

Chewing/ Masticate Food

Masticate slowly, and allow the saliva to mingle with the food. The more liquid there is taken into the stomach with the meals, the more difficult it is for the food to digest; for the liquid must first be absorbed. (1890)

You have felt so fearful you would be reduced in strength that **you have eaten more than was necessary, placed in your stomach a greater amount of food than the system could take care of well.** The result has been in distressing heats and fevers. Take nothing which will increase the appetite for food; unless you restrict appetite, you will never recover health. **Your food should be taken dry and take a longer time to masticate it. Eat slowly and much less in quantity. Two or three articles at one meal** is all that should be placed in the stomach. **These varied articles cause fermentation before digestion.** God never designed the stomach as a slop pail. You have made some improvements which are important. You can make more if you will. It is the will power that you need to bring to your aid to use which you do not. {Lt22-1878.5}

In order to secure healthy digestion, food should be eaten slowly. Those who wish to avoid dyspepsia, and those **who realize their obligation to keep all their powers in a**

condition which will enable them to render the best service to God, will do well to remember this. **If your time to eat is limited, do not bolt your food, but eat less, and masticate slowly.** The benefit derived from food does not depend so much on the quantity eaten, as on its thorough digestion; nor the gratification of taste so much on the amount of food swallowed, as on the length of time it remains in the mouth. Those who are excited, anxious, or in a hurry, would do well not to eat until they have found rest or relief; for the vital powers, already severely taxed, cannot supply the necessary digestive fluids. When traveling, some are almost constantly nibbling, if there is anything within their reach. This is a most pernicious practice. If travelers would eat regularly of the simplest and most nutritious kinds of food, they would not experience so great weariness, nor suffer so much from sickness. {CTBH 51.4}

In order to preserve health, temperance in all things is necessary,—temperance in labor, temperance **in eating and drinking**. Our heavenly Father sent the light of health reform to guard against the evils resulting from a debased appetite, that those who love purity and holiness may know how to use with discretion the good things he has provided for them, and that by exercising temperance in daily life, they may be sanctified through the truth. {CTBH 52.1}

The idea that we must have porridge for our breakfast dish every morning else we are not health reformers will meet with a change ere long. Let those who can masticate their

food **eat slowly** of that kind of food which requires mastication, giving a chance for the saliva to mingle with the food. {Ms111-1894.1}

So far as possible we should **avoid hurried eating**. The shorter the time for a meal, the less should be eaten. It is better to omit a meal than to eat without proper mastication. {Ed 206.1}

It is of great importance **not to drink at the meal**. **Eat food as dry as possible**. Then digestion will commence in the mouth. **Sufficient time is seldom given to the period of eating**. **The slower the process the better will be the digestion**. {Lt142-1900.13}