

Causes of Happiness

Post by “Patrikios” of May 1, 2026 at 5:24 PM

[Quote from Lowri834](#)

"But research points to the idea that to maintain a healthier weight, we shouldn't only focus on what we eat – but our mindset around food. In fact, there are health benefits to finding pleasure in eating, precisely because the expectation of what we've eaten goes on to shape how hungry we are."

Thanks for the post, [Lowri834](#) .

I have found the premise of increasing the mind-body connection to be true to reach and maintain a healthy body weight (I lost 40lb in 6 months) using these techniques.

There are several ways I have learned to apply Epicurean principles to maintaining a healthy BMI. First is to continually practice Epicurean **Choice & Avoidance** techniques in planning, selecting and serving size for daily meals. Next is to practice **gratitude** before consuming the food; gratitude for all that brought the food to the table. Next is to **use your senses** of sight, smell and taste to fully enjoy the delightful pleasure of each bite, taking time to thoroughly chew and savor the moment.☐