
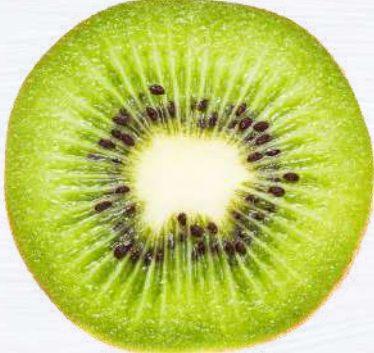


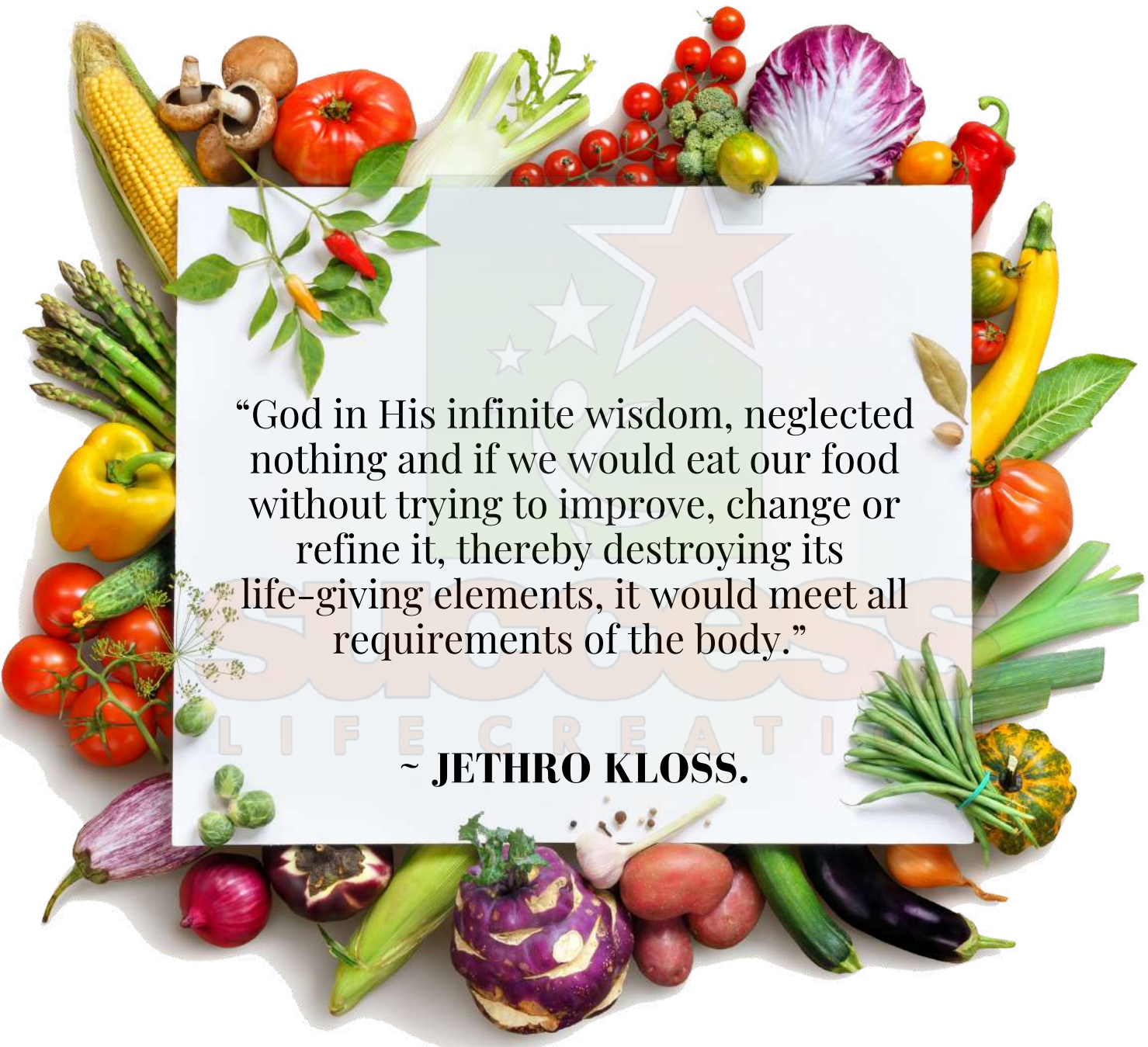
RELATIONSHIP WITH

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THE FOOD  
PSYCHOLOGY

*powered by*





“God in His infinite wisdom, neglected nothing and if we would eat our food without trying to improve, change or refine it, thereby destroying its life-giving elements, it would meet all requirements of the body.”

