

HONOUR YOUR HUNGER & MAKE PEACE WITH FOOD

Principles 2 & 3 of Intuitive Eating

Last month we looked at Principle 1: Reject the diet mentality.

Diet mentality is a way of thinking that is SO ingrained and is so much a part of our culture.

Diet mentality includes portion control, menu plans, food rules (“I can only have 2 slices of bread a day” or “I shouldn't eat after 7 pm”), counting calories, protein, fat, and carbs. It also includes false notions of “willpower” and “self-control”. It ascribes moral values to food as being either “good” or “bad” and subsequently, we end up feeling guilty or “bad” if we eat that “wrong” food.

Until you are able to truly leave diet mentality behind, you will not be able to honour your hunger and make peace with food.

*Next month's
newsletter*

"Why can't I stop eating?"



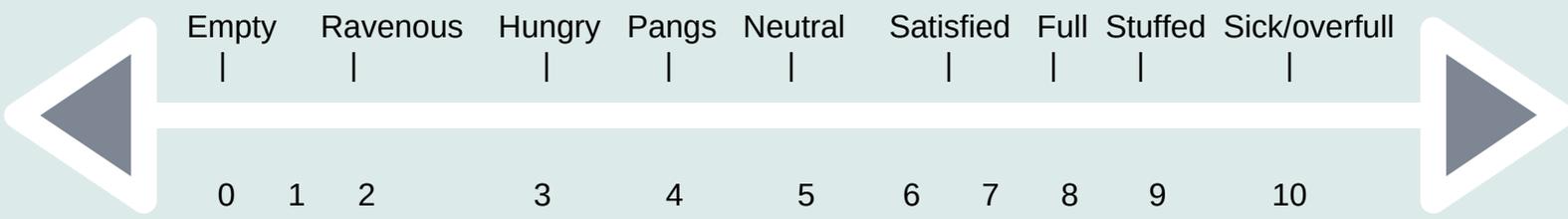
Hunger Awareness

A first step to learning to honour your hunger is to start becoming aware of your hunger signals. Begin by rating your hunger on a scale of '0' to '5', '0' being painfully hungry or what is referred to as “primal hunger” all the way to '5' which is neutral (neither hungry nor full). You can also rate your fullness signals on a scale of '6' to '10' ('10' being painfully full, overstuffed). You can take this one step further and rate on a scale of '0' to '10' how satisfied you are ('10' being very satisfied).

What if I can't feel hunger?

“If you are having a hard time detecting hunger signals, you may be experiencing 'hunger silence'. 'Hunger silence' can happen for many reasons. Some people describe themselves as feeling numb. They have learned to ignore hunger signals through food restriction and turning to empty calorie foods to “fool” their stomach into fullness. The stomach stops rumbling.

Start paying attention to other hunger sensations: lightheadedness, feeling faint, headache, difficulty concentrating, irritability, mild gnawing in the stomach, growling noises.



When you start honouring your hunger and fullness, you can also begin the process of making peace with food. This means, you get to eat what you want!! The one caveat is that you're not allowed to feel guilty!!

Making peace with food is about giving yourself permission to eat all foods. This way you don't set yourself up for deprivation. The more you deprive yourself of a food, the more you will want it. And then what happens? You end up overeating the very thing you were trying to avoid.

Yes this is a process. Yes you will likely overeat the first few times on that bag of chips or that pan of brownies. That's ok. That's normal.

So, before you are ready to make peace with food, it is important to have a solid foundation.

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Ask yourself the following:

- Are you able to eat without feeling guilty?
- Are you able to recognize and trust your hunger & fullness signals?
- Are you able to cope with feelings without turning to food?
- Are you able to experience satisfaction with eating?
- Do you feel ready to make peace with food?

These are just some of the questions that need to be explored during the intuitive eating process.

One of the fears that people have with learning unconditional permission to eat all foods is that they won't be able to stop eating.

See next month's newsletter that deals with what to do when you find yourself unable to stop eating.

To learn more about intuitive eating, register for my 8-week “An Introduction to Intuitive Eating” program starting May 2nd in Knowlton, Quebec. Register at eventbrite.ca and/or contact me for further information!

See next month’s newsletter "Why can't I stop eating?"
You can also check out my posts on facebook
Better yet, contact me and schedule your free 15 minute discovery call!

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