

Highly Palatable Foods and Over-eating

Post by “Kalosyni” of April 21, 2025 at 3:32 PM

When I think about what I choose to eat, it's not so much about living longer, but more about quality of life ---> having and feeling good energy in my body and not carrying any extra weight (ideally I need to lose about 5 to 10 lbs.). I notice that I feel sluggish when I over-eat and I don't like the feeling when my pants waistband is too tight. I need to start implementing some changes and only bring home healthy and unprocessed foods into my house.

Is anyone else feeling like this is an issue in their life right now?