

sort your

improving your relationship with food

My advice if you insist on slimming: Eat as much as you like—just don't swallow it.

Harry Secombe

For most people, eating is an automatic process and although we may have set times for breakfast, lunch and dinner, snacking and picking at food is often done without much thought or appreciation. As individuals we are often unaware of the many patterns and associations we have when it comes to food and more significantly the emotions that create our eating habits. This article is not about dieting, it is about re-evaluating your relationship with food and learning how to eat what your body needs when your body requires nourishing. We will encourage you to embark on a 21 day program that will help you understand and improve your relationship with food. This approach can help retrain your eating habits and free you from cravings and eating too much.

Did you know, that each one of us is made up of roughly 63% water, 22% protein, 13% fat and 2% minerals and vitamins. Every single molecule in our body comes from the food we eat and the water we drink. So eating the highest quality food in the right quantities helps us achieve our greatest potential for health and vitality. Yet among the big news stories of the new millennium was this: the number of starving people in the world is now roughly equal to the number of clinically obese people. But the irony is that many people in the developed world are actually eating less than they used to, so what's going on?

In short, the quality of food we're eating has got worse and there is now more focus on highly processed foods. We live more stressful lives are less active and more obsessed with how we look rather than what we eat. The sum total of this behavior is that we are gradually eating ourselves to death and believe it or not many people who are overweight are actually suffering from the same condition as people who are starving. Yes MALNUTRITION, The reason being, is that



life out

the processed packaged food is often so heavily refined that it's lacking in the vitamins, minerals we need for our bodies to work well.

“Just as the quality and type of fuel used in your car influences both the performance and longevity of the engine, so the quality and type of food you eat influence the health, performance and longevity of your body”

Clare Harris

Minimize stress, maximize success

If your diet contains lots of packaged and processed foods then chances are you are missing out on vital nutrients - so it's time to cleanse your body. Every single process that takes place in your body - including digestion, fat burning, thinking, breathing, walking and talking, requires vitamins and minerals. When you eat fresh, natural foods, your stock of vitamins and minerals gets topped up: quite simply, when you eat well, your body works well.

As we lose touch with real, 'live' food, it becomes harder to form the association with the vitamins and minerals in food and the realisation that we are alive because of them. Our body requires them to survive, so if we keep eating food that is lacking in them our body's stocks of these nutrients become depleted so we will start to malfunction: it will become increasingly harder to concentrate and process information. The body will have less energy and it will find it more difficult to metabolise food and burn fat. That's why junk foods are often called 'anti-nutrients.' They literally attack your stores of nutrients and damage your health.

As the pressures of modern day living increase, we can be left feeling squeezed from all directions and we

will often reach for food as a means to gaining an energy high to help us through the next task. In a working environment, this may often be sugar or caffeine laden, which can set in place an energy rollercoaster of highs and dips. If we use the motor car analogy again, it is easy to 'fill up', but that doesn't mean that we are nourishing ourselves. In essence, we are storing problems for later life.

Just because these products generate instantaneous energy and people use them, doesn't mean they're good for you. Relying on sugar doesn't move you in the direction of generating energy from within. Sugar takes your power away by making you believe that you can't do it alone

Stu Mittleman Slow Burn

Think before you eat

Before our minds became tainted with ideas of 'good' and 'bad' foods, we were able to tell what our

body needed. This technique will help you to regain this ability. Like other exercises, this needs to be practised until you naturally make healthy food choices based on your body's needs. Once you've got the hang of it, you may never have to follow another food plan again!

First of all, think of a possible portion of food. Imagine smelling that food, tasting it, feeling it in your mouth and then imagine swallowing it.



mind + body

How would this food make you feel half an hour after you've eaten it and then an hour afterwards? What do you imagine this food looks like inside your body? Does it give you energy or take energy away? Do you feel tired or bloated?

If you think this is a food choice that your body need and will give you energy put the item on to a mental list. However, if you don't think this food will see you happily through the next few hours then discard it.

Repeat the process with 2-3 other portions of food or until you find something that feels right for you right now.

Your challenge is to feed yourself natural foods only for 21 days. After this time, you will find that you are less drawn to packaged and processed foods. It's not about never eating these foods again: it's about retraining yourself to eat less of them.

Eating only when you're physically hungry

If you eat when you don't need it, your body turns this excess food into fat. By eating only when you're physically hungry, you establish a rapport with your body and will reach and maintain a healthy weight.

Some signs of hunger are:

- Smelling or tasting a food you want – even it's not there
- Knowing exactly what you need to eat
- Empty or sharp feelings in the stomach
- Tummy rumbles
- Low energy
- Irritability
- Light-headedness
- Slightly nauseous headache accompanied by a desire to eat
- Lack of concentration
- Inability to think about anything but food

Eating your meals and snacks slowly

If you eat quickly, you often eat past the point of satiety and realise, too late, that you've overeaten – and excess food gets stored as fat. Eating slowly will enable you to recognise when you've had enough.

The Hunger Scale

Most people have forgotten how to eat when they're hungry and diets can encourage you to ignore hunger. Your body knows exactly when you need to eat and how much you need and my goal is to teach you how to listen to your body and relearn what's right for you.

Whenever you think you might be hungry, whatever the time, stop and ask yourself **'How hungry am I on a scale of one to ten?'**

1 **2** **3** **4** **5** **6** **7** **8** **9** **10**
Not Hungry > **Fairly Hungry** > **Starving**

If you register 6 or above, you're hungry. 6, 7, 8 are healthy levels of hunger but if you're at 9 or 10, you probably haven't eaten for some time and you may be in danger of overeating. Eat slowly!
If you register 5 or below, you're not physically hungry but your brain has suggested food to you.

How to slow down:

- Put down your cutlery in between bites or, if you're eating without cutlery, only take a mouthful when you've completely finished the last one.
- Chew your food thoroughly: this will take about 21 chews and 20 - 30 seconds.
- Cut down your portions.

Most people regularly overeat so start by cutting your portions by at least one quarter. Wait at least 5 minutes to see if you're still hungry. Remember you can always go back for more but once you've overeaten it's hard to shift your over-indulgence.

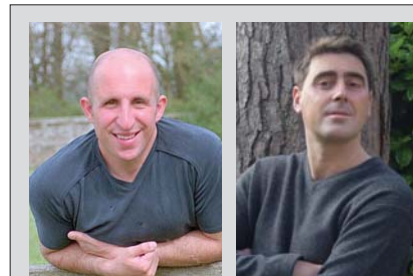
We all have up to 100 trillion cells in our bodies, each one demanding a constant supply of daily nutrients in order to function optimally. Food affects all those cells, and by extension every aspect of our being: mood, energy levels, food cravings, thinking capacity, sex drive, sleeping habits and general health. In short, healthy eating is the key to well being.

Gillian Mckeith

There is a growing belief that our emotions trigger what we eat and how we eat, providing comfort and causing us to overeat. By attempting this 21 day program, you may have to confront some

of these emotions, when your desires for food are greatest. As we have stated in all our articles, treat this as a learning process, record how you feel and discover your patterns, but learn to realise that you are more than the sum of your behaviours. You can change your choices and you can do that now: you've learned to behave a particular way and you can also unlearn it. **UF**

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