



LINDGREN
functional medicine

10 Signs of A Healthy Relationship With Food

1. I know what foods are optimal for me as a BIOINDIVIDUAL (unique needs based on genetics, physiology, and lifestyle).
2. I think about food as something that is NOURISHING and HONORING.
3. I practice living in a STATE OF RECEIVING
4. I have ordered RELATIONSHIPS with food, nature, myself, others, and with God.
5. I know how to LISTEN and respond to my body.
6. I practice living a RHYTHM of life.
7. I live in FREEDOM from food (mentally and physically).
8. I practice the art of BALANCE in my life.
9. I focus on MEALS as a sacred and intentional part of each day.
10. I practice INTENTIONAL SIMPLICITY (cooking & eating simple dishes).