

Making Peace with Food

by Carol L. Boschetto

With all the diets and diet aids in the market today, is it any wonder that our experience with food is filled with guilt and disfavor?

The diet industry today amounts to a multi million dollar proposition. There are diet gurus, fitness experts, magazines, recipes and statistics of the proper weight, the right look, etc. None of these things teach us to love ourselves, honor our genetic makeup or teach us to be content in ourselves. Anything will be said in today's marketplace, to gain another follower. Fitness magazines claim 26% of us have at one time or another been on a diet. We do not need to quote statistics do we? We can just ask our neighbor, mother, friend, or sister. Many of us live our whole lives on one diet after another. Perhaps you are on one now?

I too, have been in the realm of the perpetual dieter. Why else would the subject be of interest to me, right? The more food plans I followed; the more I looked at the scale to tell me I had been good, the less I put on my plate and the healthier I thought I had become. I soon lost self esteem, all concept of what a healthy weight for me really was, and forgot how to tell if I was hungry or full. My body no longer gave me the signals of hunger or fullness, or I could no longer hear them. I was now deep into the dieters abyss and it seemed I was to remain there. Then I read a book and began a conscious effort to change course.

As a Kinesiologist, I am always looking for ways to incorporate what I read into some practical tool to help myself and my clients. Since weight loss is such a big issue for everyone, it seemed worthy of pursuit.

The book is called *Intuitive Eating* and while surely all the information within is valuable, my task here is to present to you a system you can use to help you on the road to making peace with food. Note that the system is not a guarantee to weight loss as there are many factors that contribute to a person's holding onto weight. What I can tell you is that it will

help you to know yourself better, become more content with your body, your choices with food, and heighten your enjoyment at mealtime.

'Making Peace with Food' is a Kinesiology system that uses *eating message* statements in a balance format to help the body 'shift' to a more intuitive place. It also identifies *eating personalities* as a starting point to help you to get to know yourself better. We know that things that are not yet conscious we are unable to work on to change. This helps us to recognize our patterns and sets us up for change.

Introduction to Balance

In any Kinesiology system there are often sabotages that can interfere with the integrity of the balance. There are several that may apply here, as well as any Sabotage List you may be using now.

1. Check statements from lists you know.
2. Check chemical imbalances:
(A chemical imbalance can contribute to weight issues)

GLP1 and Neuropeptide (NPY) chemical protein for carbohydrate cravings. Activates when the body is starving, causing the body to seek more carbohydrates. Ask how the body wants to balance NPY.

ATP = chemical energy that powers the cells. A hunger signal is triggered by the over all ATP need of the cell. Ask if there is a need to add energy to the cells.

3. Hormone imbalances that may relate to weight. Check the lists you have.
4. Set Points:

Set points are of great value. It is important to check more than one (the body can have several) and they may need to be balanced individually.

Check the set point for:

1. Fat accumulation
2. Exercise and movement
3. Metabolism

Other issues to think about:

1. Check the body for time factors e.g.. What time is the body on for as far as getting to your goal? You can ask how the body wants to adjust it and balance from there.
2. Check for satisfaction factor on the body. Ask how it affects the body, and balance. Be open to what comes up and be creative.

Eating Personalities

You may muscle test from the list to see where you are or just notice how each of the categories feel. Personalize them to fit your format.

The Careful Eater:

Vigilant about what foods they put in their bodies.

Appear to be perfect eaters.

Health and fitness oriented.

These are noble traits in today's society.

Style:

Scrutinizes food labels.

An under-eater, monitors each bite.

An inability to let go of eating indiscretions.

Worries about what food to eat or planning next meal.

Conscious about body image.

Guided by time and events.

Meticulous on weekdays, may splurge on weekends.

Professional Dieter:

Tried every diet.

Fasting, cutting back.

Knows all about food portions, calories, dieting tricks.

Diets for the sake of losing weight, not health.

Last supper meals.

Says, "Today, will be a good day."

Much frustration.

May take laxatives.

Unconscious Eater:

Paired eating, engaged in eating and doing something else.

Chaotic UC eater:

Lives are often over scheduled.

Too busy and just grabs food without thinking.

Cannot tell biological hunger.

Goes too long before eating and then is ravenous.

Refuse not UC eater:

Vulnerable to the mere presence of food.

Not aware they are eating.

