



## YOUR IN-ACTION EXERCISE

### The Healing Secrets of Food Revealed

EPISODE #13

TITLE:

**SPECIAL FEATURE: FREE AUDIO**

**'Mindfulness Eating' In Action: The WPIE Guided Meal Meditation**

TODAY'S IN-ACTION IDEA

**PRACTICAL STEP**

**SPECIAL FEATURE: FREE AUDIO**

**FREE AUDIO: 'MINDFULNESS EATING' MEDITATION**

**DOWNLOAD the FREE AUDIO**

*You are invited . . .*

So you can reap the rewards of mindfulness eating well, I created a FREE AUDIO, 'The Whole Person Integrative Eating (WPIE) Guided Mindfulness Meal Meditation.'

It gives you the 10-steps to replace the WPIE Task-Snacking overeating style with Mindfulness Eating. It also gives you the insights you need to benefit from *all elements* of the Whole Person Integrative Eating dietary lifestyle I tell you about in Episodes 1-4 of The Healing Secrets of Food Revealed podcast.

#### **Instructions.**

The instructions are simple: Listen to the audio at least once a day, every day, before you eat a meal or snack. Listen to it as often as possible, until you know it well enough to do on your own. Once you're familiar with The WPIE Guided Mindfulness Meal Meditation,' you'll be able to do it in just a few moments.

#### **TO DOWNLOAD THE FREE AUDIO**

**[CLICK HERE](#) TO DOWNLOAD AND LISTEN TO THE AUDIO OF  
"The WPIE GUIDED MEAL MEDITATION."**

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*Disclaimer: This transcript is for informational purposes only. This transcript 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.*