



DR. KEESHA EWERS: Welcome back to the Woman's Vitality Summit, this is Dr. Keesha Ewers, your host, and we are talking about caring for yourself, body and soul and women's vitality.

My guest today, that I'm so excited to be interviewing, is Dr. Susan Albers who's a New York Times bestselling author and a clinical psychologist at the Cleveland Clinic who specializes in eating issues, weight loss, body image concerns, and mindfulness.

After obtaining a master's and doctorate degree from the University of Denver, Dr. Albers completed an APA internship at the University of Notre Dame in South Bend, Indiana, and a post-doctoral fellowship at Stanford University in California.

She conducts mindful eating workshops across the country and is the author of six mindful eating books including *Eat Q*, *50 Ways to Soothe Yourself Without Food*, *Eating Mindfully*, *Eat, Drink, and Be Mindful*, and *Mindful Eating 101*.

Her work has been featured in O, The Oprah Magazine, Family Circle, Shape, Prevention Magazine, Self, Health, Fitness Magazine, Vanity Fair, Natural Health, Wall Street Journal, and on Dr. Oz. Susan is a contributor to the Huffington Post and Psychology Today. Welcome to the Summit, Susan. I'm so excited to have you on this session.

DR. SUSAN ALBERS: Thank you so much. It's such a pleasure to be here with you today and talking about a topic I am so passionate about. It is wonderful to spread the word.

DR. KEESHA The thing that this Summit is all about is women's vitality. I always remind everybody that vitality is our life energy, our life juice, our force, our passion to live our life purpose.

So often I see - and this is why I did this Summit - women in my office that are drained of their vitality, and I find that a lot of times this draining of vitality has to do with being overstressed, overscheduled, overly self-critical, and a lot of times women - and probably men, too, but I see this often in women - turn to food and have unhealthy relationships with food as a result of that lack of vitality. Or their relationship with food is a drainer of their vitality.

So I'd love to start that: what do you see as the relationship of food and eating for women and their life purpose, their passion, their juice, their joy or their vitality?

DR. SUSAN ALBERS I definitely agree with you. I think that at the heart of our energy, our vitality, we have to have great nutrition to give us the energy to do all amazing things that we do as women in one day.

There are so many of us who are running around all over the place on that treadmill of life and we have nothing behind it powering it. Often when I work with my clients and we drill down I say to them - and I would ask anybody this question right now who's listening to think about - what have you had to eat today so far?

I asked a client of mine that just yesterday, and she really had to think for a minute, as we all do, because again we're so busy. She said "Well, I had a handful of cashews and I had some goldfish crackers from my toddler's snack box" and that was it. This was at 1:00pm and she said "Well tonight I'll sit down with my family and then I'll eat."

But when we really looked at that cycle in the evening, she found herself just eating way too much, feeling really out of control. But it made sense, because her vitality and her energy was completely drained throughout the day because she was running, running, running.

So what I try and help people to do with mindful eating - and particularly women in my practice - is to find easy ways to incorporate mindful eating into their lives so that they feel more energized and not stressful. Probably one of the biggest obstacles that I see is that people say "I don't have time right now, I'm too stressed out" which we all are.

So the techniques that I incorporate and teach my clients are easy, they're simple, and they're things that you can do within a minute or less; you don't have to change your whole lifestyle. And that's really been my goal and my purpose, being professional myself and a mom and somebody who knows how busy and hectic life is, that it has to be simple, easy things that we can do.

DR. KEESHA Well, I think that is key, because when I'm in my office and I give a woman a suggestion to do some form of self-care, I often get an eye-roll, or even tears that say, "Oh my gosh, if you ask me to do one more thing in my life, it is going to tip me over." So easy is really, really important.

I want to circle back, though, because your emphasis is on mindful eating, and I just want to start with a good foundation so that everyone understands and is on the same page about what that means.

DR. SUSAN ALBERS Sure, yes. I think that's important to do, because you probably are starting to see a lot in the media - a lot of celebrities and people are talking about mindful eating - but there are a lot of myths that go along with it as well.

First of all, it is not a diet, or a fad diet. If you're a chronic dieter who's been up and down on that diet roller coaster, I'm sure you're doing a sigh of relief, because it's not that; there's no starving, there's no wrestling with yourself, guilt, shame, any of that. It's not a diet.

It's more about how to eat than what to eat. Probably every single day, you are just inundated with a list of don't eat this food or do eat this food, don't eat sugar, don't eat gluten, all of these things, and really, that is not what I focus on with the people that I work with. It's more about how to eat, because at the end of the day, that is what we struggle with.

