



# Becoming a Sensation Scientist

*Dancing through life*



## Awareness of Taste

### *Sensing the Flavor of Pleasure*

Taste is one of the body's five main senses and occurs as a result of multiple sensory systems working together, including your tongue and nose, where flavor is mostly recognized.

The purpose of taste is safety, survival and nourishment. Thanks to the roof of your mouth, tongue and nose, and to special sensory organs called taste buds, you can detect sweet, salty, sour, bitter, and pungent, metallic flavors.

You can taste, talk, sing, recognize tastes you love, and things dangerous to you like poison. Taste is directly related to pleasure, and to feeling emotionally satiated and satisfied.

Healthy taste is recognized by the nose's ability to smell, and by your tongue's ability to perceive and enjoy (in moderation) sweet, salty, sour, bitter and pungent flavors.

Unhealthy taste is recognized by a loss of smell, the inability to distinguish flavors, a craving of one flavor like salt, or by the presence of a persistent flavor on the tongue no matter what you eat.

### Tips on Taste

- Taste with a beginner's mind, smelling and chewing everything as if it were for the first time.
- Turn your whole body into a tasting tongue, imagining all parts of you as a tongue, from your skin to your fingers to your toes.
- Dance with taste, using your tongue and the food you eat as your dance partners.
- Keep your taste buds healthy and fit by cleaning your tongue with a tongue brush or scraper.
- Keep your nose and tongue strong and fit by smelling to breathe, by sticking your tongue out, wiggling it, wagging it, flicking it, and by consciously involving your tongue and nose more when you eat.

### Begin your study by —

- Feeding the taste buds with a wide variety of fresh, unprocessed, organic foods that include sweet, salty, sour, bitter and pungent flavors.
- Taking time to smell what you eat and to enjoy a variety of textures and flavors. Include red, yellow, green, white and brown foods in each meal.
- Eating out of pleasure and joy, and not out of guilt or fear, by checking in with your body and mind each time you make food choices.



Give your ears a taste of NiaSounds music with Aya.

Read *In Defense of Food* by Michael Pollan and try the Cleanse Organic program with Dr. Shunney.

### For more information

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