

7 TIPS TO PRACTICE MINDFUL EATING

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Mindful Eating is the process of paying attention to your eating without judgement.



Health benefits include reduced stress and improved digestion.

HERE ARE A FEW TIPS YOU CAN TRY AT HOME



Always try to sit down at a table to eat.



Before you eat, clear away phones, screens and clutter.



Set a place for yourself, even if you're eating alone.



Eat slowly and focus on the qualities of the food, the colors, texture, taste, smell.



Play soft, relaxing music while you eat.



Breathe and Relax in between bites.



Express gratitude for the food and the company to share it with.

