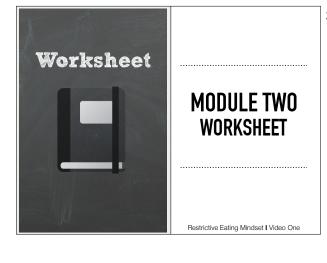
MODULE #2: PRINCIPLES (PART ONE)



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RESTRICTIVE EATING MINDSET	3	
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66 No one can be the expert of you.	4	
No one can be the expert of you.		
-Tribole & Resch		

PRINCIPLE #1: REJECT THE DIET MENTALITY	5
RESTRICTION PITFALLS	

THE RESTRICTION VOID	7	
 Restriction offers hope Restriction offers excitement 		
➤ Restriction offers (limited time) motivation		
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	8	
DIET BONDING		

	1.0
THE JUMPSTART	9
INE JUMP SIANI	
➤ If I can just lose 5-10-15# that will get me started	
➤ If I just cut out sugar, dairy and grains, that will reset	
my system	
➤ If just drink these juices for 10 days, I can lose weight	
and detox my system	
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	'
PSEUDO-RESTRICTION	
➤ Meticulously counting calories, macros, fat/CHO	
➤ Meticulously counting calories, macros, fat/CHO grams	
 Meticulously counting calories, macros, fat/CHO grams Eating only safe foods 	
 Meticulously counting calories, macros, fat/CHO grams Eating only safe foods Not eating after a certain time (despite hunger) 	
 Meticulously counting calories, macros, fat/CHO grams Eating only safe foods Not eating after a certain time (despite hunger) Cutting back now, for later 	
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PSEUDO-RESTRICTION	11
➤ Limiting/Eliminating for the purpose of weight loss	
✓ Sugar	
✓ Wheat	
✓ Gluten	
✓ Dairy	
✓ Animal products	
✓ Grains	
✓ Combo of food/food groups	
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SHOULD OF SHOULDN'T	
SHOULD OR SHOULDN'T PREOCCUPATION	
PREOCCUPATION	
PREOCCUPATION	
PREOCCUPATION	
PREOCCUPATION	

VIRTUOUS RESTRICTION	13	
 Restricting foods because someone else is Empowerment of moral superiority 		
➤ Orthorexia Nervosa		
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SECRET EATING		
SECRET EATING		

FEAR VS REALITY #1	17	
➤ Fear: If I stop restriction, I won't stop eating		
➤ Reality: Restriction is often the catalyst of overeating		
	-	
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FEAR VS REALITY #2	18	
FEAR VS REALITY #2 ➤ Fear: I won't know what to eat if I am not following a diet plan	18	
 Fear: I won't know what to eat if I am not following a diet plan Reality: Intuitive Eating teaches you to listen to your body. You will begin to connect with the primal 	18	
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FEAR VS REALITY #3

- ➤ Fear: I will be out control
- ➤ Reality: Intuitive Eating teaches you to manage (not control) your choices when ancillary forces are seemingly outside of your control

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HOW TO REJECT THE RESTRICTION MENTALITY

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STEP ONE:	
RECOGNIZE AND	
ACKNOWLEDGE THE	
PITFALLS OF RESTRICTION	

STEP ONE: RECOGNIZE AND ACKNOWLEDGE

- Chronic restriction
 - \checkmark Teaches the body to store more fat once the restriction is lifted
 - ✓ Slows the rate of weight loss with attempt
 - ✓ Decreases metabolism
 - ✓ Increases binges and cravings
 - ✓ Reduction/atrophy of hunger and satiety cues
 - ✓ Erodes confidence in self
 - ✓ Belief that current weight status is a result of a character defect

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STEP TWO:		
BE AWARE OF		
RESTRICTION BELIEFS AND		
ACTIONS		
Actions		
	_	
	24	
CTFD TUDEF.		
STEP THREE: MINDSET		
WINDSEI		
	_	

STEP THREE: MINDSET	25		
➤ Shift mindset away from			
✓ Willpower			
✓ Conformity			
✓ Failure			
✓ Rules			
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	26		
Intuitive Eating is a roadmap that			
allows and encourages experimental			
routes.			
Toutes:			

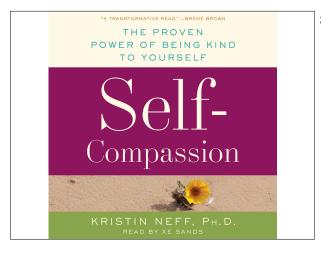
STEP FOUR: TOSS YOUR OLD TOOLS		
STEP FOUR: TOSS THE TOOLS ➤ Tools ✓ Scales, measuring tape	28	
 ✓ Apps (calories, ingredient, macro or micronutrients) ✓ Website bookmarks ✓ Social media accounts 		
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STEP FIVE: SELF COMPASSION	29	
CTED FIVE CELE COMPACCION	30	
 STEP FIVE: SELF COMPASSION Self compassion makes people <u>VERY NERVOUS</u> "If I am compassionate, how will I accomplish anything?" Self compassion is nuanced 		
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STEP FIVE: SELF COMPASSION

- ➤ Negative self talk is fueled by guilt, blame and shame
- ➤ Compassion = happiness, initiative
- ➤ Non-judgement = clarity

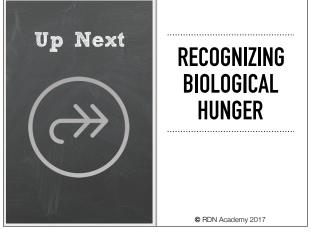
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Intuitive Eating is the process of creating attunement by listening and responding to the needs of one's own body.

-Tribole & Resch



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