

"It's not about conquering the mountain, it's about conquering ourselves" Edmund Hillary

Let's sit at the table and savor every bite!

By Ira Franco-Weil: Your Partner, Your Life Coach

It's time to eat; we do it three times a day; we start our day with breakfast in order to revitalize our body. We follow that with lunch and then dinner, in order to give our body a healthy dose of the foods and fluids it needs.

In this article, I want to focus on the time we spend sitting at the table at a mealtime.

Sometimes preparing a meal can take 30 or 60 minutes, depending on the recipe. So you should ask yourself, what can I do to relax and take some time to eat and indulge in the food I have before me?

While sitting at the table we can share our day-to-day experiences with family and friends. We can hear the latest happenings from school or from the office, or we can exchange ideas and opinions about future projects. The variety of topics of conversation is unlimited; it is up to us to take advantage of those moments in order to enrich our relationships.

We can ask ourselves several questions:

- How do I eat my meals?
- Am I standing or leaning against the kitchen counter while eating my breakfast?
- How long has it been since I bought flowers for my dining table?
- Why do I continue to eat my food on scratched and discolored dishes?

Each question is entitled to a different answer; my hope is that in answering the questions, you are able to create a pleasant and comfortable dining experience for yourself at meal time.

In order to achieve this, the first thing we must do is put aside all electronic devices when sitting down for a meal, in order to awaken our senses: The sense of smell in order to enjoy the aroma of the fresh home-made tomato sauce; vision to see the magnificent mixed colors around in your salad; the sense of sound, so that you can hear it (and smile) when you're being called to the table; taste to savor all the different spices and ingredients in your food; and finally, the sense of touch, to receive and give a strong

Bon Appetite!