

# Honor Hunger and Respect Fullness!

## All Foods Fit!

### It is time!

#### If Diets Worked, Everyone Would Be Skinny ! Right?

Dieting is NOT just about eating—it is an entire way of living. A way that consumes you, and before you know it, has dictated your self-worth. Dieters are driven by their subconscious to meet their emotional needs. Deprivation becomes a lifestyle. Did you know that diets have a 98% failure rate! Wow! Has any diet really worked over time? It doesn't matter which one, if it worked so well for you, then please tell me Why? Why do you need to do it over and over again?

#### Why Diets Don't Work:

- Diet Deprivation Backlash
- Good Foods Versus Bad Foods
- Cycle of Binge-Restrict-Binge
- Emotional Eating: Our food serves as Distraction, Medication, Punishment
- Deciding and Finding what "dieting food" is often viewed as a battle

People who maintain their body's natural weight

- View food as nourishment
- Are able to enjoy food without anxiety or guilt
- Honor their bodies with food

#### It is Time!

It is time that we stop looking for magic pills and jettisoning our personal responsibility for our health. Instead, let's get back to our roots.

Babies innately know when they are hungry and full! We need to reinstall that mind body connection to listen to what our body is telling us. We need to start changing "Should's" to "Could's" What Could I do Next Time?

I often hear clients saying:

- But I don't trust myself to do that.
- If I'm strict enough and hard enough on myself, I'll eventually change.

Well it is time to un-do our diet culture's poisonous message.

#### Victimology is an Insidious Mind-set

Past events do not equal our future. We all have traumatic events in the past. This is called life. It is time to explore a new path for making lifestyle changes. Yes, it will need daily attention, but as this new path becomes a familiar path, it will get easier to follow over time.

*Take Back your Power as the Eater and Return to trusting yourself today!*

Remember: That heart attack, osteoporosis, type 2 diabetes, or obesity didn't happen on October 2nd. It was what you were doing years before that contributed to your current condition.

It is time to live in the present moment and start forming new habits. You may be down on yourself with nowhere to turn and a list of negative experiences. Mind/ Body: Balance can share with you, today, that we can change those negative experiences with three words "UP UNTIL NOW!"

#### What are Clients Saying About Intuitive Eating?

- "It was a great opportunity to take a look at your eating habits and learn how to properly fuel your body for daily activities. It has changed the way I think about eating. Now, every meal has a thought and purpose behind it." Dan
- "It has helped me create a healthy internal dialogue regarding my eat habits" Cheryl
- "Intuitive Eating was an informative, thought provoking experience that gave us tools to help ourselves. Kim constantly challenged us to change the way that we think about food." Chamber Staff



#### Practical Tips!

- Seek out nutritional information at restaurants. Look for words that are euphemisms for high in calories such as breaded, sautéed or creamy.
- Take responsibility for your dietary choices. Acknowledge the many barriers and forces working against effective weight management and remember that ultimately you alone are the one who can control your weight. You must take some amount of personal responsibility for your dietary choices
- Establish an open and ongoing dialogue with your physician. Please establish an open and ongoing dialogue with your physicians regarding excess weight, chronic diseases that can result from it and how to best manage both issues. Remember there is no magic pill!
- Question the Pros and Cons of marketing strategies. Observe the advertisement that you and your children are exposed to on a regular basis. Maybe consider taking it one step further and question claims as a family. Discuss the pros and cons of the marketing strategies such as free toy giveaways in cereal, the use of cartoon characters or as adults, the pain of ours that they target
- Plan a family adventure. Create a family tax. So, if someone stays stationary for some time they pay a small sum that can be saved for an active family adventure

Source: Journal of the American Medical Association and Tiffany Crate