

SURFACE EATING AND DRINKING: A COMPREHENSIVE THEORY

Lev Neymotin, PhD

INTRODUCTION

Eating and drinking for pleasure happen on the surface — in the mouth. A small bite enjoyed slowly tastes just as good as a big one, but with far fewer calories. A sip of wine brings a gentle lift, while a gulp only overloads the stomach. Even inside the body, food and drink move in small steps, not big floods. The message is simple: *eat less, taste more; sip slow, feel better.*

SURFACE EATING

Let's start with Surface Eating. Eating has two very different purposes.

One is simple: we eat to get energy. The body needs calories for everything it does — from keeping us warm to moving muscles, to powering the brain (which, by the way, burns close to 40% of the body's energy). For this, we need **Volume Eating**: enough food by weight to supply the calories we need. The speed of eating doesn't matter here.

Surface Eating is something else entirely. All eating-for-pleasure belongs here. Pleasure doesn't come from how much we swallow, but from what happens while food is still in the mouth. Taste buds are concentrated on the tongue and inside the mouth, but not in the intestines. Once food passes down the throat, it's the "no-taste zone" — pleasure is gone.

So the real moment of enjoyment is when food spreads over the surface of the mouth — **Surface Eating**. That's why a small bite of cake can give you the same taste satisfaction as a big bite. The difference is that the large bite carries far more sugar and fat, and those empty calories add up — fueling today's obesity problem.

Simple Rule: *when eating for pleasure, take small pieces, keep them longer in the mouth, and delay swallowing.* You'll be surprised how quickly you feel satisfied — and your body will say a big "thank you."

SURFACE DRINKING

Now let's look at drinking. Take a sip of wine and swallow. If it's a small sip, it coats the surface of your mouth, where alcohol is absorbed right into the bloodstream. That's where the pleasant "high" comes from — in case you didn't know.

After a few seconds, the alcohol is absorbed and the rest moves down to the stomach. By then, the pleasant effect is already over. Big gulps, on the other hand, send much more alcohol to the stomach, where it adds little to the "high" but a lot to the negative effects — discomfort, faster drunkenness, and harm to the stomach lining.

So again, the rule is simple: *sips, not gulps.* That's **Surface Drinking**.

A NOTE

And here's something many people don't realize. The intestines are not wide-open tubes. They're almost closed, and food moves through them in small blobs, pushed by peristaltic waves. That means small sips and bites are actually handled better and absorbed faster than large ones.

I hope I don't spoil your appetite here — but the body uses the same trick for moving urine. It doesn't just flow freely like water through a pipe. Instead, it's pushed along the ureters from the kidneys to the bladder in small blobs, using muscular waves. Later, when it leaves the bladder, it goes out through the urethra.

Same principle, different cargo.

CONCLUSION

Practice **Surface Eating** and **Surface Drinking**:

- Small bites, slow sips.
- More pleasure, less harm.
- Healthy, simple, and satisfying.