



7 Best Practices for Intuitive Eating

In western culture we’ve learned to see the body as a machine void of intelligence, only to be acted on biochemically to change what it’s doing.

Recognize that the body is a living, breathing organism, it is adaptive, growing, shifting, adjusting and responsive collection of intelligences.

Genetics bring the code of past generations and tendencies, predisposing our reactions through multiple levels. And recognize the bigger picture of Mind-Body-Spirit all these elements influence each other.

Using the model of the iceberg, the part above the water represents our conscious awareness, what we see, this is where we set our goals: “I’m going to get health, I’m going to lose weight. “

Subconscious – represents the part of the mind below the surface that holds our programming, how we were raised, the “clean your plate club” as we were taught to override the “I’m full,” we might think of this as habits or neurology.

Entertain with me, there is a more expansive part of the mind that runs the body’s processes automatically, I like to call this the Unconscious Mind or Automatic Mind. It’s much faster at processing, it can sum up large amounts of information quickly and even give an instant response.

Entertain that the unconscious mind expresses through the body, therefore the symptoms of the body can be seen as messengers of the Unconscious Mind or Automatic Mind.

The deeper levels of Spirit Mind and Soul also inform the body and can be responsible for behaviors of the body such as symptoms and allergies. (Aside: I’ve actually cleared allergies by fast past life clearings addressing these levels).

See the research list for scientific evidence for the body’s homeostasis. The body is geared to keep its balance through multiple systems.

In creating a program for Intuitive Eating, we can recognize it as a two part process: 1. Clean up the interference and 2 build up the inner resources of Intuition and paying attention to the Body's Wisdom.

Get rid of interference, What gets in the way:

1. Conditioning: Clean Your Plate Club overrides the I'm full signal
2. Cravings: cravings are not driven by logic, they are emotional and if we look deeper they are messages from your unconscious mind.
3. Anxiety -Stress: Stress – increases cravings, but also increases snacking, or eating the wrong foods, overeating at meal times, stress also creates double whammy of stress hormones epinephrine and cortisol, etc which can lead to hormone imbalances.
4. Past Traumas cause higher anxiety rates and anxiety cycles, food -mood, serotonin, dopamine, comfort foods
5. Stress also impacts sleep -wake cycle, causing drowsiness through day and driving cravings for high sugar and quick carb foods
6. Social Pressures – social eating, social drinking
7. Sabotage – part of the mind wants this – part of the mind wants that.

Evidence for Body's Wisdom:

- Pregnant woman gets weird cravings
- Body knows how to heal itself from injury, has inner healing programs
- Homeostasis and Feedback loops work together to create stability through multiple systems of the body: pH balance, nutrient levels, water balance, protein levels and more.
- The body knows when we are thirsty, it makes sense that it knows when we are full, or that it knows when we need more protein or other nutrients.

7 Best Practices for Intuitive Eating

These best practices can be used as principles or in customizing intuitive eating sessions for clients.

1. Recognize Your Body's Wisdom:

We've learned to discount, discredit the body. It must be controlled, punished, denied, cravings are wrong and bad.

- Cultural ideologies have created a war with bodies, they need to meet expectations, be perfumed, smell different, look different. Beauty magazines push the ideal and consumerism tells us bodies are not okay as they are, push for perfection.
- Religious beliefs- ideologies say we must deny the body, spiritual practice hold ideas that we must transcend the body, to be more spiritual we need to suppress it, deny it, dismiss it and ignore it.

Millions of years of evolution, created these amazing biologically responsive, adaptive organisms. They evolve with us, grow with us. Our bodies take the light of the sun through plants and create energies and new cells, these adaptive miracles of creation create new bodies, they change shape with us, they adapt to foods, they change and evolve with us and they are responsive to our stress – relaxation and also responsive to our thoughts.

Example stress response – the body physically responds to what we think about.

Build up the awareness of recognizing and communicating with the body. How does my body want to move today? What nutrients does my body want/ need today?

2. Food Re-Education: Understand how foods affect the body differently.

Calories in – calories out is outdated thinking. We like it because it's simple, but the body is more than a math equation. Foods affect the body differently.

There's been a lot of propaganda in the food industry, industries pressured to be represented, old food pyramid = 10 servings of bread/cereal, 3 servings of dairy, slogans “milk does a body good” we've learned to pay attention to experts rather than our own bodies.

Understand how foods affect the body. There are foods that the body breaks down into sugars quickly, creating more glucose (sugar the brain and body runs on) than we can use. When glucose goes up, it trips the release of insulin, a hormone that carries sugar into the cells to be used. When we have too much available sugar we are not using, what does the body do? It says this is good stuff, let's keep it for later and it stores it as fat.

