Everyone is looking for that magic diet or way of eating that promises optimum well-being, health and weight. As we learn more about food and its interactions with the body, the study of nutrition has evolved from focusing on the basics we need to survive to diets that prevent chronic disease, promote brain health, slow aging, improve moods and more. There is no exact diet, no right way of eating for everyone. The mindful eating process offers you and your clients a way to eat that brings one fully present to enjoy your food and gain the most nutritionally. How we eat affects how we absorb our food, how much pleasure we get from it and the quantities we take in (an excerpt from ‘Well Nourished’ book).