PROGRESSING TOWARDS INTUITIVE EATING

Video Four

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THE PROCESS

- ➤ IE is a **PROCESS** & a **JOURNEY**
- ➤ Requires our clients to be present*
- ➤ Requires our clients to listen to their bodies*
- *one or both may have not taken place in quite some time.

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WE ALL POSSES THE ABILITY TO EAT INTUITIVELY	3	
INFORMATION OVERLOAD Marketing Friends, family and social media	4	
➤ Creates confusion and guilt Progressing Towards IE I Video Four		

BUZZWORDS		5	
➤ Ketogenic	➤ Count your macros		
➤ Vegan	➤ Gluten Free		
➤ Plant Based	➤ Dairy Free		
➤ Paleo	➤ Grain Free		
➤ Ancestral	➤ Sugar free		
➤ High Protein	➤ Green Juices		
➤ Low Fat	➤ Elimination diet		
➤ Carb Counting	➤ Anti-inflammatory diets	_	
➤ Calorie Controlled	➤ Super foods		
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MESSAGIR	NG: WHAT YOU		
EAT CAN EI	THER HEAL YOU	_	
	ARM YOU!		

NUTRITION NOISE!	7	
 Yes, all of our choices impact our health (food, sleep, stress) 		
 Nutrition noise creates confusion, guilt and indecisiveness 		
➤ Let's talk about guilt		
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GUILT	8	
➤ Women report feeling guiltier than men about the food	8	
	8	
 Women report feeling guiltier than men about the food they eat (44% to 28%) Vast majority of marketing and media messages are 	8	
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STAGE ONE READINESS	' '
➤ Feeling of failure in weight loss/health	
➤ Worried about almost everything they eat	
➤ Not in touch with their cues for hunger and satiety	
➤ Eating isn't just nourishing; it's also comforting, numbing and distracting	
➤ Body image, self worth is low	
➤ They are tired of the endless cycle	
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STAGE TWO: EXPLORATION & DISCOVERY	
➤ Hyperconscious (hunger, satiety, preferences, taste)	
➤ Hyperconscious (hunger, satiety, preferences, taste) ➤ <u>UNCONDITIONAL PERMISSION</u> to eat* (I know this	
 Hyperconscious (hunger, satiety, preferences, taste) <u>UNCONDITIONAL PERMISSION</u> to eat* (I know this sounds scary!) 	
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A NOTE ABOUT WEIGHT:		
WEIGHT LOSS IS NOT		
YOUR PRIORITY.		
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STAGE THREE: CRYSTALLIZATION	14	
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➤ Clients will start to feel like they are eating more	14	
➤ Clients will start to feel like they are eating more intuitively	14	
 Clients will start to feel like they are eating more intuitively Conscious, not hyperconscious 	14	
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STAGE FOUR: INTUITIVE EATER AWAKENS	15	
➤ Cognizant eating		
➤ Choosing foods that make them feel physically better		
➤ Self talk is less critical		
➤ Previous relationship with food has transformed		
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MOVEMENT THROUGH THE STAGES	16	
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➤ Dependent on client	16	
 Dependent on client Readiness, mindset, beliefs Ability to shift focus from weight to reconnecting with 	16	
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INTUITIVE EATING IS A
JOURNEY WITH A
DEFINITIVE DESTINATION
AND ROADMAP.
HOWEVER, IT'S PERFECTLY
OKAY IF OUR PATIENTS
NEED TO TAKE THE SCENIC
ROUTE.



