

BREAKING FREE FROM EMOTIONAL EATING



Get unstuck and
transform your
relationship with food

Hello Gorgeous!
I'm so happy you found your way here.

**THERE ARE SO MANY WAYS YOU CAN UPGRADE
YOUR WELLNESS AND IMPROVE YOUR LIFE...
BUT TODAY, I WANT US TO FOCUS ON A TOPIC SO
CLOSE TO MY HEART.**

THE FOOD ON YOUR PLATE

Does this sound familiar ...

"I know how to lose weight but I am just not able to do it. I have no control over what I choose to indulge in. I'm a compulsive eater, an emotional eater—it feels like I eat to cope when I feel overwhelmed. How do I stop overeating?"

Compulsive overeating is one of the most frustrating challenges that women face when trying to create peace with food.

Life can be tough. We all go through stressful times and find ourselves turning to food! It's that silly little void inside us, screaming to be fulfilled. Don't worry.. we have all been there.

You are not alone

My mission is to provide you with some easy processes that will help you take control of your eating patterns and leave you feeling more effective in your life.

In this ebook we will cover :

**Compulsive Eating
The Causes of Cravings
Navigating Cravings with Mindfulness
Tips for adding Healthy Whole Foods**

What emotions or situations tend to trigger you to overeat? Are there times when you routinely reach for food without even thinking about it?

These are trigger situations and they play a massive role in keeping you stuck in compulsive eating cycles.

Identifying your trigger situations allows you to anticipate them and create an alternate action plan.

YOU take charge when becoming aware of your emotional eating and overeating triggers.

*" A healthy outside starts from the
inside."*

PRINCIPLES OF BREAKING FREE FROM COMPULSIVE EATING

1. Deep and lasting transformation is possible; once you become present and connect with your being, your healing journey will begin.

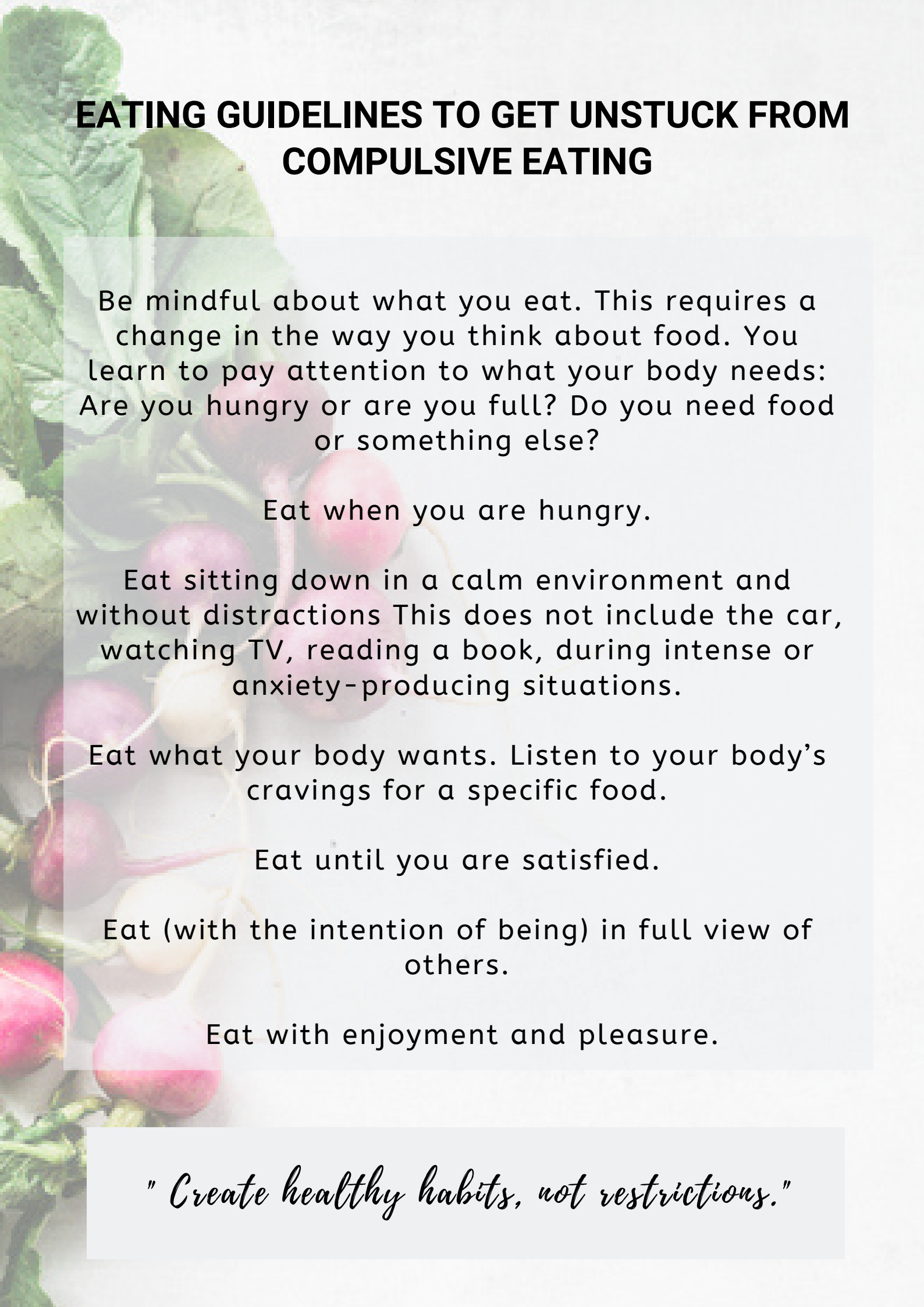
2. There are always unique, life-affirming reasons why we turn to food when we're not hungry.

