

In last week's video thread Terrelee talked about chewing - how much this lesson taught her

- This is one of the daily lessons from my [Coach Me Course](#) and she is one of the students enrolled
- In the lesson students learned, if you are not chewing the food you eat well, then:
 - you make the digestion process harder.
 - If you inhale your food, your body has to take more energy to digest that food and it now has less energy to burn fat.
 - This makes it important to pay attention that you are chewing your food.
 - If you want 6 full weeks of daily lessons like that, plus 4-5 weekly videos and 12 guides packed with information to maximize your low-carb, high-fat diet, check out the [Coach Me Course](#)

Get on the list! Early bird registration is filling up. [Click to learn more.](#)

