

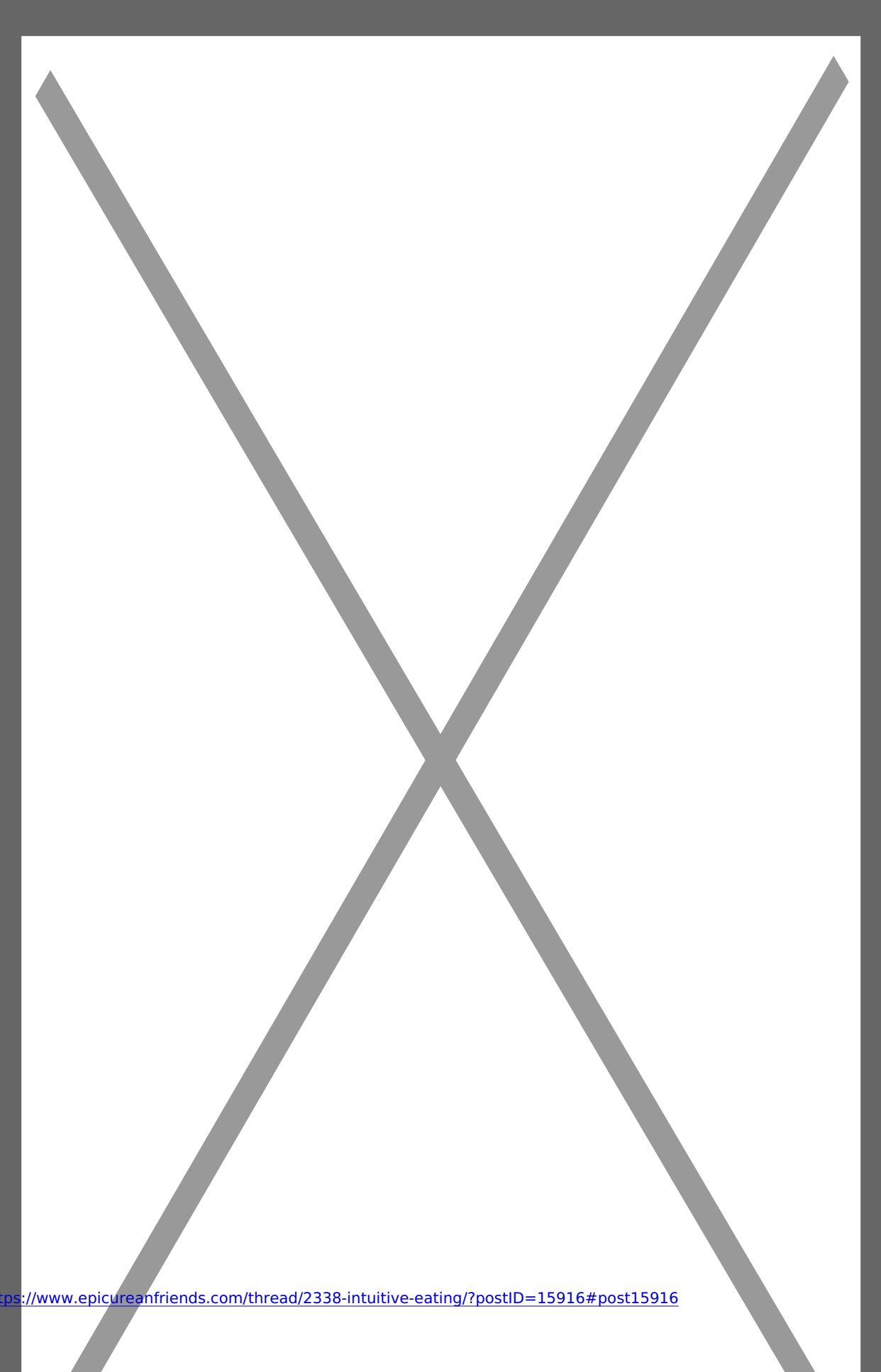
Intuitive Eating

Post by “Don” of January 14, 2022 at 8:43 AM

I just saw a piece on the CBS Mornings show about "intuitive eating" that struck me as a very Epicurean way of looking at food.