Remember that compulsive eating is a primary symptom, NOT the primary problem.

3. People simply overeat out of mindless habit and outside of their own awareness.



"Everything you need; your courage, strength, compassion, and love; everything you need is already within you."



EATING GUIDELINES TO GET UNSTUCK FROM COMPULSIVE EATING

Be mindful about what you eat. This requires a change in the way you think about food. You learn to pay attention to what your body needs: Are you hungry or are you full? Do you need food or something else?

Eat when you are hungry.

Eat sitting down in a calm environment and without distractions. This does not include the car, watching TV, reading a book, during intense or anxiety-producing situations.

Eat what your body wants. Listen to your body's cravings for a specific food.

Eat until you are satisfied.

Eat (with the intention of being) in full view of others.

Eat with enjoyment and pleasure.

" Create healthy habits, not restrictions."

THE WAY THINGS ARE

1| Approach your diet with love and know that your food gives you the nourishment you need to be you.

2| All psychological blocks are doorways to our true nature.

3| What we pay attention to grows.

4| If you spend your life rooting out pain, you'll become a hunter of pain, not a finder of joy.

5| Until we examine what we really want, we may mistake indulgence (in what we think we want) for freedom.

6| It takes great effort to become effortless at anything.

7| Joy, delight, and curiosity must be cultivated, although they are utterly natural states of being.

8| Happiness is an inside job.

"Your life does not get better by chance, it gets better by change."

CRAVINGS

You may view cravings as a weakness, but often, they are important messages from our body to guide us in maintaining balance.

When you experience a craving, deconstruct it. Ask yourself, “What is my body trying to tell me?”

There are many causes of strong cravings for particular foods or flavors that can make navigating them seem tricky. However, gaining a deeper understanding of how cravings work allows you to mindfully respond to your bio-individual cravings.

Eight causes of craving :

Deeper emotions

Being stressed, uninspired in a job, dissatisfied with a relationship, having an inappropriate exercise routine, boredom, or lacking a spiritual practice can all cause emotional eating. Many people try to cope with uncomfortable emotions or difficult situations by seeking comfort in food. Food can provide a form of relief, or even an escape when you're under stress. In this way, food is being used as a strategy to fill a void that isn't satisfied.

Dehydration

Staying hydrated is a great way to help reduce extreme cravings and may ultimately help regulate the amount you eat. A glass of water before eating has actually been shown to reduce the amount of food consumed during a meal.

