

What to do after meals

My work as a colon hydro therapist at *West London Colonics* has made me interested in the thoughts of all sorts of folk on what's good, and what's bad for the digestive system.

After all, colon hydrotherapy is rooted in the health practices of the Ancients. And modern science is yet catching up with mechanism of action of some ancient ideas about health.

So with that preamble, bear with me as I cite the ideas of an unusual source, and draw them in with ideas from Ayurveda, the ancient Indian form of medicine.

First the unusual source.

The American medium, Edgar Cayce "the sleeping prophet" (died 1945) gave health related readings, much of which may be co-related to ancient wisdom teachings.

For instance, this is what Cayce suggested as **a post meal routine:**

" After breakfast, work a while.

After lunch, rest a while.

After dinner, walk a mile."

Ayurveda, the ancient system of Indian medicine, agrees with this recommendation, and moreover gives a rationale for these practices.

Post breakfast, both the body and the mind is fresh.

The digestive system has fasted for at least 12 hours (if one has followed the ayurvedic precept of not eating dinner after 7 pm) and therefore can easily tackle the task of digesting breakfast (again assuming that heavy oily foods are not consumed.)

Hence, after breakfast *work a while* - the body and mind are fit to do so.

Post lunch the digestive system is highly active, and capable. Digestive juices are flowing well, per the biorhythms of the body.

However, lunch should be the largest meal of the day, and some support needs to be given for its digestion. That support is best given by resting appropriately in a posture that optimises digestion.

Yoga and Ayurveda recommends the *Rock pose* (vajrasana) or better still if they're sufficient body flexibility, *supta vajrasana* (the supine rock pose). In this pose blood to the lower extremities is reduced, and that blood becomes available to the digestive organs. Simple but supremely effective.

Only needs to be done for 15 minutes or so.

So, after lunch *rest a while*.

Post dinner, a short walk would be the classical Ayurveda lifestyle recommendation.

Why? Because in the evening the body's bio rhythms mean that the digestive system is a little sluggish, and a short walk helps to move the food along the digestive channels. Walking does not strain the system, and at the same time activates the system. Ayurveda holds that the worst thing one could do (from the point of view of digestion) is to go to bed straight after dinner. A gap of 1 to 2 hours between dinner and bed is suggested. Otherwise dinner will literally sit in the belly like a lead weight! Obviously, another principle is that dinner should not be a heavy meal; it should not be the largest meal of the day.

Thus, after dinner walk a mile.

Whilst Ayurveda has its ancient roots to support its principles, and really does not require revalidation, it is nevertheless interesting to find some of its principles being given support by such an unlikely source.