Here's the site

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[10 Principles of Intuitive Eating - Intuitive Eating](#)

10 Principles of Intuitive Eating

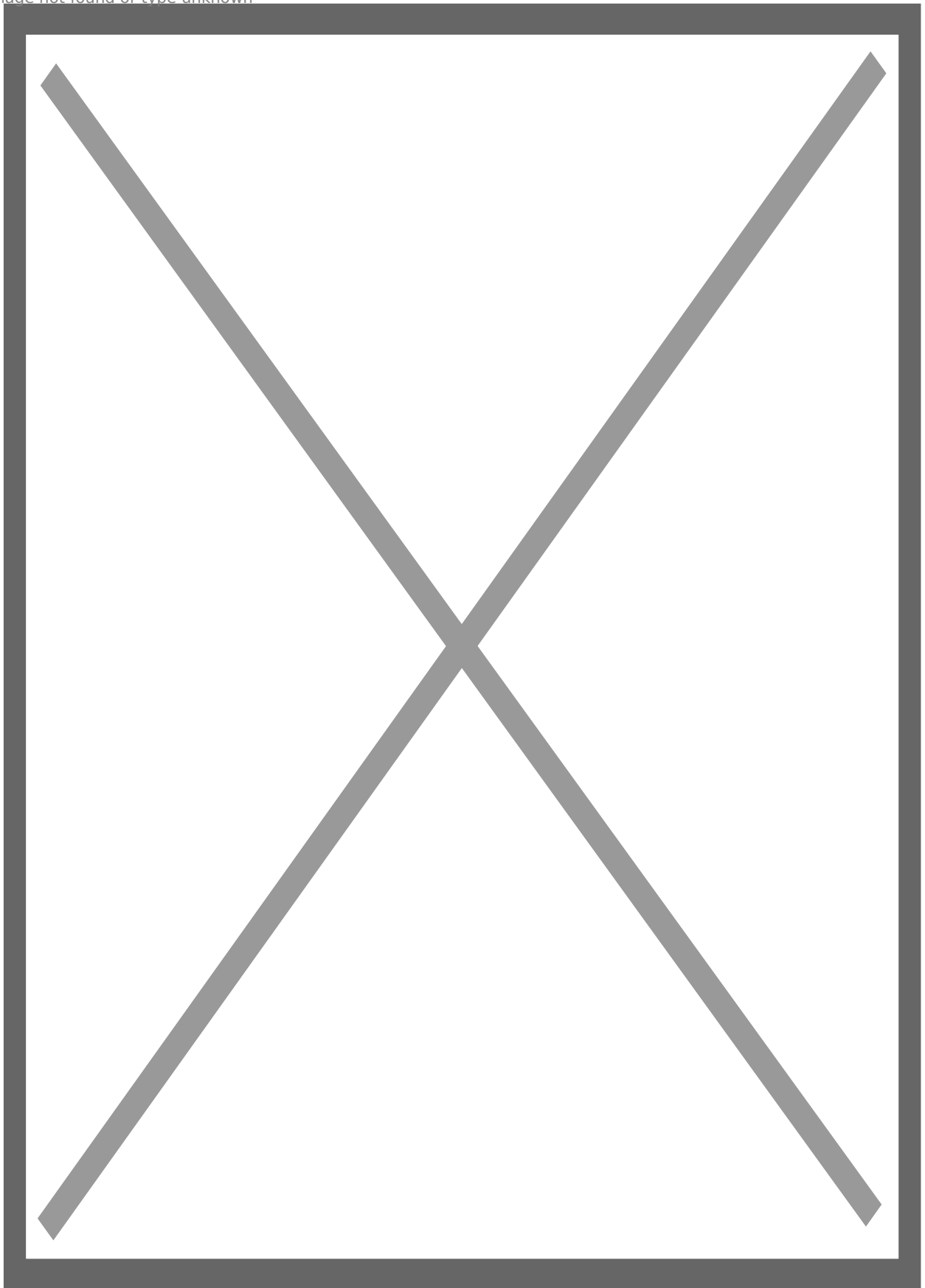
www.intuitiveeating.org

This line was interesting: "The Japanese have the wisdom to keep pleasure as one of their goals of healthy living."

Uh, hello?

I'm sure the video from the show will be up soon

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[CBS Mornings](#)

Each weekday morning, "CBS Mornings" co-hosts Gayle King, Tony Dokoupil and Nate Burleson bring you the latest breaking news, smart conversation and in-depth...
youtube.com