Another factor to consider is that your hydration status affects your body's electrolyte balance. When you sweat and lose water, you also lose electrolytes, like sodium. This may lead you to seek out sodium-rich foods following an intense workout.

Yin-Yang Imbalance

According to Traditional Chinese Medicine, certain foods are more yin (expansive), while others are more yang (contractive). Within this theory, foods that are too yin or too yang may lead you to crave the opposite in an attempt to maintain balance. This theory suggests eating foods that are more neutral (like whole grains, fruits, vegetables, and beans) and avoiding extremes on either end that may lead to cravings. For example, eating a diet rich in sugar (yin) may cause a craving for meat (yang) and eating too many raw foods (yin) may cause cravings for heavily cooked foods (yang).

Inside Coming Out

Cravings often come from foods you've recently eaten or foods from your childhood. Recently eaten foods tend to be fresh in your mind, so you're more likely to crave that food in an attempt to re-create a positive eating experience. Similarly, when you crave foods from your childhood, you may really be seeking the feeling of comfort those foods may have provided when you were younger.

Seasonal

The body often craves foods in accordance with the season. In the spring, people crave lighter foods, like leafy greens or citrus fruits. In the summer, people crave cooling foods, like raw foods and ice cream. In autumn and winter, people tend to crave grounding foods, like squash, onions, and nuts, and many crave heat-producing foods, like meat, oil, and fat.

Lack of Nutrients

If the body has inadequate nutrients, it might produce odd cravings. An extreme example of this is a disorder called pica, which leads to extreme cravings of non-food items, like clay. This condition may arise due to a chronic iron deficiency.

Hormonal

When women experience menstruation, pregnancy, or menopause, fluctuating testosterone and estrogen levels may cause unique cravings. Stress has also been shown to alter hormones in order to promote cravings.

Any big change that you make, dietary or lifestyle, isn't going to happen overnight. It's easy to revert to old habits because they are familiar or you're not totally ready to let them go.

If this happens, remember to be patient with yourself – take a step back and recognize that even if you got off track briefly, there is no need to give up! Everyday and every meal is a clean slate to make a fresh start.

This is often just part of your mind resisting the change of letting go of comfort zones.



Navigating cravings with mindfulness

- 1| acknowledging cravings as they arise
- 2| explore the origin of cravings with nonjudgmental curiosity
- 3| proceed from a place of empowerment

Whether you choose to satisfy a particular food craving or explore another option to nourish yourself, the point is, to make an educated empowered decision that works for you.

Having cravings isn't a bad thing. In fact, they are sometimes a good indication that you're not getting the nourishment you're seeking, which may have nothing to do with food.

A craving might be a message from your body that you are seeking a particular food to promote health and well-being (e.g. craving nourishing soups when you're not feeling well), but cravings can be precipitated by your emotional state, physiological state, diet, routine, or even your surroundings.

When cravings arise, they can be a symptom indicating an imbalance occurring elsewhere – investigating cravings is a great opportunity to treat the cause, not the symptom.

Being aware of the different factors that may contribute to cravings can help you explore the choices that are best for you.

1. ACKNOWLEDGE THE CRAVINGS.

If cravings arise, acknowledge them and give them space. Ignoring cravings often makes them seem stronger and more powerful. When you make foods you want off-limits, it usually has the opposite effect. Rather than leading you to forget the “off-limit” foods, you end up preoccupied and less equipped to control yourself when you’re around them.

In this case, mindfully acknowledging and fulfilling a craving may be more productive than actively trying to avoid it.

The simple act of acknowledging your craving helps reduce its power and allow you to dissociate from it.



"You are what you eat. So don't be fast, cheap, easy or fake."

2. EXPLORE THE ORIGIN WITH NONJUDGMENTAL CURIOSITY.

Ask these questions when a craving arises:

Is this craving occurring alongside a particular emotion or physical feeling?

Stress, fatigue, loneliness, and even boredom can lead to particular food cravings.

In these cases, food won't solve the problem – it would be treating a symptom, which works in the short-term but probably isn't in your best interest in the long-term.

Making this distinction can be an empowering feeling. It allows you to pinpoint and treat the actual cause, which is likely to promote the balance you're seeking.

