

Don't Worry, Eat Happy!

Written by Nancy Appleton, Ph.D.

Saturday, 01 June 2013 00:00 - Last Updated Tuesday, 17 September 2013 10:42

Being stressed or angry at mealtimes can diminish the nutritional benefits of the food we eat. There's good reason to cheer up before we chow down.

My consistent advice is to exercise, pray, meditate, write, listen to music, or even hug the kids and pet the dog before eating. I haven't just been making this advice up as I go along. Mythe kids

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