



The Hello Technique

Hello Food ~ Hello Body ~ Hello Pleasure

This powerful strategy will help you tune into you body, your sensations and your food.

This practice will bring more mindfulness and consciousness to your relationship with food and body. It will help your body shift into rest & digest mode which will boost your metabolism, improve digestion and boost your immune system.

You'll also be more likely to eat slower and stop eating when you are full.
I invite you to bring this practice into at least one meal a day.

Here's how it works:

- Sit down to eat
- Before eating take a nice full and gentle breath and say: HELLO FOOD
- Then take another full breath of ease and you say: HELLO BODY
- Then take another full and easy breath and say: HELLO PLEASURE.

Hello Food is an opportunity for you to bring awareness to what you are eating.

*"Do I like it? Did I choose it? Where did it come from?
Where was it grown, who made it? Is there enough? Is there too much?"*

Hello Body is a chance to turn your attention inward - into your physical body.

*"How do I feel? Hungry? How hungry? Thirsty? How thirsty? Am I ready to be
nourished? Am I comfortable? Am I relaxed? How can I be more relaxed right now?"*

Hello Pleasure is your moment to dive into the enjoyment of eating.

Pleasure is a shortcut to our body's rest & digest mode - parasympathetic nervous system activation. Connect to pleasure through the senses.

*"What do I smell? What do I see? What do I love about this meal?
How can I sink more into the pleasure and sensuality of this moment."*