

# Mindful Eating Windows

*An Ayurvedic approach to nourishing your body with intention*



- **Eat with the sun.** Ayurveda has long known what research now confirms: your digestive fire (agni) is strongest at midday. Make your largest meal lunch, eat a lighter dinner, and close the kitchen early.

- **Start gently.** Begin by simply noticing your eating window – no strict rules. Slowly shift toward eating within a natural 10–12 hour window aligned with daylight. Small, consistent shifts create lasting change.

- **Focus on when, not just what.** Mastering your eating rhythm before overhauling your diet reduces overwhelm. Timing your meals consistently supports hormones, digestion, and energy – especially during perimenopause.

- **Listen to your body above all.** No one knows your body as well as you do. What works beautifully for one woman may not suit another. Ayurveda is the practice of finding the right balance for you – there is no one size fits all.

- **Note for perimenopausal women.** Strict fasting windows can increase cortisol and put added stress on already-shifting hormones. A gentler, rhythm-based approach – eating earlier, lighter at night – supports hormonal balance far better than hard restrictions.

- **Find your people.** Share this practice with a friend, your family, or a community. One of the most powerful factors in building any new habit is who you choose to surround yourself with. You don't have to do this alone.

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