Although there are many physical and emotional feelings that may lead you to crave particular foods, fatigue and stress are most common.

Being tired often results in overeating and you are more likely to make poor dietary choices. Studies show that sleep-deprived individuals are more likely to crave snacks and consume more calories over the course of the day. Lack of sleep has been shown to increase the preference (or cravings) for calorie-dense foods, in particular.

"Change occurs when the pain of remaining the same is greater than the pain of changing."

Is this craving for a highly palatable food?

When it comes to exploring the origin of your cravings, there is another important aspect to consider in terms of which foods you're craving. In this sense, not all foods are created equal. In order to make an empowered choice about these foods, it's important to know that certain foods – called highly palatable foods – are designed to be craved. Of course, it's fine to enjoy these foods, but part of being empowered in navigating your cravings is being aware of the power that some of these foods may hold.

If it feels like you're craving sugar, you may be seeking a quick source of energy (it could actually be another symptom of lack of sleep), but research has shown that the more sugar people consume, the more they crave it. In a way, you build up a tolerance to sugar – requiring you to seek out more concentrated sources or consume larger amounts to create the same pleasurable eating experience that it originally produced.

Processed foods are designed to make consumers crave them. In fact, the food industry created what has been described as the “bliss point” – the perfect combination of sugar, salt, and fat that makes processed foods difficult to resist. Often, this combination is created mathematically to appeal to most people.

These craved foods tend to be higher in calories and fat and lower in protein and fiber. Aside from energy, they don't offer a lot of nutritional value.

Is this craving tied to a habit?

Sometimes people simply desire food or snack because they're used to having it at a certain time or place. In other words, you may gravitate towards a particular food out of routine. For example, it's common for people to feel a drop in energy in the late afternoon and reach for sugary snacks or drinks. Eventually, you may start craving snacks during this time of day simply out of habit.

Rather than going on autopilot, take a moment to tune in to your body.

A brief moment of mindfulness may be enough to help you distinguish between craving something out of habit versus craving due to actual hunger or a desire to mindfully and intentionally enjoy a particular food.

Is this craving guiding me toward food that would support my health or well-being?

Have you ever taken a trip where you enjoyed frequently dining out and eating rich foods and then come home and craved something highly nourishing, like a big salad with tons of fresh, colorful vegetables? This is your body's attempt to return to balance.

Fulfilling a craving may also contribute to your well-being beyond a nutritional standpoint. For example, craving a piece of cake to enjoy among friends and family might provide a strong feeling of connection and love. For some, this may be a powerful form of emotional nourishment.

3. PROCEED FROM A PLACE OF EMPOWERMENT.

Once you acknowledge your craving and determine its origin, you give yourself the power to unidentify with it and determine how to proceed in a way that is best for you. Listen to what your body is telling you and enjoy exploring the deeper message that may exist in some of your cravings. Rather than feeling controlled by cravings, the empowered approach allows you to be a curious investigator seeking out the best choice for you at the time – don't forget we're always changing.

Consider cravings as a indicator to determine if things are out of balance.

Will food ease that craving or is there another form of nourishment your body is seeking?

Respect and acknowledge your bio-individual cravings as they come up.

"Most people have no idea how good their body is designed to feel"

6 Tips for Adding Healthy, Whole Foods

The dietary changes you're making should not feel restrictive, overwhelming or hard to live with.

Transitioning to a healthier way of eating may seem daunting, so here are some tips to keep in mind:

