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Yecenia Currie's New Vegan Cookbook Designed To Help You Live A Sweet & Savory Life

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(1) February 22, 2024



By Yecenia Currie

meals.

Gas. Bloat. Indigestion.

These words and symptoms are so common and relatable these days. Thankfully we're hearing and learning more about the importance of "gut health" and ways we can improve it.

we eat—but I think it's equally as important to examine how we eat.

Often when we hear the phrase "healthy eating" and much of the focus is typically placed on what

Eating! Many of us are on the go, pressed for time, and cramming things into our schedules—including our

Nowadays, most (if not all) of us are guilty of committing a "DWE" infraction... Distracted While

For me personally, I struggled with eating too much and too fast during a meal, often out of habit. It was just how I was used to eating, especially if the food was really good. So I often overindulged, even when my body was giving me all the signs that I was beyond full. As you can imagine, that typically left me feeling pretty miserable. The meal that was supposed to be a source of delight had now become a source of extreme discomfort.

where my body defaulted back to what it was familiar with, and I'd literally pause, mid-bite, and say to myself, "What am I doing?" Then I'd put down my fork, take a beat, and try to resume a bit more mindfully.

It took a lot of time and intentional effort to change. I had plenty of "muscle memory moments"

Eventually, though, with some practice, I learned to slow down, savor, and really be present for my

mealtime experience. And it made such a huge difference in how I felt during and after eating. Here are three simple ways you can upgrade your eating habits to promote better digestion and

feeling better during and after your meals. **Eat With Mindful Presence**

Just be right there, in that moment, with your food. Take in the colors, aromas, and textures of your

meal. And if you're feeling ambitious, say a little prayer of gratitude and appreciation for your meal. Practicing mindful presence when you eat is a simple but effective way to help you slow down so your body can properly digest your meal. **Eat Without Distractions**

Here's a fun challenge: During your next at-home meal, try it with no TV, cellphone use, or

background music. And if you really want to make things interesting, no conversation. Madness! An entire meal with literally zero intentional external stimuli? Might sound crazy, but that's how I

find presence and remove distractions, I'm more in tune with how I feel. I slow down, I don't overeat, and I have a much more enjoyable meal. I know it's unrealistic to eliminate all distractions at every meal, especially in today's world. But this

exercise is a great way to observe yourself and notice the knee-jerk impulses that naturally start to

uncovered my tendency to "speed eat" and plow through my meal on autopilot. But I noticed when I

come up when you strip away all the noise. And maybe during the next meal, you'll find yourself doing it with just a bit more awareness and presence of mind than the last time. Eliminate (or reduce) Late-Night Eating

Try to ensure that your last meal is at least 2-3 hours before you go to bed. You might've already heard that, for many reasons, you shouldn't go to bed on a full stomach. But the biggest (and most

eating good food that nourishes from the inside out.

themselves and their loved ones.

YECENIA CURRIE

uncomfortable) reason is that it can wreak havoc on your digestion. I used to fall victim to late-night snacking once upon a time, but I kicked the habit once I started to notice how much better I felt when I stopped. I was sleeping much more soundly through the night

and waking up feeling a lot more energetic. And eventually, feeling better in my body began to outweigh my late-night snacking habit. I've been following a plant-based vegan diet for almost 14 years now. I started on this plant-based journey in March of 2010. During that particular season in my life, I had come to a bit of a crossroads.

I was tired of repetitive bouts of digestive upset and, overall, just not feeling good in my body.

I was ready for radical change. I knew I needed to do something different, and I knew that changing my diet was at the center of it all.

The reasons behind why people decide to go vegan or vegetarian vary from person to person. My

decision was based on my desire to improve my health and overall well-being. But ultimately, I

wanted to be an example to my kids. I wanted healthy eating and living to be one of the legacies I left to my children. I'm not in the business of telling anyone what they should or shouldn't eat or whether what they choose to eat is "right" or "wrong." I'm much more interested in sharing the flavor and beauty of

