mindset Keys Masterclass with Dr. Terri Lance

- Starts May 31st!
- 14-day intensive course on healthy habits and mindset associated with fasting and nutritional changes
- 4 LIVE workshops
- 2 LIVE Q&As
- Learn more today at 3 PM ET/12 PM PT during a LIVE webinar with Dr. Lance
- www.thefastingmethod.com/masterclass
- **Discount Code: Masterclass15%**