



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).