

# Give Your Stomach a Rest

Contributed by Webmaster  
Wednesday, 26 March 2008  
Last Updated Wednesday, 26 March 2008

By Nicky Pilkington

Without doubt one of the most overlooked reasons why so many people today suffer from fatigue is their eating habits. They may have no desire or appetite for food, but the "clock" dictates when it's time to eat, so they eat.

People have been brainwashed into believing they have to eat three or four large meals each day, whether their body actually needs the food or not. Do animals look at a clock to govern their eating habit? Certainly not. They eat when they are hungry and hence reap the benefit of living long and healthy lives.

The stomach works hour after hour, day after day, to digest food. Including way too much of the toxic junk we eat. Although the stomach does an awesome job in trying to process this deluge, the strain we place upon it is often too great. The end result is lethargy, fatigue and sometime even serious disease.

The stomach needs time to digest rest and then prepare digestive juices for the next intake of food. Then, and only then, will the stomach do an efficient job of digestion the body be able to reap the benefits.

Natures has evolved a simple and fail safe system for the intake of food, however most of us rarely pay attention. The stomach, when ready, will send out hunger pangs that in turn will increase the activity of the saliva glands. This process is vital for the correct digestion of food.

Sadly, the stomach has become the main victim of food addiction because it works in a state of constant overload. It cannot cope with all the undigested food that soon starts to ferment and putrefy. Is it any wonder that the brain becomes fogged and energy levels are depleted...or that the breath begins to smell bad? As toxic sludge permeates throughout the body, unpleasant odors are often quite common.

With the proliferation of junk food the stomach's woes have increased tenfold. It now has to deal with chemicals, some highly toxic, which it was not designed to do. All this extra work takes time, something most individuals are unwilling to give.

Finally, always remember that digestion is a dual process. The first process takes place in your mouth through chewing, which prepares the food for final digestion. The final process of digestion is completed in your stomach.

Be honest with yourself and decide if food has become an addiction. If it has, remember that you are dealing with a habit and habits are difficult to break. Your body may start to send out all sorts of weird signals when your eating habit improve, but don't give in. Stay the course and say hello to a new you.

Eat to live, don't live to eat. The results will astound you.

Find out more about General Health at [healthandfinesse.com](http://healthandfinesse.com)

Find Beauty Method Tips From Skin Experts

{mos\_sb\_discuss:2}