

Golda's Top Ten Tips for Divine Dining

Do you find yourself rushing through meals and barely tasting them? Are you always eating on the go, or out of plastic containers? You've already got the diva attitude and diva style, so here are my top ten tips to help you dine more divinely. Try even one and you will notice the difference!

1) **Eat With Gusto** – I once read a story about Lillian “Diamond Lil” Russell, a famous plus sized actress, singer and lecturer of the late 19th and early 20th century who was renowned for her beauty. She was also known for her large appetite, and for having long, extravagant dinners with her friends. Diamond Lil’s gusto and enjoyment of her food was actually considered part of her appeal! When you enjoy your food, you send a message to yourself and others that says, “I am here and I am willing to be seen for who I am.” It also creates an invitation to others to have fun with and enjoy their food. Try this tip whether you are eating out or at home and let others in on the fun!

2) **Savor Your Food** – Ever find that you’ve eaten a whole plate of food without even tasting it? Or maybe you tasted the first few bites and the last few bites but missed that whole period in between? You may even find yourself feeling mentally hungry while your belly feels full. The antidote to this dilemma is to savor your food. Take the time to chew your food slowly and deliberately. Notice the feeling of the way your tongue moves food in your mouth. Notice every burst of flavor, every change in texture. Put your fork down between bites to make sure that you’re paying attention to the food in your mouth. See if this changes how much you eat or desire to eat. You may even find that you don’t like certain foods that you thought you liked, and vice versa!

3) **Eat When You’re Hungry** – This sounds easy, but how often do we rush through the day, only to find we haven’t eaten much at all? Or perhaps you find yourself eating out of boredom or for comfort even when your body isn’t that hungry. Eating when you’re hungry is so important. It helps you maintain proper blood sugar levels and supports your metabolism. Additionally, it’s a recognition of your needs and your willingness to take care of yourself.

4) **Stop Eating When You’re Full** – This one can be tough. We often keep eating when we’re not hungry because it tastes good or we want to clean our plates or a gazillion other reasons. Stopping when you’re full allows you to feel more comfortable in your body. It also allows your body time to fully digest and process the nutrients in your food.

5) **Bless Your Food** – Say a quick blessing over your food, thanking the food (and God, or the Universe, or even yourself) for nourishing you. This creates a more loving, healing relationship with food and allows you to acknowledge its nourishing properties. I particularly recommend this for people who often experience indigestion or heartburn after meals.

6) **Dress Up For Dinner** – Ever watch an old movie or period drama where everyone changes their clothes just to eat dinner? This might seem like an extravagance now, but you’re a divine diner, so why not dress up as one? Wear one of your favorite outfits to dinner, whether dining out or at home. See how great it feels.

7) **Eat Without Distraction** – Do you find yourself watching television while you eat? Or maybe it’s the computer, or a book, or paperwork? Next time you eat, try eating without these distractions. Light candles. Play some beautiful, calm music. Focus on the taste of your food, the textures, the

way it looks, the way it smells. Focus on your food the way you would typically focus on all of those distractions. See what comes up for you. Notice what you like and dislike about the experience. You may find that it's easier to "hear" your body's signals of hunger and fullness. Even if this tip feels difficult, keep trying it. You may find that you like eating without distractions. Your body will definitely like it.

8) **Toss The Plastic** – Are you saving your finer china and silverware for a dinner party that never seems to happen? Because you are a divine diner, I hereby give you permission to use your nicest plates and silverware even for takeout! For your next meal, dress up whatever your eating with a beautiful plate and silverware. Drink water from a wine glass. Wipe your beautiful lips with a cloth napkin. See if you experience your food in a different way. You'll feel great, and it's a great thing to do for the environment.

9) **Eat While Relaxed** – How often do we eat on the run or have an argument with loved ones at mealtime? Instead, seek out quiet places and ask your fellow eaters to relax. You can even take a few deep breaths before eating and ask others to do this with you. Eating in a relaxed way helps you to digest food. When you're stressed out, your body goes into "fight or flight" mode, sending your blood away from the core of your body to your extremities. This allows you to fight or flee the enemy that your body perceives as a stressor. This stress response is great when you need to run from a bear or crush an opponent in battle, but is not great when trying to digest food. Eating while relaxed allows the blood to return to your stomach and supports proper digestion.

10) **Remember Your Divinity** – Because you are a divine personage, you have the right to receive delicious food, beautiful experiences, and exquisite healing. At times, you may have to make choices that are not easy in order to live your diva lifestyle. You may have to plan your meals so that you have food that is healing for your health concerns. You may have to say no to certain circumstances or people in order to carve out time for yourself to rest and rejuvenate. If you remember that you are a deserving diva, it will make it easier to make these choices. And when it comes to food, make these choices as a diva would, remembering that you have the divine right to eat delicious, healing foods. This process will allow you to relax into caring for yourself deeply.

Feel free to contact me at golda@bodylovewellness.com and/or 917-270-6341 for individualized support on dining like a diva!

Golda Poretsky is a certified holistic health counselor with a degree in integrative nutrition from the Institute for Integrative Nutrition. She counsels women and men on how to get off the dieting roller coaster, give their bodies what they really crave, and love their bodies and themselves.

