

The 7 Dangerous Traps

A quick summary from the book,

Clear Your Cravings: 3 Secrets To Diet-Free Weight Loss (It's Not What Your Think) by Irene Jorgensen

The Low-Calorie Belief Trap is the belief that if you can just stick to your low-calorie diet, you can outwit your body with willpower and lose the weight. If this were true, we'd only ever have to go on one diet. To resolve it, stop going on low-calorie diets. Eat enough calories to nourish your body and to cover your body's internal (Resting Metabolic Rate) and external activities.

The Living Off My Fat Trap is the belief that if you restrict carbohydrates (or calories) your body can live off your fat. This only works if you go into ketosis—like on a keto diet. Otherwise, **fat AND muscle get broken down**. To resolve it, eat enough so it doesn't break down your muscle.

The Carbs Are Bad Trap is the belief that carbs are bad and the only way to lose weight is if you eliminate or drastically restrict them. The truth is your brain can only survive with a steady stream of carbohydrate. To resolve it, stop going on low-carbohydrate diets. Eat enough carbohydrates to stop the physical cravings for them.

The Only Trusting Experts Trap is the belief the experts always know better than you and therefore you can't rely on the signals your body sends you. To resolve it, stop relying only on outside sources. Pay attention to those subtle and not-so-subtle signals your body sends you.

The All-or-Nothing Trap is when you decide to go on a diet, or plan, and restrict certain foods. You only allow yourself to eat "good" foods and you banish "bad" foods. To resolve it, stop classifying foods as "good" and "bad." Instead, classify foods as "healthy foods" and "pleasure foods." Eat to feed and nourish your physical body as well as the part of you desperate for the pleasure of eating the foods you love.

The On-Off Trap is when you decide to get back "on" your diet, or plan, or back "on" track, or whatever you mentally say to yourself—and before getting back "on" you binge on all your pleasure foods. Then you binge on those foods again when you go off. To resolve it, stop going "on" and "off" diets/plans. Mentally change On-Off thoughts to "I'm not on anything."

The Substitution Trap is when you decide to substitute a healthier food for one of your pleasure foods, eat the healthier food and end up bingeing on the pleasure food you wanted all along. To resolve it, stop substituting other foods for those specific foods you love, and incorporate *your* pleasure foods into your eating.

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The 5 Diet-Free Eating Guidelines

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Diet-Free Eating Guideline #1

Eat when your body is physically hungry. Your body. Not when a diet tells you to eat, or when not to eat. A good place to check in with is your stomach.

Diet-Free Eating Guideline #2

Eat what you and your body want. Eat the healthy foods your body wants and the pleasure foods you want. Often what you and your body want is the same. For example: carbohydrates.

Diet-Free Eating Guideline #3

Eat with the intention that the very next time you're hungry, you are going to eat whatever you want—while you savour every bite of what you're eating in the moment. When you eat something, for example—a piece of pie—eat it with the intention you can eat pie anytime you want. You can eat it again, the very next time you're hungry.

Diet-Free Eating Guideline #4

Eat until your body—your stomach—is physically satisfied. Stop eating when your body feels satisfied. Satisfied. Not stuffed. Not full. Satisfied. Get to that fine line between not hungry and not full. Just satisfied.

Diet-Free Eating Guideline #5

When it's difficult to follow any of the first four diet-free eating guidelines, look within to find out what's going on. You may need help dealing with emotional food cravings.

If you're interested in finding out more about what blocks your weight loss empowerment, please email me at Irene@ClearYourCravings.com to request your copy of *The Weight Loss Empowerment Clarity Quiz*.

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