



## **10 Simple Strategies to Forever Change Your Relationship with Food: Without Changing Anything You Eat!**

*By Marc David – Founder of the Institute for the Psychology of Eating*

### **Breathe**

Take 5-10 long slow deep breaths before each meal and your life will change. Oxygen is a literal nutritional enhancer. It's the key nutrient for our most powerful metabolism. Oxygen is everything. When we breathe fully, we affirm that we're here, and we're committed to our greatest vitality...

### **Relax**

The more we relax, the better we digest, assimilate and calorie burn. The physiologic relaxation state is the body's preeminent nutritional state. It's time to relax more with your meals, and your life. Trust more. Play more. See if you can commit to inner peace, and to finding the still place inside yourself...

### **Slow Down**

Slow is the speed that best regulates our natural appetite, and moves the body into parasympathetic dominance – the ideal state of metabolic supremacy. Take more time with meals. It's time to let go of the rush. Value the eating experience. Slow down with food, your loved ones, and your life...

### **Feel Nourished**

Let food warm you, love you, feed you, and nourish you. Allow each meal to touch a place of satisfaction inside you that's timeless and carefree. Feeling nourished is a most beautiful gift to self...

### **Be Present**

Whenever you eat, simply be aware of your meal. Give food the presence it deserves. Attend to your body. Don't wander. Capture every eating moment. Forget about multitasking. When you eat, eat...

### **Be Pleasured**

Pleasure is a nutritional requirement, a potent metabolic force, and an agent of health. Pleasure catalyzes metabolic efficiency. It makes life worth living. Welcome pleasure to the table, always...

### **Celebrate**

Food is life. It wants to remind you that you're here to live, to enjoy, and to celebrate. Allow your meals to be a time when you can smile, share with loved ones, and affirm your beautiful life...

### **Listen**

The body is asking us to listen. It speaks to us. It offers generous insights about how and what we eat. Listen to your body. It speaks in a hidden language, and has some wonderful messages to share...

### **Let Go**

Now that you've eaten, let go. Give all the worrying a rest. Let go of unkind thoughts about your weight, your body, and your meal. Food asks us to fully embrace it, and fully let go. Are you willing?

### **Be Thankful**

The greater intelligence that created us has gifted us with food. Be thankful. Allow gratitude to be an essential ingredient in every morsel of food you eat. Life has given us so much. It's time to be grateful.

