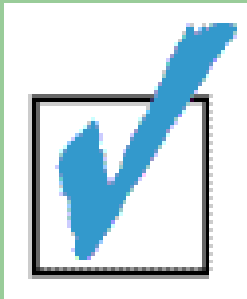


# MAKING PEACE WITH FOOD

*Going for the 3 Increases: Increase in Health, Increase in Happiness & Increase in Energy*

Strategies for  
Success in Health  
Management

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# Stop the food fight!

- Give yourself unconditional permission to eat
- Stop outlawing certain “bad” or forbidden foods & allow all foods into your life
- Stop the Deprivation-Crave-Binge-Guilt cycle



# Impact of Food Deprivation

- The more you banish & limit a food, paradoxically it builds up a craving that gets stronger the more you try to banish, limit & deprive yourself of it
- Rebound eating – more you forbid it the more you binge since you are saying goodbye to it since it is outlawed (crazy making behavior to say the least!)



# Types of Rebound Eating

- Last Supper – large eating before diet
- Food Competition – grab it before it is gone
- Returning Home Syndrome – overeat food deprived of when away from home
- Empty Cupboard – when food not consistently in house in predictable quantities
- Captivity Behavior – obsessing over foods not available while in captivity
- Depression Era Eating – hold food in special regard & cherish it with “clean your plate” focus
- Once in a lifetime – savor exotic food on vacation
- One Last Shot – when eating food not regularly available



# Restrained Eater Syndrome

- Chronic dieters who change their mind-set & responsiveness to inner body cues
- Preoccupied with dieting & weight control
- Set up rules that dictate how they should eat
- They calculate what to eat
- Chose food with mental brakes on
- Second guess needs of their bodies
- When one of their rules are broken: *What-the-hell-effect* comes into play



## ***“What the Hell Effect”***

- For restrained eaters this effect comes into play & overeating take place:
- Moment a forbidden food is eaten
- Moment a calorie level is exceeded
- With mere perception of breaking a food rule or eating a forbidden food



# Give Yourself Unconditional Permission to Eat

- Throw out preconceived notion that certain foods are “good” & others are “bad” – No one food has the power to make you fat or help you become slim
- Eating what you really want
- Eating without obligatory penance like: “Okay I can have the cheesecake now but tomorrow I diet.” (too conditional)



# Making Peace with Food means:

- Allowing ALL foods into your eating world
- Eat whatever you want
- Experience the foods you forbid
- You will find you can handle these foods
- These foods lose their magic over your willpower by allowing them in your life
- Amazing thing is cravings diminish, foods lose their allure & you can gain a rational perspective about them





# Fears that hold you back

- I won't stop eating once I start eating these forbidden foods
- Pseudo-Permission: I've Tried it Before, but really it was temporary breaking or rules
- Self-Fulfilling Prophecy: thought you will overeat actually makes you do it
- I won't eat healthfully: balancing with "nutritious foods" to make up for the "play foods"
- Lack of self-trust-frightened it will not work for you



# Five steps to making peace with food:

1. Pay attention to foods that appeal to you & make a list of them
2. Put a check by the foods you actually do eat, then circle remaining foods that you've been restricting
3. Give yourself permission to eat one forbidden food from your list, then go to market to buy it or order it at a restaurant
4. Check in with yourself to see if the food tastes as good as you imagined. If you find that you really like it, continue to give yourself permission to buy or order it
5. Make sure you keep enough of the food in your kitchen so that you know it will be there if you want it. Or if that seems too scary, go to a restaurant & order the food as often as you like