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# INTUITIVE EATING 101

*To Start Improving Your Relationship with Food*



# Welcome



My name is Lamia, non diet Coach, certified Intuitive Eating Counselor, and PhD in eHealth specialized in online lifestyle support.

I'm an Arabic woman (she/her), currently living in Amsterdam, the Netherlands and can support women anywhere online.

I spent years of my life dieting, trying to lose weight and using food as an emotional crutch. Now, I ditched dieting and found my balance, and became intuitive eater. Because of my own struggle, I made it my mission to support women going through a similar journey.

I specialise in helping professional women find food freedom and build trust in themselves not just around food, but in all aspects of their lives.

I am so thankful that you are here and look forward to supporting you on your journey!

## About this guide

Intuitive Eating can help you break free from the endless diet cycles that always make you gain the weight back and typically leave you feeling deprived and disconnected from your body.

This guide consists of steps to build a healthier relationship with food, and engage in gentle nutrition and joyful movement from a place of self-care.

Though this guide won't give you all the information and tools you will probably need to get there fully, it's a great place to begin.

*Happy Reading!*

# What is Intuitive Eating?

Intuitive Eating is an evidenced-based, mind-body health approach, comprised of 10 Principles and created by two dietitians, Evelyn Tribole and Elyse Resch in 1995.

The principles work by either cultivating or removing obstacles to body awareness, a process known as interoceptive awareness. It helps you build a healthier relationship with food, and engage in gentle nutrition and pleasurable movement from a place of self-care. It is important to understand each principle and how they work together to become an intuitive eater.

Essentially, Intuitive Eating is a personal process of honoring health by listening and responding to the direct messages of the body in order to meet your physical and psychological needs.

It might be hard to imagine eating intuitively, but most of us did as babies. We cried when we were hungry and stopped eating when we were full. It was a great system until, somewhere along the way, diet culture came into the picture and complicated our relationship with our bodies and food. Perhaps you were forced to clean your plate even when you were full, or were told you couldn't have candy because it was bad for you. Maybe you were given a stern look whenever you went for seconds, or maybe you were actually put on a full-fledged diet. Even if it wasn't in our homes growing up, it's almost impossible to escape diet culture these days. Few of us manage to live our whole lives unscathed. The good news is that we can unlearn diet mentality and learn to eat intuitively again.

## What is not Intuitive Eating

Intuitive Eating is not a diet or food plan. It's a journey of self-discovery and connection to the needs of your mind and body.

There is nothing to count: this includes no counting of calories, carbs, points, or macros.

# Benefits of Intuitive Eating

Unlike dieting, learning how to eat intuitively is not measured by kilos lost or centimetres shed (in fact, weighing yourself can hinder the intuitive eating process – more on that here). When you first start your intuitive eating journey, it can feel like a slow and scary process.

But over time, you'll start noticing a lot of changes happening in varying areas of your life. Although food freedom and a better relationship with food are one of the benefits of intuitive eating, you will also see tremendous benefits in your physical, mental, emotional health, and spiritual health.

There are over 100 research studies looking at intuitive eating and intuitive eating has been shown to have many health outcomes, including:

- Improved cholesterol levels
- Better body image
- Higher self-esteem
- Improved metabolism
- Decreased rates of disordered and emotional eating
- Diminished stress levels
- Increased satisfaction with life

# 10 principles of Intuitive Eating

Intuitive eating is based on 10 principles, Keep in mind that these are called principles for a reason—they are not meant to be treated as rules to be followed 100% of the time. Flexibility is a key characteristic of intuitive eating!

## 1. Reject the Diet Mentality

Throw out the diet books and magazine articles that offer you false hope of losing weight quickly, easily, and permanently.

*If you allow even one small hope to linger that a new and better diet might be lurking around the corner, it will prevent you from being free to rediscover Intuitive Eating.*

## 2. Honor your Hunger

Keep your body biologically fed with adequate energy and carbohydrates. Otherwise you can trigger a primal drive to overeat.

*Once you reach the moment of excessive hunger, all intentions of moderate, conscious eating are fleeting and irrelevant.*

*Learning to honor this first biological signal sets the stage for re-building trust with yourself and food.*

## 3. Make Peace with Food

Give yourself unconditional permission to eat.

*If you tell yourself that you can't or shouldn't have a particular food, it can lead to intense feelings of deprivation that build into uncontrollable cravings and, often, bingeing.*

*When you finally "give-in" to your forbidden food, eating will be experienced with such intensity, it usually results in overeating, and overwhelming guilt.*

## 4. Challenge the Food Police

Scream a loud "NO" to thoughts in your head that declare you're "good" for eating minimal calories or "bad" because you ate a piece of chocolate cake.

