



Should we eat with our hands?

Most of us living in the western world were brought up to eat properly using forks, knives and spoons but what would you say if someone tried to convince you to return to eating with your hands? If not always at least from time to time....

To start with, eating with our hands slows us down. Eating becomes a mindful ritual. This may give us a sense of pleasure, satisfaction and may even reduce binge eating and over eating. You may be surprised that even though you have eaten a smaller portion, you feel satisfied with less when you eat with your hands.

It is interesting to mention that the Vedic culture, one of the most ancient surviving spiritual and mystical traditions on the planet, emphasis the importance of eating with your hands in order to activate our energy centers - the five Pranas. According to this tradition, each finger represents one of the five elements - air, earth, fire, water and space. By eating with our hands, we allow the five elements to begin to transform and digest our food even before it reaches our mouth.

Still not convinced? How about these three facts:

1. The flora and enzymes on our fingers are ingested when we eat with our hands, benefiting our digestive system.
2. When we touch the food with our fingers our mind sends a message to our stomach that we are about to eat causing it to start the digestive process even before we take the first bite.
3. Finally, our fingers serve as a safety tool, alerting us that the food may be too hot, thus preventing us from burning our mouth and tongue.





Know the Facts

Nutrition & Fitness



Immerse your mind, body and spirit in the cultural practice of eating with your hands

Set aside time, change the pace of your life, take off your shoes, wash your hands, prepare your food and sit down on the floor and immerse your mind, body and spirit in the cultural practice of eating with your hands.

Remember eating is more than just ingesting nutrients for your body. Eating a meal provides opportunities for bonding, relaxing, connecting and learning from one another. So go ahead and invite friends and foster warmth, friendship, camaraderie and love.

Let's face it, snacks and "finger foods" are fun to share with others so can you imagine a whole meal enjoyed by hand?

Remember it is important to wash hands thoroughly prior to eating.

Go ahead and try it.