

Resources For Intuitive eating



Here are some resources for your Intuitive eating journey, it truly is a journey and may not be linear be gentle with yourself, start with reading the book - Intuitive Eating, by Evelyn Tribole, MS, RDN, and Elyse Resch, MS, RDN. I would also recommend the links below, articles, and podcasts to let the concepts of Health at Every Size and the non diet, weight neutral approach to health sink in.

It is a process of unlearning and untangling the concept of diet culture and knowing that weight is not tied to health. But little by little it will be like a light slowly turning on and illuminating the lies and allure of diets that do not work and leave you feeling that you have failed but the approach has. You can see through a different lens. You will be able to care for yourself from a place of kindness, without black and white, all or nothing thinking and dieting rules. Which disconnect us from our bodies hunger and fullness cues, and interoceptive awareness.

You will learn how to anchor into how we feel in our bodies and making choices based on nourishment feeling well, satisfied and having more energy to truly be present and not letting dieting steal our precious energy and time on this earth.

It is important to start with

Why diets do not work with with Lindo Bacon, a pioneer in the Health at Every Size movement and author of Health at Every size, Body Respect and Radical Belonging.

<https://podcasts.apple.com/us/podcast/the-science-of-why-diets-dont-work-with-lindo-bacon/id1041814489?i=1000540596564>

The End of Dieting how to become an Intuitive eater

<https://podcasts.apple.com/us/podcast/the-end-of-dieting-how-to-become-an-intuitive-eater/id1495266651?i=>

Benefits of movement irrespective of weight

<https://www.nytimes.com/2021/09/29/well/move/exercise-weight-loss-longer-life.html?fbclid=IwAR0IMDhZlQBrXberf56Lcr9Gmt1QuliGj9tKW-cyxHkyiSrOyBNLIB1ddeY>

Try intuitive eating to break the diet cycle

https://www.nytimes.com/2022/01/17/well/eat/intuitive-eating-diet-cycle.html?fbclid=IwAR2jJfbu2iUuBgfluD5b80R-nAAa-pU_sBOolfiJXp1-LziO95hEzOIOC-k

Snacking in kids and raising Intuitive eaters

<https://podcasts.apple.com/us/podcast/speaking-of-hungry/id1456939738?i=1000545756660>

Ellyn Satter and the concept of the division of responsibility, not strictly Intuitive eating but its a lovely tool to use as parents raising kids to be intuitive eaters

<https://podcasts.apple.com/us/podcast/142-division-of-responsibility-with-ellyn-satter/id1148570190?i=1000532079680>

Intuitive eating in Families

<https://podcasts.apple.com/us/podcast/intuitive-eating-for-kids-families/id1505223001?i=1000540103199>

How to Divest from Diet Culture

<https://podcasts.apple.com/us/podcast/life-kit/id1461493560?i=1000546851440>

Setting Health goals not based on Weight

<https://podcasts.apple.com/us/podcast/the-joyful-movement-show/id1537948979?i=1000546752924>

Using Weight as a Measure of Health isn't working

<https://podcasts.apple.com/us/podcast/burnt-toast-by-virginia-sole-smith/id1598931199?i=1000548459392>

It really helps getting support on this journey, drop me a line
rebecca@anchorednutritiontherapy.com you do not need to do this alone,