**An Interview with Dr. Susan Albers, Mindfulness Eating Expert**

I recently had the chance to ask Dr. Susan Albers, psychologist at the Cleveland Clinic and author of *Eating Mindfully,* a few questions about her **1st Annual Mindful Eating Summit**, a free online event August 25th-29th that can help you eat more mindfully, lose/manage weight, stop emotional eating and develop a better relationship with food. You can sign up today on [www.mindfuleatingsummit.com](http://www.mindfuleatingsummit.com).

**Why should people attend your Mindful Eating Summit?**

Mindful eating is the perfect choice to replace fad dieting. I've witnessed first-hand the way mindful eating can help women lose weight, feel better about their bodies, stop overeating and boost nutrition and energy levels. The good news is that it doesn't trigger disordered eating and eating disorders in the way dieting often does.  It doesn’t cost any money and it can help you eat the foods you love and can be applied to any style of eating (for example if you are eating gluten-free, vegetarian, Kosher) etc.

**What is mindful eating?**

It's not a diet. There are no menus or recipes.   It's more about *how* to eat than *what* to eat.  The Mindful Eating Summit can help you to "reset" and "reprogram" your relationship with food.  Often, we *know* that an apple is better choice than a candy bar, but what we don't know is how to make ourselves *choose* the apple when we are feeling stressed or anxious. Mindful eating techniques are creative, simple ways to help you step away from emotional eating and start taking care of yourself, a difficult task for busy women who are often facing a lot of daily stress.

The misperception about mindful eating is that it takes a long time and you have to close your eyes like you are in yoga class.  This is not the case. In my workshops, I teach people how to mindfully eat chocolate.  In two minutes, they learn how to savor chocolate in a new way.  Often, we are thinking about the next bite of chocolate before we finish the one we have.  Mindful eating is more about a mindset--to stop multitasking while you eat and get out of old mindless eating ruts.  There are a lot of ways we mindlessly eat from eating at 12:00 on the dot whether you are hungry or not to zoning out on the couch mindlessly munching on a bowl of chips.

**Give us an example of a Mindful Eating Tip:**

Eat with your non-dominant hand.  If you are right handed, put your fork in your left.  This simple action breaks up that automatic hand-to-mouth flow that you get into when you eat and is one of the easiest ways I've found to slow you down.  Research shows that this simple switch of hands can reduce how much you eat by 30%.

**What can people expect to learn if they attend the summit?**

The Mindful Eating Summit includes the wisdom of more than 15 phenomenal experts. We’ll explore leading thinking in the fields of nutrition, psychology, mindfulness and habit change. The Mindful Eating Summit will help people get inspired and motivated! The interviews will be with leading clinicians, writers, researchers and activists who will give you actionable tips.

One of my favorite talks are by Margaret Floyd whose talk is entitled:  What's for dinner? How eating naked can bring mindfulness to your meal.  It's about getting back to the basics, which is often difficult for busy people. She advocates for simple meals and spending only about 10 minutes in the kitchen--and makes it do-able.

**How is mindful eating different than just deciding to go on a diet or restrict certain foods?**

Now more than ever, we need to open a new conversation about eating and talk about strategies for changing our relationship with food. The fields of eating psychology and nutrition are evolving and entering a new direction. They recognize that dieting is NOT the answer. We are craving more substantial answers on how to improve our diet, stop emotional eating, and nourish our bodies.

**Where can people learn more about mindful eating?**

I’m proud of the work and research on my website – www.eatingmindfully.com – but there are so many experts now in this field. Here are just a few of the presenters in my conference, all of whom offer their own rich, in-depth perspective on health, wellness and mindfulness:

* **Dr. Brian Wansink** Director of Cornell Food & Brand Lab and best-selling author of **Mindless Eating: Why We Eat More Than We Think**
* **Evelyn Tribole** Award-winning registered dietitian an author the best-selling books **Healthy Homestyle Cooking** and **Intuitive Eating** (co-author)
* **Dr. Jim Painter** Producer of Portion Size Me, a documentary about fast food and health and featured on **CBS’s Early Show**
* **Margart Floyd** Certified Nutritional Therapy Practitioner (NTP) and Certified Nutritional Therapy Consultant (NTC) and author of **Eat Naked**.

**How can people sign up for the Mindful Eating Summit?**

People can sign up for this free, online summit here: [www.mindfuleatingsummit.com](http://www.mindfuleatingsummit.com). Just enter your email address. That is it! 4-5 interviews will be played each day.

**Who is the Host?**

Dr. Susan Albers is a clinical psychologist at the Cleveland Clinic and author of six books on mindful eating including *EatQ: How to Unlock the Weight Loss Power of Emotional Intelligence, Eating Mindfully, Mindful Eating 101, Eat, Drink & Be Mindful, 50 Ways to Soothe Yourself Without Food, But I Deserve this Chocolate.*She graduated from the University of Denver and completed a post-doctoral fellowship at Stanford University.  You may recognize her from Dr. Oz or have read about her in Shape, Fitness, Self Magazine, Prevention etc where she is frequently quoted.  "Like" her facebook page for updates on the Summit  [www.facebook.com/eatdrinkmindful](http://www.facebook.com/eatdrinkmindful)