



YOUR IN-ACTION EXERCISE

The Healing Secrets of Food Revealed

EPISODE #14

TITLE: A Weight-Loss Secret? An 'Attitude of Gratitude' for Food

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PRACTICAL STEPS

Today's In-Action Practical Step is twofold:

PRACTICAL STEP #1:

READ--AND CONSIDER--THE WPIE 'APPRECIATE FOOD' GUIDELINE

Here is the Whole Person Integrative Eating (WPIE) antidote to the Food Fretting overeating style. It is the WPIE guideline for cultivating gratitude each time you eat.



**Food Fretting Rx:
APPRECIATE FOOD**

Be grateful for food and its origins...*from* the heart.

PRACTICAL STEP #2:

FOOD BLESSINGS

Appreciation Blessings

Over the centuries, heartfelt blessings, prayers, or simple moments of quiet contemplation have become humankind's ritualized ways of expressing gratitude for the life-sustaining nourishment food provides. These expressions of gratitude evolved as thanks not only for the measurable and visible but also for the invisible, immeasurable, alchemical, life-giving, and life-containing mystery inherent in food.

Opportunities to bless food can be found endlessly in everyday life. Whether you begin the day with a cup of coffee or a bowl of whole-grain cereal; eat lasagna warmed by a microwave oven at work; or snack on an apple or your favorite ice cream--each time you're around food, you have the opportunity to appreciate it.

To begin...

Even if it's for a nanosecond, let go of worries, thoughts, plans, and so on.

Then, inhaling deeply and exhaling slowly, invoke a feeling of heartfelt regard for your food and say a blessing. Here are some options:

SHOOT AN ARROW PRAYER.

If you must eat quickly because of time constraints, consider shooting a prayer of gratitude at your food with the simple Native American Seneca greeting, "Thank you for being."

ZEN BLESSING FROM THICH NHAT HAHN.

In this plate of food, I see the entire universe supporting my existence.

FROM SOUL FOOD RESTAURANTEUR PAMELA STROBEL.

We are thankful for the triumph of soul food, "black folk cooking." Spiced with spirit and served from the heart, it transforms body and soul and helps spirit to soar.

FREE AUDIO: MINDFULNESS EATING.

Here's another option: Please visit HealingSecretsPodcast.com, where you'll find Episode 13, "'Mindfulness Eating' in Action: The WPIE Guided Meal Meditation." Then listen to the free audio I created for you, which guides you through eating with gratitude--and all the other elements of my Whole Person Integrative Eating program that lead to eating less and weighing less. Without dieting.

TO ACCESS THE AUDIO MEDITATION

Open the [TRANSCRIPT](#), [ARTICLE](#), or [IN-ACTION CTA](#) for EPISODE 13.

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.