



Intuitive Eating: A Path to a New Relationship with Food and Your Body

I've made a personal choice and realized that dieting is no longer for me. Now at 43 years old, I am willing to lose my last remaining pounds through a process of trusting my body and eating in accordance with my hunger signals. It is called Intuitive Eating. This process is highly reputable and used to successfully treat people who suffer from all known eating disorders, such as anorexia nervosa, bulimia, bingeing, purging, and the like.

Since this is so new to me, I'm still in the testing phases of it in my own life. As progress through this new way of eating and thinking, I will gladly share my observations, recommendations and thoughts about it.

Over the past few weeks, I've been doing some extensive reading on the subject. I'd like to make a few suggestions for you to consider Intuitive Eating as a possible solution so that you, too, can get off the diet roller coaster.

Wouldn't it be nice to:

- End feelings of deprivation and guilt?
- Eliminate cravings?
- Love and respect your body?
- Eat when you are hungry?
- Trust yourself to eat the foods that you love?
- Easily stop eating when you are satisfied?
- Lose weight permanently and safely?

I understand what it is like to feel afraid and think that you can't be trusted with food. I've lived through those messages for the majority of my life with all makes and models of food cops both inward and outwardly directed. However, I realize that for too many years I've placed my validation in the hands of others and I'm no longer willing to do that ever again.

Now I realize that my body has a great deal more wisdom than I ever realized, that I can sense my own hunger, stop eating when I'm satisfied, eat the foods that I love without guilt and put the cap back on a pint of my favorite ice cream after I've taken only a small amount.

It's taken some time. I've been playing with this process for about 2 months. At first, I decided that I wanted to set the EFT aside and use the principles of intuitive eating alone and test that

out exclusively without the added benefit of EFT. I decided to see what would happen if I completely trusted myself around the foods that I loved, without the crutch of EFT to derail my cravings. I learned that, after a while of eating a bit too much 'fun' food, I tired of it easily, began to make choices that were more in line with my natural eating patterns and am now beginning to see evidence of having more energy and less anxiety around food. A few times this week, I've even gotten frustrated with my hunger signals, not wanting to stop what I am doing to catch a bite to eat.

As I mentioned, intuitive eating is a process and I am pretty much still in the infant stages. However, I can say that I am completely free of any cravings, have no more obsessive thoughts around food between meals. Now I am also beginning to feel the weight lift from my heart of years of feeling deprived and guilty around foods.

For me, this lifestyle change is absolutely priceless! I still can't believe that I can eat regular food and control myself without any external restrictions. I'd like to offer this to you for your consideration. If you are willing to release the paradigm that weight loss must be instant and that you can't trust yourself with food, then you may also find freedom in this style of eating. Wouldn't it be lovely to take back the reigns of control and learn to live and love food again?

About the Author

Andrea Amador, Certified Energy Coach and Master Practitioner of Neuro Linguistic Programming and Ericksonian Hypnosis, uses powerful changework methods including coaching, Neuro Linguistic Programming, Emotional Freedom Technique, Tapas Acupressure Technique, and the Z Point Process to inspire woman who are emotional eaters to control their bodies, overcome their fears, pare down the pounds, focus on their gifts, get unstuck and love themselves more. Through her company **The Juicy Woman**, she inspires women to live juicy, embrace their experience and spice up their lives. Sign up to join her free **Juicy Woman Fabulous, Fit and Free Call** and dig in to other yummy fat free goodies on her website: www.thejuicywoman.com.