

Take 5: Body to Mind Practice

Eliminating grains can be difficult in a world brimming with bread and baked goods. Our society as a whole centers on grain laden foods to celebrate happy times or quench hard times. However, I am convinced that you will feel AMAZING letting go of grains during the next 96 hours.

Look at going grain free as letting go of things in your life that no longer serve you at this moment.

HOW TO LET GO

Go to a body of water with a piece of bread. Stand at the edge of the water for a few minutes, reflecting on what you want to release into the water. Slowly break pieces off the bread and imagine yourself, with each piece, letting go of things that no longer serve you anymore. Watch the bread float away and notice if you don't feel lighter, relieved, or even joyful.

FINAL THOUGHT

There is no single way of letting go...but this ritual seemed appropriate! No one can tell you how to let go or how it will make you feel. Give yourself the gift of curiosity and self-experimentation. With everyone talking the pros and cons of gluten this is the time to find out what's good for you, your body, and the bathroom scale.

After these 4 days take a few moments of quiet time to reflect on how you feel emotionally and physically. Put your hand on your belly and then decide what's right for you. You'll never know until you try and in just 4 days you'll have given your body a powerful reboot.