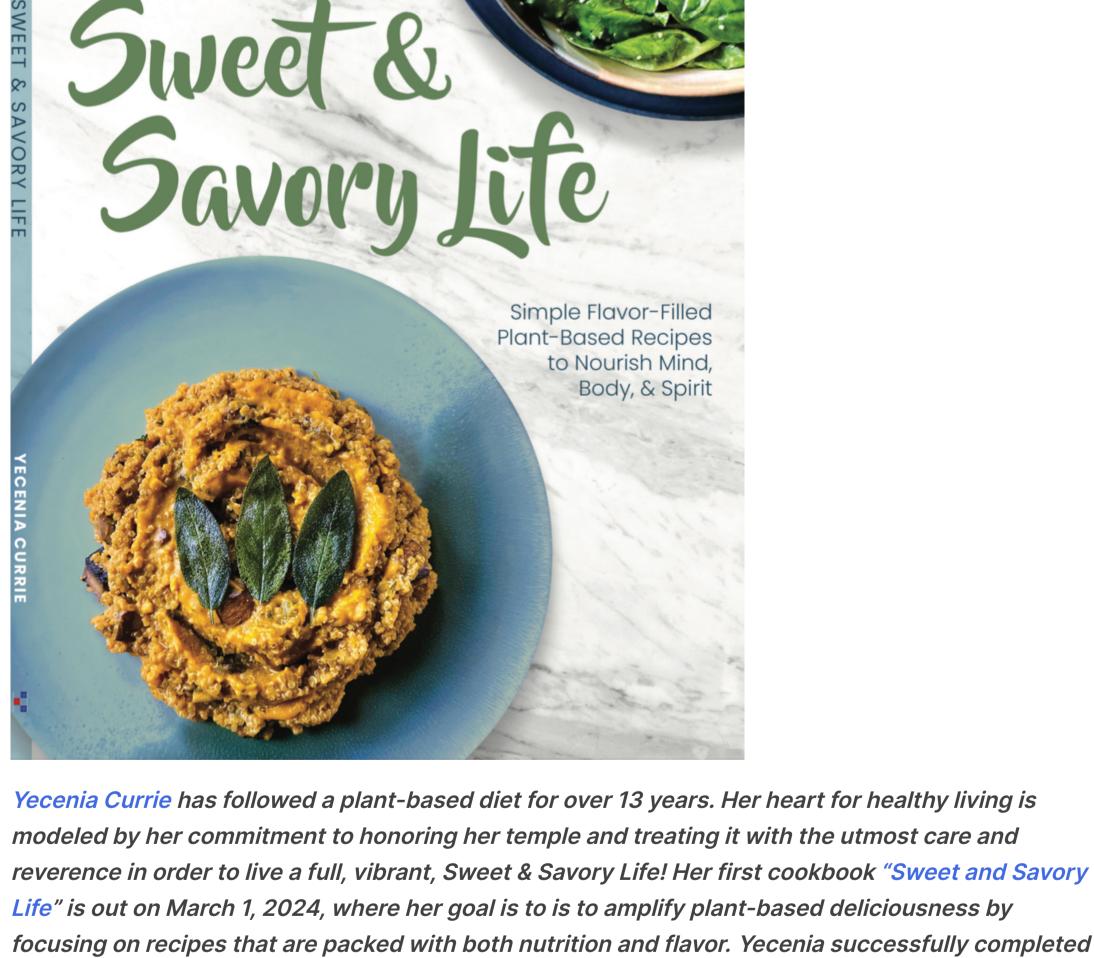
My mission was to create a cookbook that focused on nourishing the whole self—body, mind, and spirit—with delicious recipes full of nutrition and flavor. My intention with writing "Sweet & Savory" Life" was to share a simple, accessible, and yummy compilation of recipes that ignite passion, encourage spontaneity, engage the senses, and inspire creativity in the kitchen!

My intention is to plant seeds of vitality and health-conscious cooking with each shared story and recipe. And I hope people feel that as they read through the book and prepare these dishes for

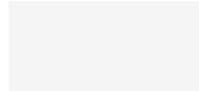
This cookbook is also more than just a traditional book of recipes. Throughout the book, I share

personal stories, practical tips, and holistic food for thought readers can enjoy along the way.

So if you happen to identify as a DWE, Speed-Eating, or Late-night Snacking "violator," I encourage you to stay committed, be patient with yourself, and take it one day at a time. Give yourself grace, it's not about perfection. Just try to make sure your next choice is better than the last choice you made.



a holistic nutrition and culinary training to further her knowledge and incorporate the healing benefits of conscious cooking. Originally hailing from Upstate New York, Yecenia currently resides in Los Angeles, California. Connect with and follow Yecenia on Instagram at @sweetandsavorylife. Sharing is caring! cookbook Sweet and Savory Life Tagged: healthy



Yecenia Currie

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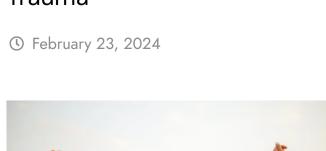
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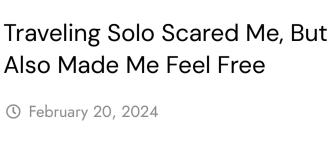






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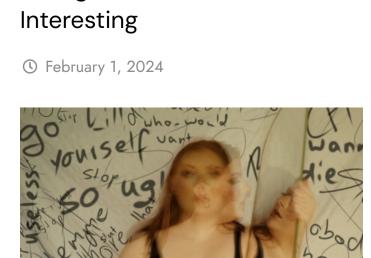


Wishes!

