

Smelling is equivalent to eating

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Abstract

When we eat then we must think well about the thing we are eating to digest it better. Smelling some good food helps like eating that food virtually to digest that food better or digestion of previous food better. There is a known thing that smelling is half of eating. If your eyes are closed and you eat an abnormal thing, thinking that as a good thing of your choice then your digestion will be good . Smelling is equivalent to eating . I want to mean that thinking and eating together is the best part of digestion. The most beautiful thing is that if you smell good foods all the time then your digestive enzymes coming from your body will help you to digest all the foods you have eaten before. If you smell the food then some organic compounds of food goes to your body and helps as food in your body also. So if we send food as a gaseous compound then we can digest the food compound and we should try this method to patients who can not eat.

Eating something is good for your health. But most of us can not eat well because when they eat they do not think about the food they are eating as a result the digestion is not well most of the time. When you eat you must think well about your food and if your thinking and eating have a parallel occurrence then the food will digest better. Minimum food has a maximum effect. The person who is a cook is taking more food than the person who is eating the food after all of them taking the same food. Every person must be shown the beauty of his food so that he can feel love about his food and food smell must be beautiful to that person who is eating. People must eat and cook their own food to digest the food better. When the cooking goes then many elements of various food compounds are coming out from the food and that element directly goes to the nose of the person who cooks the food ,so the digestion of food starts there. A man who cooks can not eat much , because one of the reasons is that he eats the elements of various food compounds in a gaseous state.

But food containing bad elements can always hamper our body .So if we send food as a gaseous compound then we can digest the food compound and we should try this method to patients who can not eat. Actually the smelling of food components will increase the patient's wish to eat and that can make his life strong . I didn't know that gaseous food is possible or not but our thinking of good food by smelling it can increase our digestion process.

We can digest very well by smelling. If someone can see our eating then he feels some happiness in his mind and virtually he eats the food also by digestion of his own food already in his stomach or his food enzymes come out and it is good for whoever looks at the food. So when you eat then don't see other things but see the food you eat and take it as a beautiful food. If you think anything other nothan the food then the other person who looks at your eating can virtually eat your food by thinking and if you don't look at your food and eat without feeling better then you can't digest the food because your mind and food eating are not parallely done, this happens sometimes when we tell this as the person looks at your food gives the poison by looking and digestion is bad for that. But the actual thing is that your mind and food eating are not parallely done though ,the looking of the man has also an effect but if there is a parallel link between eating and thinking when you eat then it

will not affect. If someone looks at us when we eat then our digestion will be bad if our thinking about our food and eating the food has a difference. If you eat while thinking about your food's beauty and don't see to others then digestion of the food will be good.

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