

Freedom from Emotional Eating; *Changing your relationship with food*



Mindful Eating

The way we feel about the food we eat or our emotional position when we eat plays a significant role in how the body is able to gain nutrients and digest the food.

If we are stressed, upset or feeling guilty when we eat we are not focussing on what we are eating or it's nutritional content. We are forcing our bodies to raise certain hormones and this interrupts the digestion process. Eating ice cream with pleasure and enjoyment is much better for us than feeling stressed because we feel guilty or angry, or both. Remember that our body struggles to read leptin levels from the fat cells when it is stressed. It also releases cortisol and this causes fat to be laid down on our bellies.

By giving our attention to the pleasure of the food, we allow ourselves to be aware of the textures, the temperature, the flavours and the aromas while enabling the body to gain the most nutrition it can from the food because *we are not in conflict with ourselves!*

So, to eat mindfully, get into the practice of *being present*.

- Try placing your hand on your heart space and breathing a few deep breaths (at a comfortable level) to get you centered.
- Get your mindset into a place of peace.
- How hungry are you....physically. This is no place for emotional eating. Emotional eating requires tapping to release.
- Notice your food; look at the colours, how does it smell? How do you feel about eating it? If there is any tension at the thought of eating the food, tap on that tension to release it. Tap away any negative thoughts; you are aiming for peace and pleasure. Then get back to noticing your food with all your senses.
- Now take a bite.
- What does it taste like?
- What are the sensations?
- What are the textures?
- Concentrate on how delicious it tastes, allowing time to really experience the sensations and indicating to the body that this is a really good thing that you are giving it.
- Stop when the food tastes less appetising than it did at the start, or when you are comfortably satiated/full.