~ **JETHRO KLOSS.**

***Disclaimer:*** *It is recommended to always consult your personal physician for any health issues*



Consider some of the foods you have given strong associations to:

“Salt will raise my blood pressure.”

“Fat will make me fatter.”

“Sugar will rot my teeth.”

“I can’t make it through the day without my cup of coffee.”

“This meat will raise my cholesterol level.”

“This calcium will build my bones.”

To a certain degree, some of these statements may be true. But is it possible that we are instigating these effects? And if these effects are the inherent result of eating these foods, can you see how we can enhance those results with the potency of our expectations?

Like all relationships, your relationship with food should be a healthy one.

Being healthy is not just about making good food choices. It’s about having a positive relationship with food. As with other relationships in your life, it’s important for your relationship with food to be a healthy one.

Having a positive relationship with food involves some key shifts in thoughts and behaviors:



1. Become aware of why you are eating. Ask yourself: Am I physically hungry or am I eating to comfort, de-stress, please myself or others, or counteract boredom or loneliness? If you are not hungry, try to recognize the triggers and temptations that prompt you to eat;

2. Be hopeful and trust that you can overcome any challenges that you are facing. You may be trying to counter years of unhealthy behaviors, so be patient with yourself. If you make an unhealthy choice, treat yourself with love and kindness;

3. Accept that the food rules of your past may no longer be needed or helpful for you anymore. For example, we are often told as children to finish everything on our plates. Give yourself the OK to no longer be a member of the “clean plate club;”

