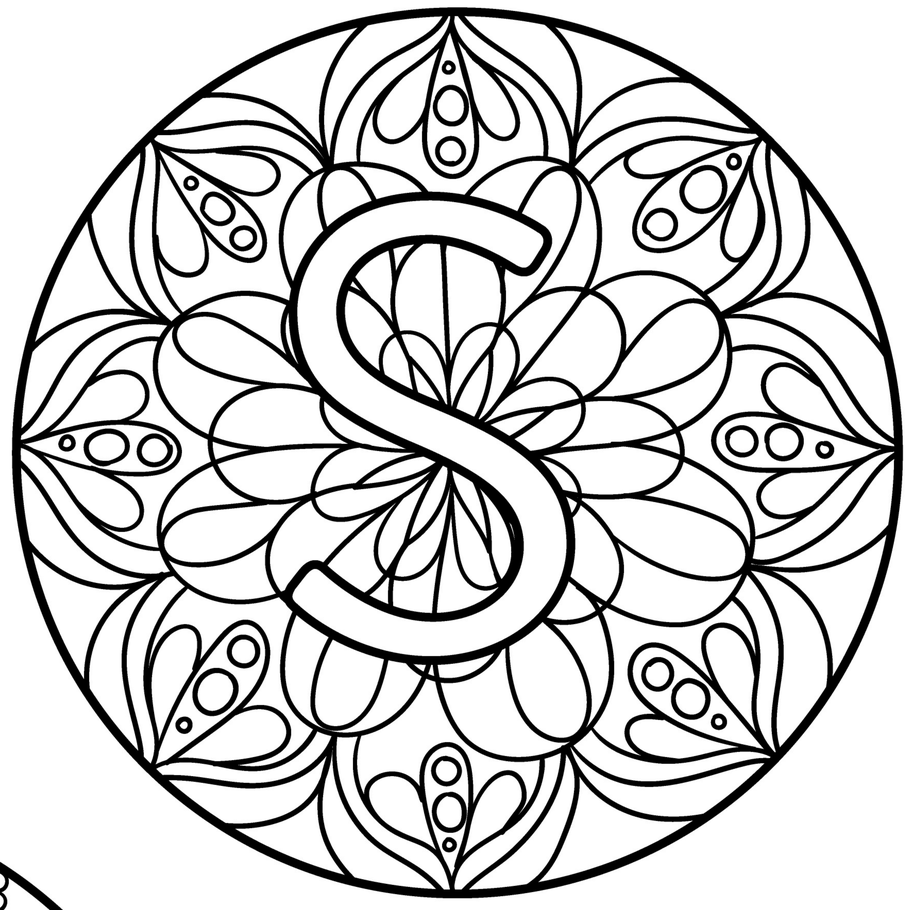
5 S's of Mindful Eating
Sip, Savor, Slowly Chew,
Simplify Your Environment, Savor



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