We struggle with how to stop emotional eating. How to stop eating that bag of chips right in the middle, to close it up and walk away. It's all of these behavioral things that we just really struggle with. We have really, really good intentions. You wake up in the morning, you say "Okay, today's the day I'm going to eat mindfully" and then you get to about noon and, as we said, that energy and vitality is drained out of you and it's really tough to do.

So the focus of mindful eating is about awareness and that is really, in some ways, how simple and easy it can be.

Let me give you a pretty common example of mindless eating that we all do quite often: you get home after a stressful day. You've taken your child to kindergarten and they've had a meltdown. You've come home and you've helped your kids with their homework. You've put the laundry in and you're exhausted by end of the day.

You go into the living room and you flop down and you're ready to watch Netflix and you say "Okay, I'm going to get something to eat." We use that time to unwind so you get a bowl of potato chips and you start eating. You eat in what my clients call this robotic, mindless way: just popping one in after another and you get to the bottom of the bowl and you say "Oh my gosh, I had no idea. I haven't tasted one bite of this whole bowl" because you just mindlessly zoned out.

We do that so often with food that doesn't take a lot of effort to eat, we just pick up our fork or put it in our mouth. So much so that we can eat an entire plate of food and not taste one bite.



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What mindful eating really is about is shifting that awareness and that focus back into the moment, so being able to taste those potato chips, having them as a snack, getting out of all the automatic routines that we have around food.

For example, yesterday I was at work and it was lunchtime - our lunchtime is between 12 noon and 1:00pm - and I was asking my coworker if she wanted to go to lunch, and she's like "I already ate just about an hour ago, but yeah, I'll go." And I said "No, no, no, you don't have to go if you've already eaten, we can get coffee, or whatever."

But it was such a great example of how we have habits: we eat at 12:00 on the dot whether we're hungry or not, we socialize around eating, we have tons of habits around eating. So, if you're listening, I would say the number one thing that you can do to start eating more mindfully - and it's not even changing anything - it's really just observing what your habits are around food.

If you really drill down and you take a really close look at what you do throughout a day, my guess is you'll be just amazed and surprised at some of the ways in which we automatically eat food.

There's a really interesting study by one of my favorite researchers - Brian Wansink out of Cornell - and he recently looked at kitchens and households. He went in with his team of researchers to different households around the university, and he looked at what people had on their counters.

He found that people who kept food on their counters, specifically if they had soda on their counter, they weighed 26 pounds more than people who did not keep soda on their counter. The same with crackers; it was something like 14 pounds more by having this just sitting out on their counter.

That's because we get into this mindless habit of you see food and you reach for it automatically. You're passing the counter, you pick it up, and you eat it without really even thinking.

Mindful eating is different is that we turn on our awareness so that instead of reaching for food in an automatic way, we really slow down and be in the moment. Sometimes easier said than done.

DR. KEESHA I think this is so important and I've interviewed Dr. Wansink twice on my radio show - on Healthy Radio - because I think his research is so important.

One of the things he talks about is this idea, what you just said earlier, that we wake up in the morning and we have a bucket full of willpower. We have so many different choices in the era that we live in right now.

You get on your computer and you're confronted and inundated with things that you actually have to have willpower over: not buying the thing that floats by while you're reading the news.

So by the end of the afternoon, when a lot of people are heading into the kitchen to look for something to perk them back up, your bucket is really diminished. What we put in our kitchens, the way we surround ourselves with food, how we think about our energy and what's going to pick us back up, all these things go into what our body weight looks like.

I think that's really important, what you just said, that just this very simple thing of not having food out on your counter. Who knew, right?

DR. SUSAN ALBERS Right. We live in this very mindless eating environment and my clients often get really hard on themselves. They're like "I really want to eat mindfully, why is it so hard?" And I say "Well, look around you." We are inundated with food all of the time.

In the town where I live they've just implemented a 24 hour cookie delivery service, so you can get on your computer and 10 minutes later, hot cookies will arrive at your doorstep if you want them.

DR. KEESHA Oh my goodness.

DR. SUSAN ALBERS It's just so easy. I live near a university and they just implemented a vending machine that will create pizza. So no longer will college students have to order the pizza and wait for it to be delivered; it will be done within a matter of minutes right in front of them.

DR. KEESHA That's discouraging.

DR. SUSAN ALBERS I know. I'm just surprised. The list is endless, and not just for college students, but for all of us, that we're just faced with choices all day long. I think about this term a lot, in psychology, we call it decision fatigue, and it's so appropriate, because by the end of the day, we are just maxed out in the decisions we have to make.

