CALMNESS EPISODE

Carmel cooks with calming inducing ingredients and takes a trip to the University of Miami's renowned Mindfulness Research Laboratory to learn about the effects mindfulness has on maintaining brain function. She also showcases the mindful qualities and physical exhilaration of rock wall climbing and has a surprise visit with the calm Ben Stein, the calmest actor in the world. Last but not least, Carmel gets a lesson in mindful eating.

Ingredients That Calm

We live in a stressful world. From loud noises to the ever present news, there's no escaping the loud, harsh vibrations of life. There are ways however to smooth the sharp edges of the world through
calming music, mindful exercises, such as yoga, and the choices we make when it comes to eating. If you are searching for more zen in your life, you may want to pay attention to ingredients that make up your diet. Diet impacts stress and when you are stressed, it often impacts what you eat. When you are suffering from anxiety there is often a release of adrenaline and cortisol which affects the way you metabolize energy. Calming foods and drinks go beyond Chamomile tea. Below is a link to some wonderful foods and recipes that will relax your mind and satisfy your stomach!

The Science of Mindfulness

The term “mindfulness” can be referred to as a psychological state of awareness. In order to be in control of your moods, or possess the ability to live in the moment and drink in your surroundings, we must often exercise our brains. Mindfulness is especially very important as we get older so therefore practices such as yoga, tai chi and qigong help us cultivate this elevated consciousness. Mindful meditation is an ancient practice and goes back hundreds of years yet in present day we know that mindfulness can have so many positive uses in our modern world such relieving anxiety and depression. Click on the links below to read more about mindfulness and the many benefits of this thoughtful practice.
http://www.mindful.org/the-science-of-mindfulness/

Mindful Eating
As we grew up, our parents often reminded us to take time to eat our food. Their intentions leaned towards keeping us from choking or getting an upset stomach. Yet today we know that eating a meal slowly and thoughtfully truly has a list of benefits that goes beyond what our parents told us. Below are several links that not only explain the benefits of eating mindfully but also useful tips in how to make eating a more enjoyable experience that extends far beyond satisfying our appetite.

http://amihungry.com/what-is-mindful-eating/
http://www.huffingtonpost.com/2013/11/12/mindful-eating-tips_n_3941528.html
Check back for new recipes, exercise tips and more to help you live the life of your dreams.

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