





## PRINCIPLE #1: REJECT THE DIET MENTALITY

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## RESTRICTION PITFALLS

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**PSEUDO-RESTRICTION**

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➤ Limiting/Eliminating for the purpose of weight loss

- ✓ Sugar
- ✓ Wheat
- ✓ Gluten
- ✓ Dairy
- ✓ Animal products
- ✓ Grains
- ✓ Combo of food/food groups

Restrictive Eating Mindset | Video One

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**SHOULD OR SHOULDN'T  
PREOCCUPATION**

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“ Get in your clients shoes.

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**FEAR VERSUS REALITY**

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**STEP ONE:  
RECOGNIZE AND  
ACKNOWLEDGE THE  
PITFALLS OF RESTRICTION**  
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**STEP ONE: RECOGNIZE AND ACKNOWLEDGE**  
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- Chronic restriction
  - ✓ 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 FIVE:  
SELF COMPASSION**

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**STEP FIVE: SELF COMPASSION**

- Self compassion makes people **VERY NERVOUS**
- “If I am compassionate, how will I accomplish anything?”
- Self compassion is nuanced

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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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**Up Next**

**RECOGNIZING  
BIOLOGICAL  
HUNGER**

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