Not just about food, but about what we're going to wear, where we are going, how we're going to get there. After all the decisions that we have to make, by the end of the day making decisions about food can just feel way too overwhelming.

DR. KEESHA I had a client yesterday in my office saying she had a history of bulimia, which is an eating disorder of bingeing and purging, and she was worried that it was coming back because of stress she was feeling over different family crises going on. She said "I find that my husband doesn't eat the same way I do, so when we sit down to watch a show together, or the news in the evening, he pulls out a bag of corn chips and I start in on it."

What are some tips that you can give somebody like that, who is either in a good relationship with food or not, when temptations come up like that? When there's someone that you live with that doesn't have the same values around eating that you do, how can you work with that?

DR. SUSAN ALBERS That's such a tough one. I think so many people face that when their family is not onboard, and I really bring it back to them and the moment. This is what I've found, which is very interesting, is that when somebody embraces mindful eating and they start to demonstrate it and show in their house, in front of their kids and their partner, it's amazing how often they serve as such a great role model and the other person starts to unconsciously do what they're doing.

One of the best ways to get your significant others, your family, on board is just to really be a good role model, just start doing this yourself and you'll be amazed at how often they come onboard. Really just focus on yourself. Like you're saying, most of us get into this all-or-nothing thinking of I'm either on this diet and I'm doing great, or I'm failing and doing miserable.

What I love about mindful eating is that it has this really positive mindset that we're just focusing on the moment; we have no other control over the past or the future, but just right now.

I'm going to go through a list of five really easy things that you can do to jumpstart your mindful eating if you're somebody who doesn't know much about it. If you do these five things – and believe me, they're really easy - it's going to get you to start it.

Also on my website EatingMindfully.com there is a download that you can print out with some of these things. Hang it on your refrigerator, give it to a client if you have one, so you can have it handy. Here's number one, you ready?



DR. KEESHA Go for it.

DR. SUSAN ALBERS These sound really easy but sometimes they're more complicated than we think. I call them the five S's of mindful eating and the number one S is to sit down, have a seat. We often are nibbling in front of the refrigerator or snacking in the car or eating right out of the bag, and you will find that you will enjoy food more and eat less when you give eating your full attention. My motto with this is: only eat off your feet.

There was a recent study that looked at people who ate chocolate, and they found that people ate five times more if they were eating and walking than if they were sitting down, so that's something that we can all work on to help to focus our attention.

DR. KEESHA Great.

DR. SUSAN ALBERS The second S is to slowly chew. We all know that chewing slower can really help, but it's one of those unconscious habits that we all have to eat quickly. Research indicates that we eat in tandem with the people that we're eating with. So if you eat with a fast eater, lightning speed, it's likely that you will as well.

My challenge to you today - anybody who's listening - is to tune in to how quickly the person that you're eating with is chewing, and try to just slow that down a little bit. One way that you can also eat slower - and this is one of my very favorite tips because it's fun, you can try it today - is to eat with your non-dominant hand. If you're right handed, by putting the fork in your left hand what you'll find is that it's going to automatically slow you down because you've got to think about it a little bit more.

It's like writing with your non-dominant hand: you can often write with your opposite hand, but you've got to slow down and really give it more of your attention. It's the same with using a fork or a spoon.

That's based on a research study that looked at popcorn. They sent people into a movie theater and they gave them popcorn and they asked them to eat with their non-dominant hand. What they found was that the people who ate with their opposite hand ate 30% less. It's very simple, easy tips like this that can make a huge difference to your eating.

DR. KEESHA I just did a little Facebook live post last month and what I suggested that I'd found in my own life - and I love what you just said - is that in Ayurvedic medicine, there's this understanding that your stomach is only as big as your fist, and so you should only eat in one setting what you can hold in your hand.

So I started thinking, what serving dish would match that, and I remembered I'd lived for three years in Japan when I was a little girl and I thought of a Japanese rice bowl.

DR. SUSAN ALBERS Yeah.

DR. KEESHA And if you eat with chopsticks, it really slows you down. I just did this little video about chewing, because if you're not shoveling things in with your fork, you have to slow down. Before you can get another bite with your chopsticks, you've really chewed your food well. That's if you're not a native chopstick user.

So putting your food in a rice bowl which gives you the serving size, then eating with chopsticks so that you eat slowly, can let your body understand what's happening, it will give it the message and let you know when you're full. So it sounds like I was right on track.

