

1738 Griegos Rd Nw

Katrin Zwirglmaier

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honor the food acknowledge where the

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meal eat without distractions to help

deepen the eating experience engage

all senses notice the sounds colors

smells tastes and textures of the food

and how you feel when eating

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in the moment awareness of the food and drink you put into your body it involves observing how the food makes you feel and the signals your body sends about taste satisfaction and fullness

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