

Different Types of Hunger

Eye Hunger

- make your food visually appealing

Nose Hunger

- appreciate the aroma of your meal

Stomach Hunger

- don't be at the mercy of this hunger

Mouth Hunger

- chew your food slowly to appreciate its texture

Mind Hunger

- be aware of the mind chatter without acting out on it

Heart Hunger

- satisfy this with intimacy with yourself and/or another

Cellular Hunger (True Hunger)

- listen to your cells' cravings