DR. SUSAN ALBERS Absolutely. I didn't realize that was something we shared: you spent some time in Japan and I lived in Japan for a short time as well.

DR. KEESHA Oh, is that right?

DR. SUSAN ALBERS Yes, which is actually one of the ways that I became connected with mindfulness. I'd read the word in the past when I was a college student and when I was in Japan, although I knew what the word meant on an intellectual level, I didn't really feel it or really understand it until I was there.

Actually, it was one of the first times in my life that I was very mindful of my own eating because the food was so different than anything I had experienced. I'm from Ohio, so as you can imagine, we're a very meat and potatoes state. I come from a family of mindless eaters. I grew up with a strong history of food in my family; my great-grandfather owned a grocery store, and as stories about him go, he was Italian so he would pick at food all day long. So much so that he had to get out of the grocery business and he opened up an orchard.

One of my first experiences as a child with food is that every summer, we would go to the orchards and we would pick cherries and we would pick all kinds of different fruit, but the cherries were particularly significant because I would remember being up in a cherry tree and my great-grandmother would say to me "Are you eating those cherries?" I was like "One for me, one for the bucket." So we were very connected with where food comes from, where you grow it, eating it, obviously, right off the tree.

The other side of my family are farmers from Ohio and my grandparents ate everything that they grew. My grandmother's recipes are handwritten and they involve everything that they got from their farm.

So when I went to Japan, I was experiencing very different kinds of food and what I noticed is that it naturally slowed me down, because the food was so unfamiliar that I would ask myself what is this? What does it taste like? What is the texture? What is the flavor? How does it smell? I didn't even put that label on it at the time but that was my first mindful eating experience.

Now I use that as a little example of what I do with people in my mindful eating workshops. We take some chocolate - and I particularly love to use chocolate, because we struggle with chocolate so much - and do these mindful eating experiments and exercises where people slow down and eat the chocolate in a very different way than they're often used to. Often we're popping one piece of chocolate after another, thinking about the next piece before we even finish the one that we have.

That eating experience of slowing down, tasting, savoring food, really changes our relationship to it and our connection.

One of the first things that we do in the mindful eating exercise is I have people really listen to opening up the piece of chocolate and they're listening to the crinkle of the foil and smelling it. What's interesting is that they tell me every single time after that experience, they are really tuned in. They can't open a Hershey Kiss, or a little candy bar, without doing it in that way of really listening, looking at it, and savoring it in a way that they just hadn't done before.

I guess my point is that when you experience mindful eating, it changes your relationship to food forever; the way you think about food, the way you taste it, the way you approach it, how you choose it. It's very, very powerful experience.

DR. KEESHA I think this is a really important thing that you're saying. I did this 10 day Vipassana Meditation retreat where you're silent and you don't even make eye contact with other humans. You don't write in your journal, you don't get on your phone – it's taken away - and it's just silence. It's you, yourself and this meditation practice for 10 days.

One of the things they do is serve your meals to you so that you don't have to think about food. In the morning, you have breakfast and you eat that and then you have lunch and then dinner is more of a snack - like a tea time in Britain - where you get a piece of fruit and you get to have some sort of herbal tea.

I remember thinking "I get low blood sugar, I don't know if this is going to be enough. Where's my protein?" I kept thinking "This is so regimented, if my blood sugar crashes at 7:00, what am I going to do?" This was many years ago, before I realized that every single thing that you put in your mouth in the morning is setting you up for how you're going to be in the evening.

I ate a really healthy wonderful breakfast in the morning that was well-balanced, and another meal at lunch. Then when I had my apple in the afternoon, we would go and meditate and I could feel that apple. I treasured it because it was the only thing I was eating. I would feel that on my tongue and really taste it as it went down. Then during meditation in the evening, I could feel that apple digesting. I could feel it going into my tissues, I could feel where it was going. It was really fascinating, because it was just me, myself, and there was no distraction.

That environment made sure you didn't have any distraction from this process and that changed my life and my relationship to food. I thought about how often would my food choices switch if I really spend this kind of attention and time on every single bite, savoring it, and feeling it nourish the cells of my body in this way? I think our lives are so frenetic and so overscheduled and so busy that people don't even have this experience of doing this.

DR. SUSAN ALBERS Right. Absolutely, I agree, and I imagine that now you pick up an apple and you never look at it in the same way again.

DR. KEESHA Right.