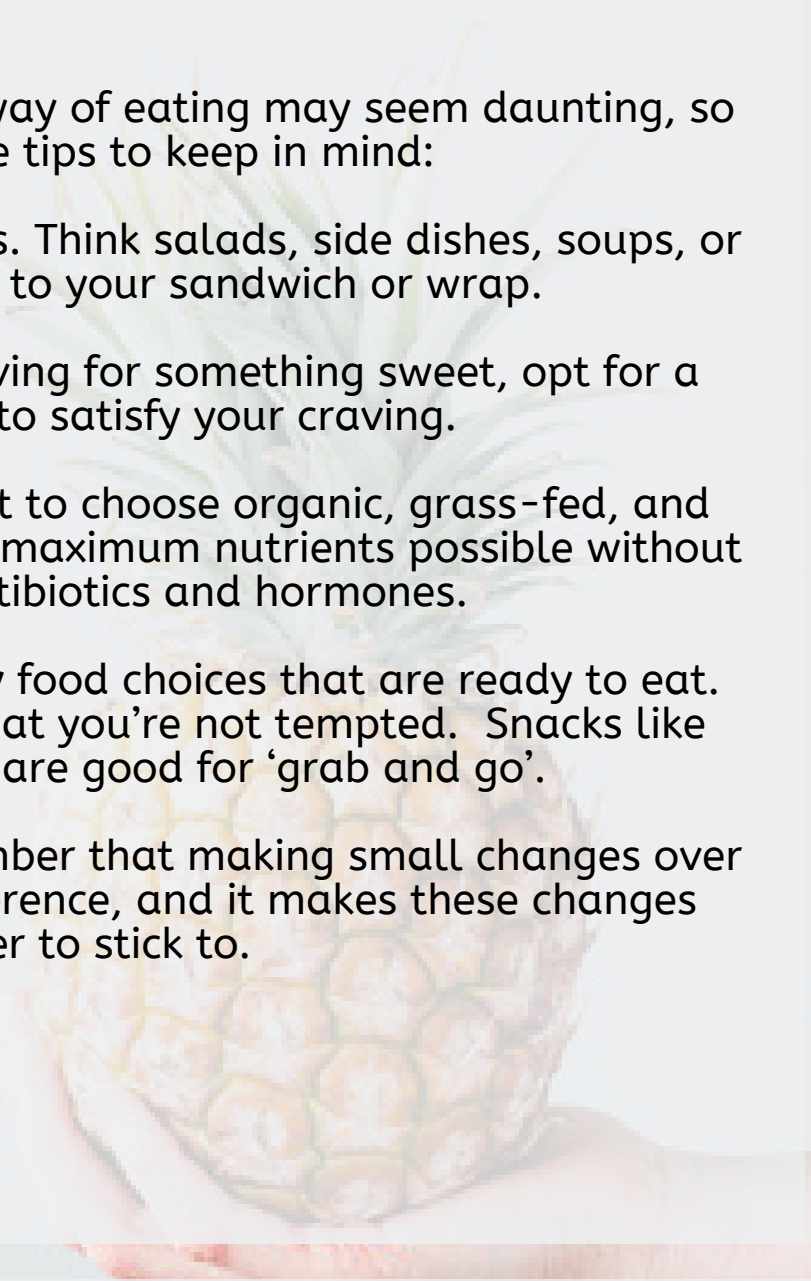
Eat vegetables at most meals. Think salads, side dishes, soups, or even adding veggies to your sandwich or wrap.

When you are having a craving for something sweet, opt for a serving of fruit to satisfy your craving.

When you eat meat, it's best to choose organic, grass-fed, and hormone-free so you get the maximum nutrients possible without the harmful antibiotics and hormones.

Fill your pantry with healthy food choices that are ready to eat. Ditch all the junk food so that you're not tempted. Snacks like nuts, seeds, or fruit are good for 'grab and go'.

Don't be too rigid, and remember that making small changes over time will make a huge difference, and it makes these changes easier to stick to.

A background image showing a hand holding a whole pineapple. The pineapple is yellow with green leaves at the top. The hand is visible at the bottom right, holding the base of the pineapple.

"The strongest factor for success is self-esteem. Believing you can do it, believing you deserve it, believing you will get it."

So beautiful ...

Are you ready to come home to yourself, connect with your inner goddess and listen mindfully to what your body is telling you?

When it comes to shifting behaviours and retraining habits, take it one step at a time. Decide on 1 or 2 changes you are able to make right now. Once those are in place, pick 1 or 2 more. This is the best way to incorporate new habits into a lifestyle change that you can live with long-term.

Pay attention and explore what your body might be trying to tell you. Acknowledge your cravings non judgmentally, explore their origin and proceed from a place of empowerment.

Sending you so much love and light on your new journey.



Carmen