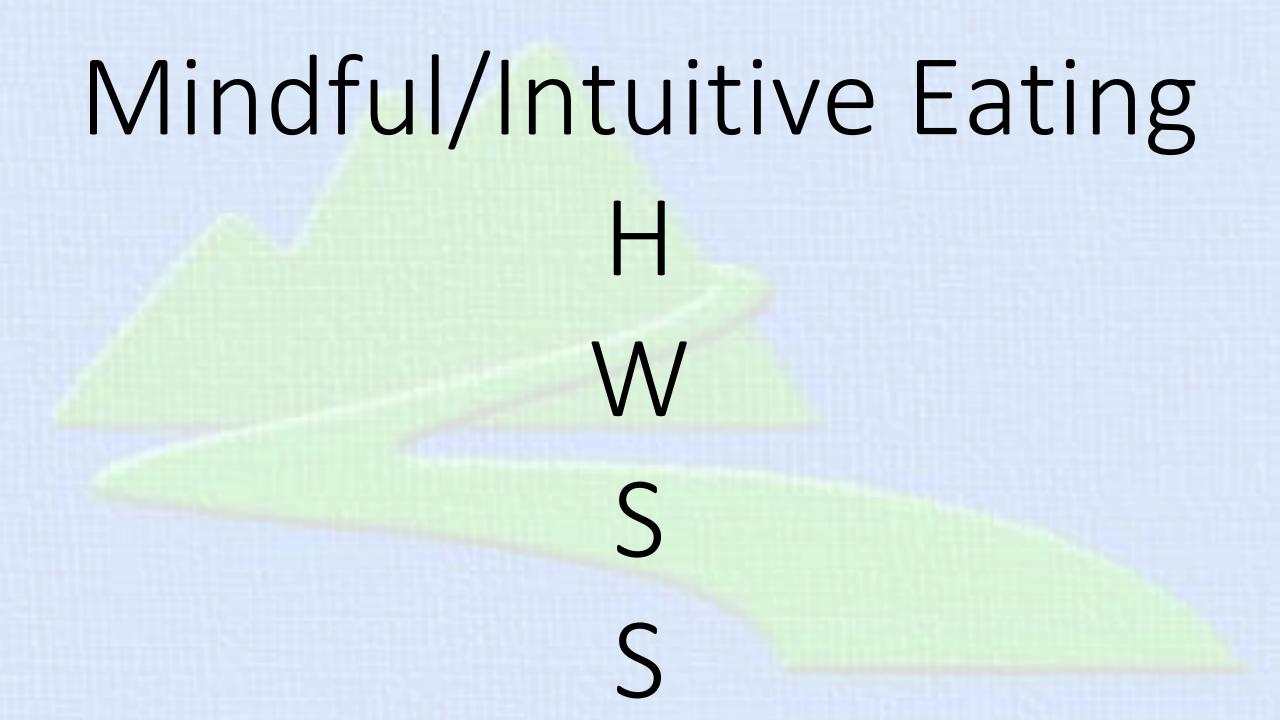
### "Stability of the internal environment is the condition of free life."

- Claude Bernard



#### Hunger: • Describe your personal hunger scale. What does "neutral" feel like? What does "hunger" feel like? What does "too hungry" feel like?

#### Want: What does your body really want?

# Experiment and Track (see uploaded pdf)

Use your Intuitive Eating Experience worksheet. • Your thoughts? Your enjoyment? How did the foods make you feel later?

## What foods, temperatures, and textures sound good to eat right now?

### Set your table with some of your favorite foods

### Slow and Savor:

- Are you eating rushed?
- Are you talking while chewing?
- Are you eating with TV, social media, emails...?
- What are the topics at the table?



## and

Digestion

### Slow and Savor:

- Eat undistracted
- Enjoy the temperature, texture, taste
- Set the atmosphere
- Set the table and "present" your food

#### Satisfaction:

- What does "satisfied" feel like?
- What does "I ate too much" feel like?
- Stop eating when you are no longer hungry.
- Not sure? Pause for 10 minutes.

As the pleasure decreases, you are becoming satisfied. It is time to stop. Trust: When you are hungry again, you will eat again.