DR. SUSAN ALBERS If someone wants to walk through that experience of savoring chocolate with me, I have a little clip on YouTube of how to savor chocolate. Just search my name, mindful eating and eating chocolate, and we'll walk together through that process of eating a piece of chocolate mindfully. If you are somebody who really struggles with chocolate, you have to watch this video, because it will change your relationship to chocolate forever.

Just to rewind and give you the first three S's of mindful eating: sit down, slowly chew and number three, that we just talked about, is to savor each bite. For each bite, make it a mindful bite; smell, taste, notice, look.

Research indicates that the first bite is actually the most flavorful because after you start eating, you become habituated to the taste of that very first bite. If you don't do any other

mindful eating, make that first bite the most mindful one. Tune in, ask yourself how do I like it? Is it something I love, or is it just mediocre? We eat a lot of mediocre food, so in that first bite if you're not sure, it's a good time to change your options.

So that's sit down, slowly chew, savor, and then the fourth S is to simplify. Simplify your environment, just like we were talking about with Dr. Wansink. I would challenge people today to go in their kitchen or sit at their desk and look around and see if your environment is helping you to eat in that mindful way or if it's pushing you towards mindless eating.

That includes food being out of sight. Like I said, I'm a food lover, so I'm not saying get rid of all the treats and good food in your house, no, absolutely not. It's about putting it in a strategic location so that you cut down on that autopilot eating where you just pass it, you see it, you unconsciously reach for a handful, and eat it.

What we want to foster is these really conscious choices of what it is that we're eating. So the fourth S is simply and my motto is: in sight, in mind, out of sight, out of mind.

Finally, the fifth S is - and this is one of my very favorites - to smile between bites. Smiling creates this really brief pause between your current bite and the next one. It creates this little bit of a gap, and during that gap, you ask yourself if you're satisfied in that moment. My motto is: take a breath to manage stress.

In between bites, you're taking that little smile and another added benefit when we smile is it kicks off that serotonin and those feel-good chemicals in your brain which helps us to reduce emotional eating.

I've written six books, one of them is called *50 Ways to Soothe Yourself Without Food*. In that book it talks about many different ways that we can calm and soothe our emotions without any food whatsoever, some really creative, innovative things, and smiling in this context. I call it smile yoga, which is a whole different topic, but in this context we're going to just take a really brief smile and then take that next bite.

Just to sum up: sit down, slowly chew, savor, simplify, and smile. Like I said, you can go to my website EatingMindfully.com and get this as a download and put on your refrigerator.

DR. KEESHA Yeah, great tips. We're going to add another S in there that can get in the way of all this. I hear women ask me all the time, or even tell me, they sabotage themselves. They say that: "I'm a self-saboteur."

What are some ways that people sabotage themselves when they're in this process and really trying to be "good"? I think when we set ourselves up as good or bad, we are already shooting ourselves in the feet.

DR. SUSAN ALBERS The one that you just mentioned is the biggest self-sabotager and that's self-talk. What is it that you're telling yourself about what's happening with your eating? Probably this sounds familiar to people who've tried to change their eating: "I'm too stressed, I can't do it. It hasn't worked in the past. Nobody in my family is successful. Nobody in my family is on board."

So one of the first things that I tell people to do is to really listen to what is happening in your mind and get that little mindful voice on your shoulder that is listening and maybe hears what your mind is saying, but doesn't buy it. Just because we have a thought doesn't mean it's a fact, and I really emphasize that with my clients, to listen to what they're saying. Our thoughts direct where we're going. So number one is really understanding that mindful eating can happen and talking to yourself in this positive way.

The one that stops people in their tracks is "I am too stressed out right now to make any changes." The nice thing about mindful eating is you really dive into it and you start reading about the tips that are intended to reduce stress instead of create stress.

Diets create stress because you have to change what it is you're eating and a lot of times you're starving. Mindful eating actually helps reduce stress because what you're doing is you're really tuning in to exactly what your body needs, and you're meeting those needs. It reduces your stress level and it slips it into what you're already doing at the moment, and just doing what you're doing a little bit more mindfully.

Here's another example: I'd ask anybody who's listening to think about what's one thing that you do well already with your eating? Often we're looking for the problem, we're looking for the potholes, but you're doing something right and something well right now. Boosting that just a little bit and being more mindful of that can go a long way.

We try and stop all these negative behaviors that we have. I always encourage people to start a healthy new behavior instead of stopping an old, stuck one. We wrestle with those things that we want to stop doing. But new healthy habits push those old habits out of the way. So think about what you can start doing today instead of what you can stop doing today.

