



YOUR IN-ACTION EXERCISE

The Healing Secrets of Food Revealed

EPISODE #4

TITLE: Lost...Now Found: The Healing Power of the '4 Facets of Food'

PRACTICAL STEP

PRACTICAL STEP. First, some context...For thousands of years, Eastern healing systems—such as India's Ayurvedic Medicine—espoused eating with the '6 flavors of food' in mind: bitter, sweet, salty, sour, spicy/pungent, astringent. Consider this: The 6 Tastes may be the original nutrition.

Sometime between today and next week's episode of The Healing Secrets of Food Revealed, choose one fresh, whole food—such as an apple or raisin or favorite raw, unroasted nut (perhaps a walnut or almond).

Step 1. Look at the food you're holding.

Step 2. Take a bite and start chewing. Very slowly and consciously.

Step 3. Now close your eyes.

- Focus on the texture of the food when you first put it in your mouth.
- How does the texture change as you chew?
- How does the food taste? Sweet? Sour? Salty? Spicy? Bitter? Astringent?

Step 4. Swallow the food when you're ready.

Now open your eyes. How are you feeling? What are your thoughts about this mini-mindfulness eating experience?

To dive deeper into the '4 facets of food'...

For those of you who want to dive deeper into the '4 facets of food,' (1) read the blog piece by clicking on the 'ARTICLE' CTA (2) and consider reading my book about the '4 facets of food,' called *The Healing Secrets of Food: A Practical Guide for Nourishing Body, Mind, and Soul*, available on Amazon.

LINK ON AMAZON

https://www.amazon.com/Healing-Secrets-Food-Practical-Nourishing-ebook/dp/B004O4C1KK/ref=sr_1_1?crid=J4LC2WTNTKT&dib=eyJ2ljojMSJ9.amASNv8HuL-iKEmC0oK45g.207g.VrUKN1yQ0fOlzLpjDLJki9pBdGURfqxUYkhpGY0&dib_tag=se&keywords=the+healing+secrets+of+food%2C+deborah+kesten&qid=1712696070&sprefix=the+healing+secrets+of+food%2C+deborah+keste%2Caps%2C212&sr=8-1

Disclaimer: This In-Action Exercise is for informational purposes only. This In-Action Exercise is not intended to be a substitute for professional health or weight loss advice, diagnosis, or treatment. Always seek the advice of your health professional or another qualified health provider with any questions you may have regarding your condition or well-being.