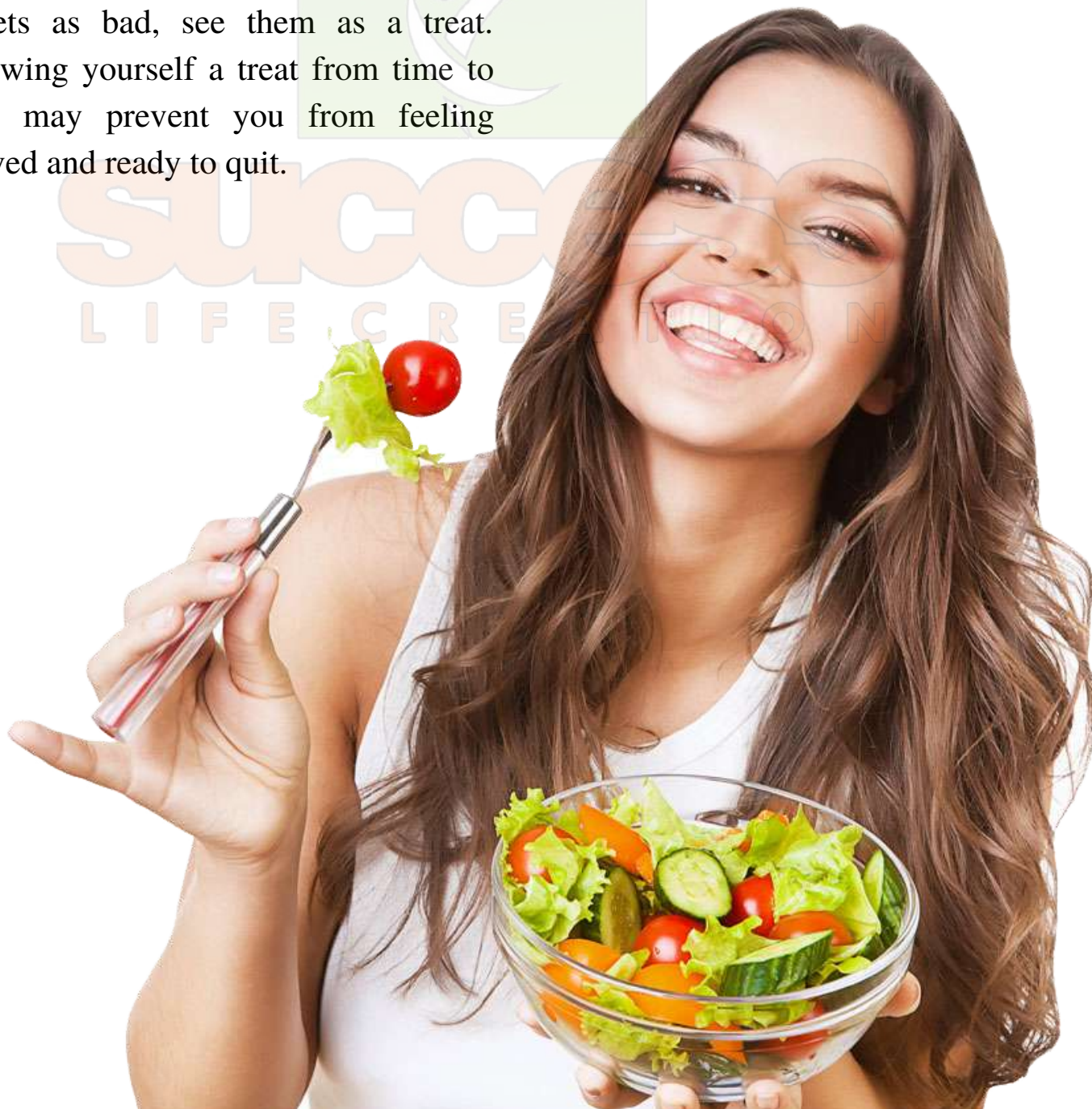
4. Understand that you are a unique person with your own needs and challenges. Do not overdo the food rules. Learn to trust your hunger and listen to your sense of fullness;





Comparing your habits and your body to others around you or in the media may be harmful. What you see in magazines and on TV are not always true. If you struggle with a healthy body image, it may help to limit your exposure to unhealthy body images in the media;

5. Set positive health goals. Weight loss goals can seem unrealistic or not doable. Be positive, even in how you talk about food. Changing your language can help. Instead of seeing sweets as bad, see them as a treat. Allowing yourself a treat from time to time may prevent you from feeling starved and ready to quit.





# STOP EATING YOUR FEELINGS

For many of us, eating is anything but straightforward. What starts out as a biological necessity quickly gets entangled with different emotions, ideas, memories and rituals. Food takes on all kinds of meanings - as solace, punishment, appeasement, celebration, obligation - and depending on the day and our mood, we may end up overeating, under eating or eating unwisely.

It is time for us to rethink our relationship with food.

## **1. Reconnect with your hunger.**

So many things drive us to eat - it is noon and that means lunchtime, it is evening and that means snack time, we are happy, we are anxious, we would rather not bring home leftovers, we are too polite to say no, we are bored and so on.

Similarly, we suppress our appetite for a myriad of reasons – we are too busy, we are sad, nobody else is eating, it is too early, it is too late and so on.

Now try doing this: Eat only when you are hungry; stop when you are full. This may seem obvious to you. Still, think over your past week: How many times did you eat when you were not hungry?

Think about your hunger and your fullness on a 0-10 scale, with 0-1 being famished and 9-10 being painfully stuffed (as in holiday-dinner stuffed). You would like to begin eating when you first get hungry, and that correlates with the three or a four on the scale and [to stop] ... when you first get comfortably full, a six or seven on the scale.”

The reason you should not wait until you are starving (or, 0-2 on the scale) is because that is when people tend to make nutritionally unsound choices. If you have ever gone to the supermarket when you were ravenous, you probably did not fill up your cart with produce; you gravitated towards the high-calorie, super-filling items.



It is also wise to eat when you first get hungry because you are more likely to enjoy your food [and] you are more likely to eat mindfully ...