*The Food Police monitor the unreasonable rules that dieting has created.*

*The police station is housed deep in your psyche, and its loud speaker shouts negative barbs, hopeless phrases, and guilt-provoking indictments.*

*Chasing the Food Police away is a critical step in returning to Intuitive Eating.*

# 10 principles of Intuitive Eating (continued)

## 5. Respect Your Fullness

Listen for the body signals that tell you that you are no longer hungry.

*Observe the signs that show that you're comfortably full. Pause in the middle of a meal or food and ask yourself how the food tastes, and what is your current fullness level?*

## 6. Discover the Satisfaction Factor

In our fury to be thin and healthy, we often overlook one of the most basic gifts of existence—the pleasure and satisfaction that can be found in the eating experience.

*When you eat what you really want, in an environment that is inviting and conducive, the pleasure you derive will be a powerful force in helping you feel satisfied and content.*

*By providing this experience for yourself, you will find that it takes much less food to decide you've had "enough".*

## 7. Honor your Feelings without Using Food

Find ways to comfort, nurture, distract, and resolve your issues without using food.

*Anxiety, loneliness, boredom, anger are emotions we all experience throughout life. Each has its own trigger, and each has its own appeasement.*

*Food won't fix any of these feelings.*

*It may comfort for the short term, distract from the pain, or even numb you into a food hangover. But food won't solve the problem. If anything, eating for an emotional hunger will only make you feel worse in the long run. You'll ultimately have to deal with the source of the emotion, as well as the discomfort of overeating.*

## 8. Respect your Body

Accept your genetic blueprint.

*Respect your body, so you can feel better about who you are. It's hard to reject the diet mentality if you are unrealistic and overly critical about your body shape.*

# 10 principles of Intuitive Eating (continued)

## 9. Movement - Feel the Difference

Forget militant exercise. Just get active and feel the difference.

*Shift your focus to how it feels to move your body, rather than the calorie burning effect of exercise. If you focus on how you feel from working out, such as energized, it can make the difference between rolling out of bed for a brisk morning walk or hitting the snooze alarm.*

*If when you wake up, your only goal is to lose weight, it's usually not a motivating factor in that moment of time.*

## 10. Honor your Health - Gentle Nutrition

Make food choices that honor your health and tastebuds while making you feel well.

*Remember that you don't have to eat a perfect diet to be healthy. You will not suddenly get a nutrient deficiency or gain weight from one snack, one meal, or one day of eating.*

*It's what you eat consistently over time that matters, progress not perfection is what counts.*

# Getting started!

Now that you have reviewed the principles of Intuitive Eating, here are a few reflection points to get you started!

Change doesn't happen without a reason "why". What problems are you trying to solve with intuitive eating? How did dieting interfere with your life? Do your goals match those of intuitive eating, including to stop focusing on weight loss and dropping all food rules?

1. Why do I want to start intuitive eating?



2. What is the one thing you can do this week to start eating more intuitively?

3. What are the next steps you need to take to learn more about intuitive eating and how to put it into practice?

4. Who can support you in this new journey? Do you think you need some support from an intuitive eating professional?

# You are amazing!

Congratulations on choosing YOU over diets!

If you went through this and feel like you might need more support with this process I am here for you.

You are my dream client if you struggle with...

Binge Eating. Emotional Eating. Food Restriction. Nighttime Cravings. Fearing Food. Sugar Addiction. Body Image Issues. And, you just want to make peace with food while being super busy, juggling between work and home!

I am dedicated to empower women and help them cultivate balanced relationship with food, body and mind.

I offer a **FREE 50 min Consultation** call for women like you to see if I can help you.

[Click here to claim your spot.](#)

I'm so very happy we found each other!!

All my love,



Lamia

XOXO

## Let's Stay in Touch!



[CONTACT@LAMIAELLOUMI.COM](mailto:CONTACT@LAMIAELLOUMI.COM)



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LAMIA'S COACHING  


# Sources And Further Reading

## Books for Improving Your Relationship To Food

- Intuitive Eating: A Revolutionary Program That Works (4th Edition) by Evelyn Tribole and Elyse Resch
- The Intuitive Eating Workbook: Ten Principles for Nourishing a Healthy Relationship with Food by Evelyn Tribole and Elyse Resch
- Unapologetic Eating: Make Peace with Food and Transform Your Life by Alissa Rumsey
- Gentle Nutrition: A Non-Diet Approach to Healthy Eating by Rachael Hartley
- Anti-Diet: Reclaim Your Time, Money, Well-Being, and Happiness Through Intuitive Eating by Christy Harrison