

How to eat mindfully

Mindfulness is the practise of present moment awareness based on ancient wisdom like Buddhism.

Research has shown eating mindfully improves digestion, regulates our appetite and helps us enjoy our food much more.

Practising mindful eating simply means being present when we eat - paying attention to it and being aware of it. It's a powerful and easy way to learn how to be mindful, as it's fun, helps us eat well and is easy to practise as we already eat several times a day! Just tune in and enjoy.