When you let yourself get too hungry, chances are, you are eating really fast and not really paying attention. In fact, one of the biggest predictors of overeating is letting yourself get too hungry in the first place.





## **2. Feed your body what it is craving.**

If you are on a diet, the diet tells you what to eat; while on a binge, you eat whatever is convenient or go all out on foods forbidden by your then-diet. If you wish to develop a different relationship with food, you need to step out of these patterns. Instead of listening to others' opinions of what you should eat, turn into your own body and feed what it is craving for.

## **3. Try not to use food as a reward or a punishment.**

It is not surprising that we do this. After all, as children, we quickly learn that rejoicing and parties come with cake, while transgressions result in... no cake. But one of the great things about being an adult is we can establish our own associations. By all means, let us continue to mark our birthdays with cake - or with fresh fruit and a stockpot of homemade vegetable dish if that is what you prefer. Or, celebrate in ways that have nothing to do with eating. You can set your own rules now.

When the feelings about food get eased, the effects go beyond eating. You will observe how making peace with food affected other areas of your life. As you learn how to listen to yourself, you will become a better listener and become more empathetic.



## **‘Eating’ through your Pain and Trauma**

A person’s past experiences, particularly those involving trauma and abuse, as well as their current emotional state and life stresses, have an enormous impact on their level of pain and even the development of painful conditions. With an increase in pain and trauma, people tend to turn to comfort food as a solution. This response can turn into unhealthy eating habits and over time can lead to obesity.

Food cannot take care of your emotional needs. If you want to eat because you are upset or want to feel pleasure, try doing an activity that helps you relax, such as taking a 15-minute walk outdoors. You can do an activity that gives you pleasure, such as sitting down with a magazine or working on a project you enjoy for half an hour. Drink water or tea while you do that - add some lemon or lime for flavor.

As important as knowing what to eat, it is also vital to understand why you eat. For some, food can be a subject loaded with meaning and emotion. Food is family, tradition, comfort, and sometimes even self-medication. When food and/or alcohol are used to fill an emotional void or to quiet or dull negative emotions, it may lead to overeating or unhealthy choices. It can be easy to overeat or consume alcohol out of stress, anger, depression, anxiety, frustration or loneliness.



## Placebo on a Plate

To fully appreciate the power of mind over metabolism, let us take a fresh look at one of the most compelling phenomenon in science: the placebo effect.



In 1983, medical researchers were testing a new chemotherapy treatment. One group of cancer patients received the actual drug being tested while another group received a placebo – a fake harmless, inert chemical substance. As you may know, pharmaceutical companies are required by law to test all new drugs against a placebo to determine the true effectiveness, if any, of the product in question. In the course of this study, no one thought twice when 74 percent of the cancer patients receiving the real chemotherapy exhibited one of the more common side effects of this treatment: they lost their hair. Yet, quite remarkably, 31 percent of the patients on the placebo chemotherapy – an inert saltwater injection – also had an interesting side effect: they lost their hair too.

Such is the power of expectation. The only reason that those placebo patients lost their hair is because they believed they would. Like many people, they associated chemotherapy with going bald.



So if the power of the mind is strong enough to make our hair fall out when taking a placebo, what do you think happens when we think to ourselves “This cake is fattening, I really should not be eating it,” or “I am going to eat this fried chicken but I know it is bad for me,” or “I enjoy eating my salad because it is really healthy?”

Certainly it is not saying that we can eat poison without any harm if we believe it is good for us. It is suggested that what we believe about any substance we consume can powerfully influence how it affects the body. Every day, millions of people eat and drink while thinking strong and convincing thoughts about their meal.

One of the most fundamental building blocks of nutritional metabolism is neither a vitamin, nor minerals, or a molecule. It is our relationship with food. It is the sum total of our innermost thoughts and feelings about what we eat. This relationship with food is as deep and revealing as any we might ever have.

The great Sufi poet Rumi once remarked: “The satiated man and the hungry man do not see the same thing when they look upon a loaf of bread.”



For extensive details, please go online and gather further resources.

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