



Mindful Eating: A Way to Reconnect with your Senses

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In last years many currents have been developed with the objective of loose weight. Currents like ketogenic diet, intermittent fasting are common in these days, and the objective is to restrict quantity and type of food.

If we take time to reflex eat it's a natural activity that give us pleasure, health and satisfy hunger to have energy.

What is mindful eating?

It's a practice based in mindfulness which is defined "plenty conscious of the moment without a judge". Being mindful is about focusing your attention on the present moment to help disconnect from habitual, unsatisfying and harmful habits and behaviors. This will help to reconnect with your hungry and satiety in a natural way, only with the guidance of an external, without judging, or supervising otherwise like a guide that will help you to identify those signs, signs that we have since our birth but that we have loose during the time.

What is hunger?

In the dictionary we find "a sensation that motivates the consumption of food", however now a days it's difficult to identify it with plenty focus because we have a lot of activities, that distract us and also the society tends to restrictive practices that make us feel guilty for been hungry.

Each person will perceive hunger in a different way; that's the importance of take time to know ourselves.

Jan Chozen Bays a pediatrician and zen's teacher, tells that being mindful with food involves full attention to the process of eating, to all tastes, smells, thoughts and feelings that's arise during a meal, in that way and with practice it will be easy to recognize when and how much to eat, habits and patterns with food, and will

develop a compassionate attitude toward your struggle with eating.

Objectives of mindful eating

- Plenty conscious of physical and emotional signs of the body
- Recognize the reasons to eat without hunger.
- Learn to heal emotional needs without eating.
- Select foods for an optimal nutrition, pleasure and satiety.
- Use energy to live healthy.

A lot of studies show that being mindful helps to increase physical activity, increase vegetables consumption, personal efficacy and less impulsive eating what means a reduction in calories consumption. Mindful interventions in diabetes, cancer and diverse pathologies have been apply showing benefits in feeding patterns [1-4].

Mindful eating cycle

It was developed by Michelle May MD and will help to develop a peaceful and positive relationship with food, physical activity what give freedom for restrict. It consists in 6 steps:

Why?

Why Do I eat?. This question will help you to understand the reasons, situations or emotions that motivate a person to eat even without feeling hungry.

When?

When do I eat? Do you eat when you are hungry? Can you identify when you are hungry? Do you eat when an emotional trigger happens?

What?

What do you usually eat? Do you eat what you want or do you follow some rules about your feeding? When you eat what you

want, do you feel guilty? It is important to think in your physical and emotional conditions when you choose your food.

How?

How do I eat? In mindful eating it is important to focus in your food when you eat, avoiding distractions and enjoying each taste of the food.

How much do I eat?

This question help us to identify if there are situations or emotions that leads a person to overeat or to avoid eating.

Where?

Where do I invest the energy I consume? Like persons, sometimes we forget about selfcare, auto compassion and body kindness. This question will help to identify the activities that we realize reducing the guilty for eating.

Conclusion

It is important to recognize that mindful eating exists in all human beings, just see the babies, they eat when they are hungry and stop when they are satiate however the world distractions make us "lost it".

Disorders in feeding behaviors could be the result of necessities in other areas of your life, for example, eating disorders are mental disturbances that the person reflects in their relationship with food. Mindful eating increases the attention to good or bad feeding patterns to continue or broke them with the intention to take care of ourselves and the attention to identify the effects in our body and mind. It involves eat with our five senses, minimizing distractions and identifying all the tastes of the food.

Bibliography

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