(1) January 16, 2024







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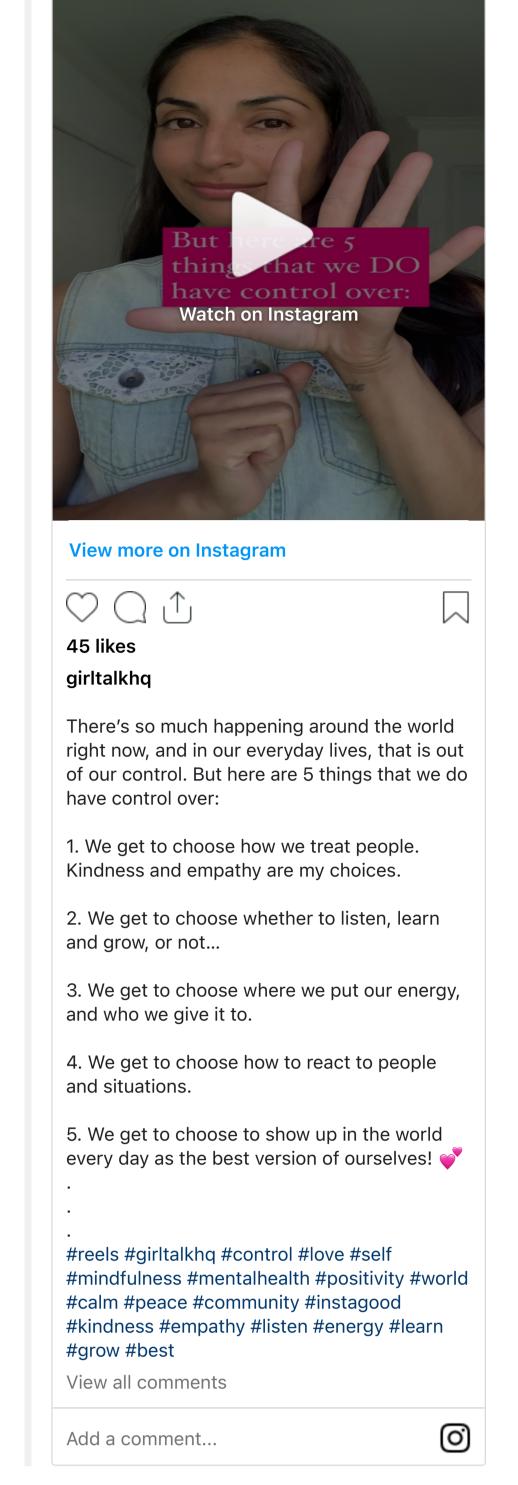
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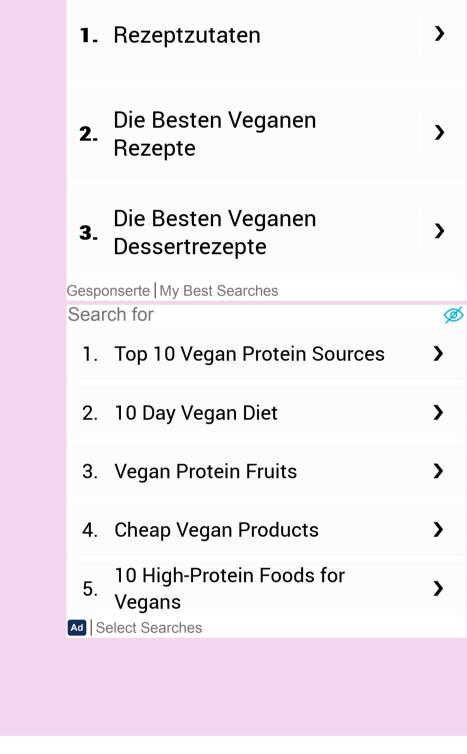
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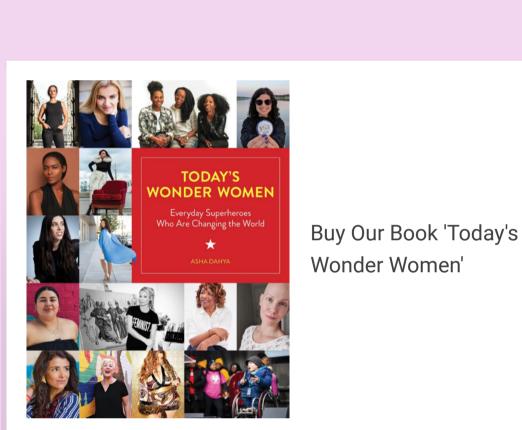
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