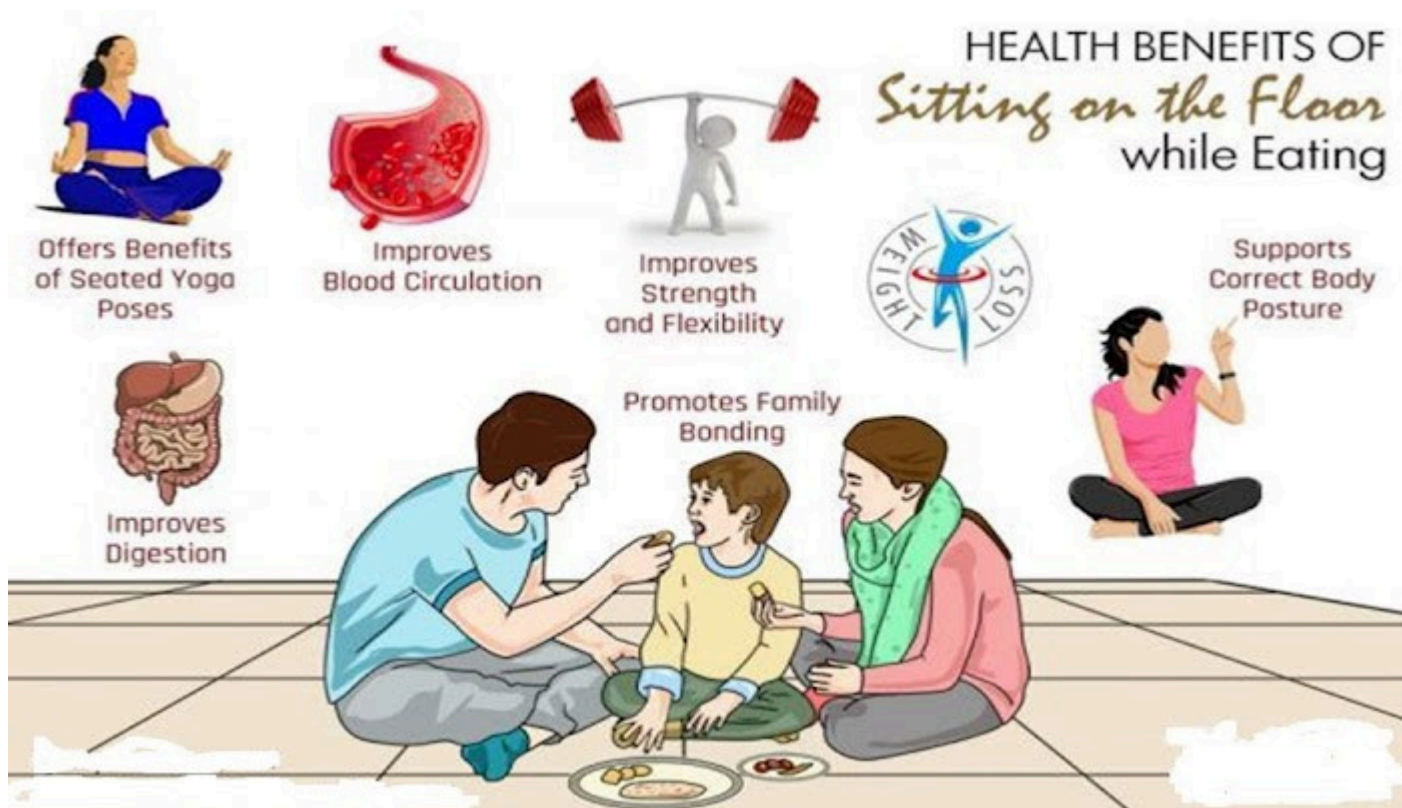




Benefits of sitting on the floor while take dinner

[Know why sitting on the floor and eating is healthy.](#)



Improves digestion

Sitting cross-legged on the floor, Ardha Padmasana position is formed. Also, since the plate is on the floor, one must bend down to eat food, this continuous physical activity stimulates the muscles near the stomach and improves digestion.

Helps in weight loss

Eating while sitting on the floor also helps in weight loss. The main cause of weight gain is overeating. The vagus nerve (signalling from the stomach to the brain) can regulate appetite and food intake while sitting on the floor. Eating while sitting on the floor rather than at the table, slows down eating and improves stomach-brain coordination. As a result, the tendency to overeat is reduced and weight is also controlled.

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