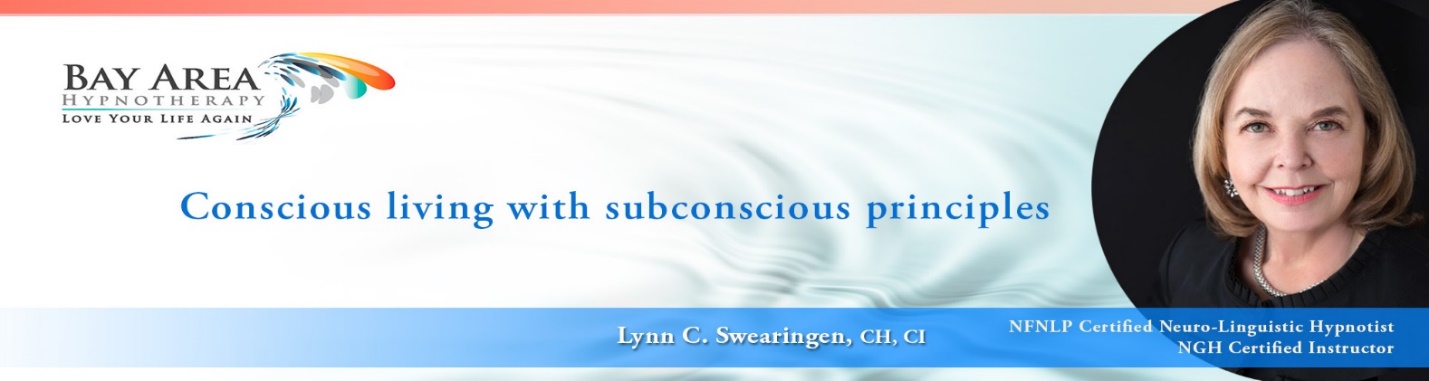
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**“Your state of consciousness is instantly reflected to your biology.“**

*What are you hungry for?*

* Deepak Chopra

Most people dump food in their body like it was a garbage can –

without any mindfulness

You are hungry – for food? or for something else?

Are you trying to fill a hunger – an emptiness – a void,

with inappropriate feeding?

**The Appropriate Way to Eat:**

* Smell the food – taste it – don’t be on the phone, etc.
* Your brain can only do one thing at a time.
* Your state of mind effects how your food is metabolized.
* Take time to really enjoy your food.
* Unhealthy eating turns even healthy food into something toxic in your body.
* Eating/driving/on the phone etc. gives mixed messages to your body.