Pickers.

Waste-not UC eater:

Values the food dollar.

Inclined to clean plate.

Eats the leftovers from others plates.

Emotional UC eater:

Uses food to cope with stress, anger, and loneliness.

Eating statements

These are statements formulated from the book to use as a Pre-check list. You may muscle test what statements apply and balance with tools you know.

I reject the diet mentality.

I honor my hunger.

I make peace with food.

I give myself unconditional permission to eat.

I challenge the food police.

I feel my fullness.

I listen for body signals that tell me I am full.

I have pleasure and satisfaction in my eating experience.

I eat in an environment that is inviting.

I find ways to comfort, distract, nurture and resolve my issues without using food.

Food won't fix any of my feelings of anger, anxiety, boredom or loneliness.

I respect my body.

I accept my genetic blueprint.

I feel the difference exercise makes.

It is OK to move my body.

I honor my health with gentle nutrition.

I make food choices that make my body feel good.

I love myself unconditionally and others love me the same way.

I reclaim my right to enjoy food.
 I am eating intuitively.
 I choose a weight that is balanced for my body.
 I recognize and acknowledge dieting causes me damage.
 My body deserves to be dressed comfortably and in the manner I am accustomed to.
 I can eat less at mealtime because I know I can eat again anytime.
 I can eat again ___hrs. after eating a meal.
 I can snack anytime.

Hunger/Fullness chart

The chart is useful for those who have lost the inner signal that tell us when we are hungry or full. Use the scale and test to find out your level. If you are self testing recognize the need to be honest with yourself. Be accurate.

Use this scale to help you until you can tell you are hungry or full biologically. Test where you are on the scale and notice how it feels in your body. The connection between mind and body begins to form. You should begin to feel hunger pangs between 3 and 4. If you wait and test lower you may overeat at your next meal. If you are 5 or above you are not hungry and there may be other reasons you want to eat. Use with caution however, we want to develop our inner signals and not become dependent on another tool. Our goal is to stay out of the diet mentality, not replace it with something else.

Zero	Empty
One	Ravenous
Two	Set
Three	
	Pangs
Four	
Five	Neutral
Six	
	Satisfied
Seven	
Eight	Full
Nine	Stuffed
Ten	Sick

Procedure

1. Do all pre-tests and corrections.
2. Ask the body for permission to work on food issues.
3. Muscle test priority list to work on e.g.. Personalities, Eating messages, etc.
4. Test for any sabotages that may impede progress.
5. Continue getting things on line and use your tools to clear, in the format you are used to.
6. When all issues are clear for this session, check for home support or whatever your format dictates.

Stages of Awakening

In order to make peace with food and turn onto your inner intuitive signals, there may be several stages to go through. There is a time line. This will vary as the individual varies. This time line is described as *stages of awakening*. The stage you are in is determined by your level of readiness. Have you hit diet bottom yet? Have you lost touch with biological hunger and satiety? Is your body image negative and your self respect lessened? If your answer is yes, you have arrived at the first stage.

Stage two is an exploration and time of conscious learning about yourself. A time to re-adjust yourself to your hunger level, taste preference, and satiety. To begin to make peace with food we must give ourselves permission to explore and experiment with the foods we have long thought were our enemies. By facing our fears about food we learn what foods we enjoy again. Our body will begin to trust we will not starve it again, and find a balanced weight.

We then move to the awakenings of an intuitive lifestyle. We feel a solid behavior change and develop a sense of trust and a right to choose. Lighter, healthier foods become part of our eating experience. Food no longer holds an emotional charge. We view a tomato in the same light as a candy bar. Our self talk is more positive. Reclaiming the intuitive eater means trusting our bodies ability to make changes and choices. It means feeling no guilt, really enjoying food again.

Conclusion

Food issues are often enormous and overwhelming to a person. It's important to be kind to yourself and know that it may take time to move through them all. Address any fears and emotional issues with love, patience and acceptance. Give yourself what ever nurturing you need to continue on your journey. Our many tools and knowledge as Kinesiologists are gifts from God. Welcome your journey and give thanks.

Acknowledgments

Intuitive Eating, E. Tribole M.S., R.D. and E. Resch M.S., R.D.

PKP System, Bruce Dewe MD. and Joan Dewe MA.

For more information or help with the system
please call me at: 909-763-5190.