



Free Introductions,  
Guided Meditations  
& Starter Kits

Organizational  
Training Programs

Mindfulness Based  
Stress Reduction

Integral  
Psychotherapy  
& Life Coaching

# BeMindful.org

Resources for living a more balanced, integrated and richly rewarding life.

## A Starter Kit for Mindful Eating and a Healthy Body

### Suggested practices:

So, if you don't already have a mindfulness practice, you might consider going back to this page and working through the "Starter Kit for Establishing a Mindfulness Meditation Practice." <http://www.bemindful.org/freedownloads.htm> OR find some you like better on YouTube – there are thousands of them!

- If you already have a mindfulness practice, you may want to get a "refresher" by practicing mindfulness for 20 to 45 minutes every day for at least 6 days this week using these or other recordings. Feel free to mix it up a bit, using the Body Scan some days, one or two of the other guided meditations on other days, some lovingkindness meditations on other days...

Watch this video about the workings of mindfulness

<https://www.youtube.com/watch?v=yqUNtLbwoj4>

A taste of mindful eating: <https://www.youtube.com/watch?v=tYDXQQBojk8> do this a time or two in a quiet, peaceful space.

Here's the link to my main source of information on diet and health: <https://nutritionfacts.org>

How to lose weight (26-minute video): <https://www.youtube.com/watch?v=HknpIgbuCUk>

Food and Addiction: Treating through Mindfulness Awareness (30 min.)

<https://www.youtube.com/watch?v=TQKGR7VS7E8>

Recipe to Losing Weight <https://www.youtube.com/watch?v=KfK3eK-kOQA>



Ideas about what is best to eat: <http://www.vegsource.com>

Some specific info from Dr. Gregor's site:

Michael Gregor 2016 talk 1.5 hour video “How Not to Die”

<http://nutritionfacts.org/video/how-not-to-die/>

Michael Gregor 2015 - 2 hour video

<https://www.dropbox.com/s/0iyrnwrpy9hx12v/DrGregerVol%2028.m4v?dl=0>

Michael Gregor 2014 talk 1 hour video “From Table to Able”

<http://nutritionfacts.org/video/from-table-to-able>

Michael Gregor 2013 talk 1 hour video “More than an Apple a Day” <http://nutritionfacts.org/video/more-than-an-apple-a-day-preventing-our-most-common-diseases/>

Michael Gregor 2012 talk 1 hour video “Uprooting the causes of Death” <http://nutritionfacts.org/video/uprooting-the-leading-causes-of-death/>

Michael Gregor collection of materials re preventing and treating diabetes

<https://nutritionfacts.org/2017/10/26/foods-to-eat-to-help-prevent-diabetes/>

More info on the benefits of a Whole Foods, Plant-Based diet:

<https://www.forksoverknives.com/what-to-eat/#gs.xbTKhzs>

<http://nutritionstudies.org/whole-food-plant-based-diet-guide/>

### Documentaries

[Forks Over Knives](#) (Netflix)

[Food Choices](#) (Netflix)

[Chef's Table – Cooking Nun](#) (Netflix)

How's Your Sleep? If it's not going well for you, here's some help:

The Sleep Solution by Chris Winter, MD

[https://www.amazon.com/Sleep-Solution-Why-Your-Broken-ebook/dp/B01KGZVRVO/ref=sr\\_1\\_3?ie=UTF8&qid=1516126957&sr=8-3&keywords=sleep+solution](https://www.amazon.com/Sleep-Solution-Why-Your-Broken-ebook/dp/B01KGZVRVO/ref=sr_1_3?ie=UTF8&qid=1516126957&sr=8-3&keywords=sleep+solution)

60-min audio Interview with Chris Winter, MD <https://www.youtube.com/watch?v=WVBw0GoXckw>