



Listen to Your Body's Wisdom

It's plain and simple. Diets don't work. 95% of them fail. So, it's easy to understand how searching for the perfect diet can be a tiresome endeavor.

Fact is that food is the fuel of life. Your body requires it to run efficiently. Diets often don't work because we attempt to stop listening to what our bodies truly need, and start trying to resist the urge to nurture our bodies appropriately. Hunger is a natural part of life, and the ways our bodies communicate to us. We have to be aware what hunger is emotional and what is physical, and understand that hunger is a normal part of survival. If we don't pay attention to it, it will find ways to keep reminding us through physical means—headaches, a growling stomach, and obsessing about food.

It's so important to listen to our body and be able to distinguish natural hunger and emotional hunger, and maintain a meal plan that balances our physical requirements.

- ❖ **Learn to detect signs and sensations of hunger**

- ❖ **Notice when you may be using food to self-medicate, numb or cure anger, boredom, sadness, loneliness etc...**

- ❖ **Learn to detect when you feel comfortably full. This may mean eating 5 to 6 smaller meals a day instead of 3 large ones.**

- ❖ **Be patient. Remember that it takes the body approximately 20 minutes to recognize fullness.**

- ❖ **Become aware of how you are eating and what emotions or experiences may be connected to those behaviors eg...eating quickly, eating too slowly, dicing food into small pieces, attempting to hide food in and around the plate, mixing inappropriate combinations of foods together, chewing too much, chewing too little etc...Take some time to learn how to eat mindfully. Check out the MyEDHelp Online Store for a recommended book selection <http://www.myedhelp.com/store.htm>**