

Mindful Eating - Timeless Advice

“eating mindfully is good for your mental and physical health”

“Better to eat a dry crust of bread with peace of mind than have a banquet in a house full of trouble”

-Proverbs

“The spirit cannot endure the body when overfed, but, if underfed, the body cannot endure the spirit.”

-St Frances de Sales

“The more you eat, the less flavor; the less you eat, the more flavor”

-Chinese Proverb

“One cannot think well, love well, sleep well, if one has not dined well”

-Virginia Woolf

“When walking, walk. When eating, eat.”

- Rashaski Zen Proverb

“One should eat to live, not live to eat”

- Benjamin Franklin

“Let food be thy medicine, thy medicine shall be thy food.”

- Hippocrates

“Tell me what you eat, and I will tell you who you are.”

-Brillat-Savarin

“Part of the secret of success in life is to eat what you like and let the food fight it out inside.”

-Mark Twain

“The doctor of the future will give no medication, but will interest his patients in the care of the human frame, diet and in the cause and prevention of disease.”

- Thomas A Edison

