



YOUR IN-ACTION EXERCISE

The Healing Secrets of Food Revealed

EPISODE #12

TITLE:

THE WEIGHT-LOSS POWER OF MINDFULNESS EATING

(Hint: It's a Lifetime Practice!)

TODAY'S IN-ACTION IDEA

QUICK TIP

Here is today's In-Action Quick Tip.

First...some perspective:

Cultivating mindfulness—paying attention intentionally—empowers you to slow down long enough to experience the subtleties and health-enhancing benefits of food. It means not Task Snacking. Simply put: you're "in the moment" and are eating when you're eating. This is Mindfulness Eating. And it's a *lifetime practice!*

QUICK TIP

Here is the Whole Person Integrative Eating (WPIE) antidote to the Task-Snacking overeating style. It is the WPIE guideline for cultivating mindfulness each time you eat:



Task Snacking Rx: MINDFULNESS EATING

Bring moment-to-moment, nonjudgmental awareness to every aspect of the meal.

A get-started tip...

Simply put, the goal of mindfulness eating is to 'eat when you eat.' In other words, focus on all aspects of the eating experience itself—from start to finish—even the cleaning-up process. When you take the time to contemplate food, even for a few seconds before, during, and just after eating, you're taking another step away from Task Snacking. And eating less and weighing less.

To get started, try this mindfulness eating tip at your next meal:

Savor flavor. The next time you eat a meal made with varied ingredients, such as a salad or stew, bring your attention to your mouth; then, as you chew, identify the flavors in your food. Is it mostly sweet, or is

salt the major flavor? Did you experience a burst of flavor at the first bite? Are you still enjoying the taste of the food after the second and third bites?

Here's a brief **HEADS-UP** for you...

NEXT EPISODE

FREE AUDIO: 'MINDFULNESS EATING' MEDITATION

So you can reap the rewards of Mindfulness Eating, in next week's episode of The Healing Secrets of Food Revealed, I will walk you through the full, step-by-step Whole Person Integrative Eating Mindfulness Eating Meditation. And I'll tell you how to access the **free audio** of **The WPIE Guided Mindfulness Meal Meditation** I created that you can use and listen to each time you eat.

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