

Binge Eating Disorder: Intuitive Eating

This provides a brief overview of intuitive eating which very simply is reconnecting with the signals your body is sending to change the relationship we have with food.

Does the cycle of diet and bingeing sound familiar:

**Negative Thoughts > Dieting (Restriction) > Feeling Deprivation > Overeating (Bingeing)
> Shame > Repeat.**

One way you can break this cycle is using Intuitive Eating.

What is Intuitive Eating?

Intuitive Eating is a method used to reconnect and trust your body. It is a way of eating that gives us permission to eat all kinds of foods. We know that scarcity makes us anxious and abundance helps us calm down. When we diet and restrict ourselves we become anxious which leads to overeating. When people are given permission to eat food, they tend to slow down. Intuitive eating is the skill you develop from eating what you're hungry for, when you're hungry and stopping when you're full.

How to Practice Intuitive Eating:

1. Paying attention to your body's signal first identify:
 - Am I hungry? How do I know when I am physiologically hungry?
 - On my hunger scale (1-10) where do I fall?
2. Identify what you're hungry for:
 - Something hot or cold?
 - Savory, salty, spicy or sweet?
 - Protein, fat, or carb?
 - Crunchy, mushy or smooth?
3. Intuitive eating is about you being in charge and listening to your body. Ask yourself:
 - Once I know what I am hungry for and how hungry am I? Where would I like to be on my hunger scale (1-10)

1	so starved you're weak or dizzy
2	extremely hungry and feeling irritable; lots of stomach growling
3	less famished; hungry enough for occasional stomach growling
4	mildly hungry—often following a light snack
5	satiated—feeling neither hunger nor fullness
6	mildly full with no discomfort
7	full enough for mild discomfort
8	stuffed enough for more notable discomfort
9	“Thanksgiving-stuffed,” possibly with extreme discomfort
10	filled to the point of feeling sick

humantold

- What is a food item closest to what my body wants, is attainable and is in line with my goals of how I want to feel?
4. Savor it and stop when you are full.

Some Helpful Tips:

- This is a skill that takes practice to develop, take every opportunity to begin asking yourself and checking in with your body's signals, and listening to it.
- Sometimes it helps to identify the range on the hunger scale you feel comfortable aiming for such as staying between 4-7.
- If you're not hungry when you eat, there's no signal of when to turn it off.
- Eat mindfully, be in the present moment, savor the taste. Check in with your 5 senses as you eat.
- Only you know what feels best for your body.
- Intuitive Eating leads to intuitive living because it teaches you that you have needs, your needs are specific and your needs can be filled.
- Have clothing in your closet that fits you. Take the clothes out of your closet that don't fit you.
- Intuitive eating doesn't promise weight loss but it will help you connect to your own inner voice. How will your life transform when you have the courage to trust yourself?

Reflection
