

Slow Down and Enjoy Your Food

Give your stomach time to tell your brain it's full.

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Even though we all seem to lead busy lives, it's important to slow down to eat your food. Instead of eating as quickly as possible, give your stomach time to tell your brain it's full.

To eat more slowly, try eating with your opposite hand. As strange as it may seem, it works. If you have issues with overeating or scarfing down your food too quickly, this technique will help you slow down while eating and help you feel fuller faster.

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