



Mindful eating “Eating as a Meditation”

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Abstract

Our consciousness about food may be a significant part of life. In fact, the concept of mindfulness around food is crucial for our health and well-being, also because the health of the entire planet. Choices around food production have a huge impact on a worldwide scale on environmental and socio-economic pressures. Mindful eating encompasses the alternatives we make, also as how we eat, during which environment we eat, our thinking around food, and therefore the social impacts of our eating, etc. taking note of our bodies, may be a fundamental component. In terms of satiety, what proportion is enough. What are the standard of our thoughts and our focus? How are we chewing and for a way long?

Mindful eating:

Mindful eating places awareness on the menu, whenever and wherever we eat. also as making us watchful about what we eat, it aims to rework our relationship with food by that specialize in the how and why of eating, encouraging a more holistic point of view.

Contents:

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- Developing the Skill of Mindful Eating
- Lifestyle Tips for Mindful Changes to your relationship to food
- Fundamentals of mindful eating practice
- Scientific studies about the advantages of mindful eating.

Biography

David Starlyte is an Australian-qualified Naturopath and Nutritionist (B.H.Sci) and consults for leading wellness companies. He is a wellness luminary with a large international audience. The focus of his work is both on developing mindfulness and advocating healthy living. He has over 10 years' private practice as a Naturopath. His background includes consulting for some of the leading global wellness retreats and spas including Six Senses, Aman, Chiva Som, Ritz-Carlton, The Peninsula and Anantara. David grew up in South Africa.



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