Knowing just a few principles can help people recognize how to easily start shifting into healthier and tasty options through easy substitutions. You don't need to memorize a bunch of calorie counting, just solid principles. Foods that our bodies evolved to run on are better, the less processed the better: whole foods, fruits, vegetables, nuts, seeds, lean proteins. We've learned to call some foods good and others bad. This is outlined more specifically in the A Lighter You Healthy Eating Guidebook.

Get clients away from the idea good food vs bad food. With "bad foods" people go into unhealthy behaviors bingeing, denying, willpowering creates a backlash. It's better to have clients recognize, what is the "right" amount of this food for me. Practices for better portioning, taking only 1 serving at a time and getting into habit, "I'm satiating, I feel good, I recognize full."

3. Recognize Cravings as Messengers

We walked through one process for decoding the messages of the unconscious mind and what cravings represent. As you clear your emotions and practice caring for your emotional self, you find greater inner clarity, less cravings and start living more expansively.

For a refresher, watch the youtube video posted on www.TheBrainTrainerllc.com/htlive

4. Embrace Emotional Intelligence:

Pay attention to your feelings, and find healthy ways to clear your emotions. Feelings and cravings are connected. Cravings can be driven by emotions. When we are stressed, cravings increase. When we are bored, cravings increase. When we are lonely cravings increase, etc.

Often clients have family patterning of not talking about emotions, but using food as a coping mechanism. Have your clients start recognizing what they feel, and put a word to it to acknowledge the emotions. If they have family patterns of not talking about their emotions, they may have a limited emotional language.

5. Rebalance Stress & Stress Hormones:

Stress is a triple whammy. When people feel stressed, they may do stress eating to cope. Stress also causes release of stress hormones adrenaline, cortisol and epinephrine, causing the body to go into fight or flight response, which can then lead to hormonal imbalances such as insulin resistance and metabolic syndrome.

Stress & Anxiety are some of the most common patterns that derail people and take them off track, but stress and anxiety also interfere with the inner clarity of intuition.

When we feel stressed, it's harder to tap into the inner clarity and intuition. Stress Relief practices to quiet the monkey mind are helpful, and then build up the inner knowing, inner awareness of the body wants/ needs. Creating quiet space of the mind with Hypnosis or meditation and then asking questions can help get clarity and intuitive body answers.

6. **Self-Awareness: What do I really want?**

Am I eating for stress, worry, social reasons, bored, hurt or lonely? What part of me wants to be understood, acknowledged? When you feel a "craving" come on, take a minute to clear your mind and ask yourself, what do I really want? I give this exercise to my clients, you can create magnets for the fridge or a card posted on the fridge. You can also walk them through the Decode Your Cravings process.

7. **Mindlessness to Mindfulness**

Have you ever sat in front of the TV with a bag of chips? Then suddenly, look into the bag, "hey who ate my chips? Oh, it must have been me." I think we've all been there!

When we don't pay attention to what we are eating, we tend to overeat, not notice what the body is saying about it and even override the "that's enough, I'm satisfied" signal.

Mindful Eating Practice: Make time to eat intentionally, spend more than 20-30 minutes or more to eat your meal. Pay attention to the flavors, the textures, the colors.

Experience what it's like to sit in silence with food, just you and food and slow it way down. Savor it, taste it, explore the sensations and flavors. You might even say to yourself, "How satisfying is this food?" "What do I love about this food?" Let yourself be fully in the sensations of eating and enjoying.

It is said that it takes the brain 20 minutes to register the "I'm full signal" and feel satiated. Eating more slowly and mindfully allows this inner awareness to come into balance.

BONUS: Reset Probiotics: Eat A Rainbow of Variety

Eat variety to build up your healthy probiotic bacteria. Think of creating a rainbow of colors on your food plate. Unhealthy gut bacteria can actually cause food cravings as the bacteria communicates what foods it wants to consume, and overriding your own system.

Eating an array of plant foods increases healthy gut bacteria. You can create healthy gut bacteria by eating a variety of plant foods, in the documentary: Hack Your Gut goes more in depth on gut bacteria and recommends eating 60 + plant varieties each week. Fascinating aside: In the documentary, "Hack Your Gut," talks about fecal transplants. When recipients got fecal transplants from healthy weight people, they lost weight and / or adopted the same food allergies, which shows healthy gut bacteria is also linked to healthy weight balance.

I hope you found this presentation helpful.

If you want a deeper dive into the layers of the mind and working with the aspects of Body-Mind-Spirit-Soul levels for weight loss and body issues, check out the Hypnosis Conference Specials.

==>Visit <https://thebraintrainerllc.com/htlive>

Questions? Grab a time on my calendar, "choose 30 minute prepaid option" to get questions answered, network- connect, or share your healing story

==>Grab a time to chat: <https://tidycal.com/thebraintrainer>