DR. KEESHA That's great. Great advice and wisdom. You talked about a book that you've written about some things that you can do to boost your vitality that don't involve food. Let's end with a few of those.

DR. SUSAN ALBERS I'm going to give you a few of my favorites that you can do to boost your energy level, very easy, natural ways, that don't involve food whatsoever.

Here's one that I do in my office: I'm in my office all day long and I'm sitting down. That's a real energy drainer to me. So what I do, instead of going down to the vending machines between clients, I'll get up and I'll do what are called doorway stretches. I'll stand in my open doorway, put each hand on the sides of the door frame about shoulder height and then gently lean in on my weight. Straighten up and then lean in again, almost like you're doing pushups on the door frame. This helps to get the blood going, oxygen circulating again, to boost my energy up as well.

Another tip that I have outlined in my book - and I have a little video on it as well - is to do what I call a squeegee breath. Let's end with this, and if you're listening, you can do this with me as well. We're just going to do it really quick, and then you can just do it at your own pace. If I'm feeling low-energy and I'm dragging and I need to pump up my energy level, I do what is called a squeegee breath, and this is to release stress.

I want you to close your eyes, if you're listening, and I want you to imagine that you have a squeegee - the kind that you use on the windows to wash the windows - and imagine starting at the top of your head and you're going to squeegee all the way down your body, all the way down to your toes. As you're breathing out, you're going to imagine all the negativity, all the stress, as like this black water rushing out from underneath your toes.

When you breathe in, you're breathing in the nice clean water or air and thoughts. So take that deep breath in, and imagine that clean water coming in is all positive, and then squeegee down as you're breathing out all the stress running out from beneath your toes, just let that dirty water out. Breathe in and out, in and out, until you feel calm and energized again. Oxygen goes to your brain and helps you to think more clearly and make better decisions.

These are just a couple tips that I have for you. Like I said, my book *50 Ways to Soothe Yourself Without Food* is just full of them. My website as well, which I would welcome you to go to, EatingMindfully.com, because I love sharing all of this information with you and helping people along this journey of mindful eating. Or join my Facebook page. I post inspiration and quotes and things like that, because I want to share with you everything I know about this topic.



DR. KEESHA We also have all the contact information and some bonus material from Dr. Albers on the Women's Vitality Summit speaker's page with lots of different amazing tips and words of wisdom from you, Dr. Albers.

One of the things that I think, as a mother of four, is so important is that our children get this information. So you've taught your kids the squeegee breathing, right?

DR. SUSAN ALBERS Absolutely. It's funny because we'll be out somewhere, in the grocery store, and all of a sudden, they'll be doing these yoga poses and people are just floored that this is happening. I really believe in teaching kids how to regulate their emotions early in their life, because if we don't, they're going to be doing it with food later.

Really investing in helping them to do squeegee breaths, to do yoga exercises, to relax and calm and soothe their nerves without food as early as you can is really important, and you can do it with them. We'll do the squeegee breath together. When we're doing homework and people are really frustrated, we just take a moment and let's do the squeegee breath, and we are all good.

DR. KEESHA So powerful, and whenever I get teenagers in my practice and I'm teaching them these different stress-relieving techniques and things that I do, I tell them they're going to be so much further ahead than most adults by knowing this now before they go off to college.

This is a really important thing that I just want to encourage all the moms listening to do, to take all of this information and practice it with your entire family, because it's never too late for you to learn it and it's definitely never early enough for your kids to be learning it.

DR. SUSAN ALBERS Right. I think that's a good point, and it's not too late. Don't tell yourself that because you didn't learn these things as a kid, your hopeless. That's not the case. These are things you can do today.

DR. KEESHA Right. And when you have a family, you have accountability partners, because I think kids are the most amazing accountability partners ever.

DR. SUSAN ALBERS Absolutely. They call you on everything. Absolutely.

DR. KEESHA They do.



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DR. SUSAN ALBERS I've had them say to me "Mommy, is that mindful eating?" and I'll be like "Hmmm, they really are watching!"

DR. KEESHA I know, they are. They're mind-mapping us so closely so they know if you're not in integrity with what you say and what you do. They're great for accountability. So rope them in and use them as your community, because they're learning along with you and it's just fantastic.

Dr. Albers, thank you so much for sharing even this tiny bit of wisdom in this short amount of time with our listeners, and teaching us all about mindful eating.

DR. SUSAN ALBERS Great. Thank you so much, and remember to eat, drink, and be mindful.

DR. KEESHA I'll end with that. Have a fantastic day everybody, until next time.