What if peace on earth could begin at the dinner table? Imagine experiencing an inner peace, free from incessant worry about what to eat. It’s hard to enjoy the holidays when you are preoccupied with eating or worried about what to say to relatives who have an annual tradition of telling you what and how to eat.

Consider your Intuitive Eating Bill of Rights, as we enter the holiday season, to help you foster inner peace with food, mind and body.

1. You have the right to savor your meal, without cajoling or judgment, and without discussion of calories eaten or the amount of exercise needed to burn off said calories.

2. You have the right to enjoy second servings without apology.

3. You have the right to honor your fullness, even if that means saying "no thank you" to dessert or a second helping of food.

4. It is not your responsibility to make someone happy by overeating, even if it took hours to prepare a specialty holiday dish.

5. You have the right to say, "No thank you," without explanation, when offered more food.

6. You have the right to stick to your original answer of "no", even if you are asked multiple times. Just calmly and politely repeat "No, thank you, really."

7. You have the right to eat pumpkin pie for breakfast.

Remember, no one, except for you, knows how you feel, both emotionally and physically. Only you can be the expert of your body, which requires inner attunement, rather than the external, well-meaning, suggestions from family.