



YOUR IN-ACTION EXERCISE

The Healing Secrets of Food Revealed

EPISODE #17

TITLE: Weight-Loss Rx: Eat with Others

YOUR IN-ACTION EXERCISES

SELF-REFLECTION

PRACTICAL STEP


Here are today's In-Action Exercises:

#1 is a SELF-INSIGHT REFLECTION; #2 includes PRACTICAL STEPS.

SELF-INSIGHT REFLECTION #1:

CONSIDER, and REFLECT ON, THE WHOLE PERSON INTEGRATIVE EATING Rx to SOLO DINING

Here is the Whole Person Integrative Eating (WPIE) antidote to the Solo Dining overeating style. It is the WPIE guideline for cultivating connection with others each time you eat:



**SOLO DINING Rx:
SHARE FARE**

Enjoy food-related experiences with others--as often as possible.

PRACTICAL STEP #2:

REVIEW THE 11 "Recipes for Social Nourishment" I created, then CONSIDER THEM and DECIDE WHICH ONE(S) WORKS FOR YOU.

Recipes for Social Nourishment

Here are 11 recipes, literal and figurative, for starting your own Social Nutrition traditions by turning a table for one into a table for two, three, or more.

As you'll see, these "Recipes for Social Nourishment" offer insights into initiating and integrating meaningful person-to-person interaction with acquaintances, friends, coworkers, or family members over a cup of coffee, a snack, or a full-fledged meal once or more throughout the day.

There's also this to consider: I interpret the discouraging data about escalating Solo Dining, loneliness, and their link to weight gain as an opportunity to make small social changes while eating that have the potential to lead to big mind-body health and weight benefits.

Create an online, eating-with-others community. Given that more and more of us work from home or we're 'digital nomads,' consider connecting with others, online, for breakfast, lunch, or dinner. Or whenever you take a coffee break or have a snack.

Set a friendship-flavored table. To imbue a meal with a soul-satisfying connection to others, consider orchestrating a café get-together or hosting a dinner at your place, then asking one special friend to ensure everyone is honored and enjoys the occasion by serving as the *tamada* toastmaster—the tradition we told you about at the start of the chapter. In this way, you and your friends are creating your own tamada ritual that encourages a welcoming and memorable dining experience for all. And now I'd like to make a *tamada* toast: to friendship-flavored food.

Make an old family recipe. Create your own multigenerational meal memories. Start a family tradition by inviting one or more family members over to enjoy a meal made using a recipe from an older member of your family—perhaps an aunt or uncle, parent, or cousin. Launch each meal by setting a glowing table with special ware.

Create a cooking club “family.” Invite coworkers, friends, and community members with whom you interact—a librarian, neighbors, people who work in restaurants—to be part of your cooking club “family.” Rotate meals at the homes of members. In the spirit of *tamada*, share meal memories and stories as you dine. Or consider creating an online cooking club!

Savor family-and-friend food. Consider placing a picture of a family- or friendship-filled dining experience on the table as you eat. If your mother used to make a special meal that you particularly enjoyed, make it for yourself on a weekend and freeze it, then let it defrost while you're at work one day so you can enjoy it when you get home. As you enjoy the special memory-filled dish, reflect on your family members or beloved friends as you eat.

Collect family recipes. Prior to the latter half of the twentieth century, the recipes parents made for their families were often learned from *their* parents or other family members. Create your own culinary family tree and a connection to your food roots by putting together a collection of family recipes.

Have a multigenerational meal. Make a favorite recipe and then invite friends and family from different generations to come for an informal meal.

Create quick-fix family fare. If you're time pressured but you enjoy planning activities in advance, this is a unique way to create a family meal. Pick a day, set aside some time, and plan your meals for the week. Shop for ingredients and prep them all in advance, then place the prepped food in the freezer. When it's time to have one of the meals, both you and your family can assemble the ingredients and cook them together as the need arises. Voilà! Dinner is served.

Share a memory meal. Enjoy food with friends and family members even when you're dining alone. Just prior to eating, think of a family member, friend, or other person you admire or love, living or not. Eat your meal while holding their memory in your heart.

Dine with your pet. If you have a dog or cat or bird or other pet that you love and live with, consider enjoying a beverage or eating a meal the same time that your pet eats.

Choosing solo dining. There may be times when you simply need some solitude while eating. When you choose Solo Dining, consider eating in silence while focusing on your food. Close your eyes and then inhale and exhale slowly. Throughout the meal, eat from your heart (see chapter 7, “Appreciate Food,” for tips for eating from the heart and connecting to food while you eat).

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.