

# INTUITIVE EATING

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# WHO WE ARE

**Allison:**

I'm an Eating Disorder Care Manager with Cigna as well as an outpatient therapist working in private practice. My specialty is Eating Disorders and I use my knowledge of Intuitive Eating with my customers and patients.

**Jodi:**

I'm an Eating Disorder Care Manager with Cigna. I help people access their benefits and navigate the system. My passion is coaching customers as they find recovery from eating disorders. Most of my career has been in an inpatient psychiatric setting.

# INTUITIVE EATING

- **BY EVELYN TRIBOLE AND ELYSE RESCH (2012)**
- **Making food choices intuitively and without guilt. Honoring hunger, respecting fullness, and enjoying the pleasure of eating.**

# CORE PRINCIPLES OF INTUITIVE EATING

- Reject the diet mentality
- Honor your hunger
- Make peace with food
- Challenge the food police
- Feel Your Fullness
- Discover the satisfaction factor
- Cope without food
- Respect your body
- Exercise – Feel the difference
- Honor your health with gentle nutrition

# IDENTIFYING YOUR EATING STYLE

- Careful Eater
- Unconscious Eater
- Chaotic Unconscious Eater
- Refuse-Not Unconscious Eater
- Waste-Not Unconscious Eater
- Emotional Unconscious Eater
- Professional Dieter
- Intuitive Eater

# REJECT THE DIET MENTALITY

- We must change our paradigm to reject dieting; only then can we build a healthy relationship with food and our bodies.
- **Step 1: Recognize and Acknowledge the Damage that Dieting Causes**
- **Step 2: Be Aware of Diet Mentality Traits and Thinking**
- **Step 3: Get Rid of the Dieter's Tools**
- **Step 4: Be Compassionate Toward Yourself**

# HONOR YOUR HUNGER

- Clue into your biological hunger
- Learn about other kinds of hunger:
  - Taste hunger
  - Practical hunger
  - Emotional hunger

# MAKE PEACE WITH FOOD

- The deprivation setup/backlash
- Rebound eating
- The Seesaw Syndrome: Guilt vs. Deprivation
  
- The Key: Unconditional Permission to Eat
- Fear holds us back



# CHALLENGE THE FOOD POLICE

- Negative self talk around food/weight/body image
- Use therapeutic skills to challenge the thoughts.

# FEEL YOUR FULLNESS

- The key to respecting fullness is giving yourself unconditional permission to eat.
- Learn to recognize comfortable satiety

# DISCOVER THE SATISFACTION FACTOR

- We have forgotten about the pleasure food can bring!

## BUT HOW?

- Step 1: Ask yourself what you REALLY want to eat
- Step 2: Discover the pleasure of the palate
- Step 3: Make your Eating Experience more Enjoyable
- Step 4: Don't Settle
- Step 5: Check In, Does it still Taste Good

# COPE WITH FEELINGS WITHOUT USING FOOD

- We often use food as a way to cope
- Can end up feeding the pain and sadness
- Can stir up GUILT and SHAME
- Dieting itself can trigger emotions, which ultimately lead to using food to cope with these feelings
- Ask yourself how am I feeling? And what do I need? Especially when not feeling biological hunger.

# RESPECT YOUR BODY

- Accept your genetic blueprint. Just as a person with a shoe size of 8 would not expect to realistically squeeze into a size 6, it is equally futile to have the same expectation about body size
- It's hard to reject the diet mentality if you are unrealistic and overly critical about your body shape
- If you are meant to get to your natural ideal weight, you need to loosen up on yourself, put weight loss on the back burner and treat your body with respect!

# HOW TO RESPECT YOUR BODY

- My body deserves to be fed
- My body deserves to be treated with dignity
- My body deserves to be treated affectionately and with respect

**STOP the body check game!**

- Don't compromise for the big event! Trying to look your best for a special occasion – just a subtle form of body checking

**STOP BODY BASHING!!**

- Replace with positive statements
- Don't engage in FAT talk
- Do nice things for your body
- **HAES** – healthy at every size – focus on health rather than on body size

# EXERCISE – FEEL THE DIFFERENCE

- Shift to how it feels to move your body rather than the calorie burning effect of exercise
- Focus on exercise as a way to take care of yourself

# HONOR YOUR HEALTH WITH GENTLE NUTRITION

- Make food choices that honor your health and taste buds making you feel well. You don't have to eat perfectly to be healthy. You will not suddenly get a nutrient deficiency or gain weight from 1 snack, 1 meal, or one day of eating!
- “No one knows, except you, how you feel both emotionally and physically. Only you can be the expert of your body!”



# THINGS TO REMEMBER

- Eat enough, not too little-through this process you will find what foods you like, what foods fill you up and how much food you will need to feel full – TRUST yourself
- Don't get caught up in the fat free trap-it does not work and will not fill you up
- Keep pleasure in eating
- You have the right to savor your meal
- You have the right to get seconds without apology
- You have the right to honor your fullness even if it means saying “NO”
- You have the right to eat what you want even if its pie for breakfast

# HEALING FROM EATING DISORDERS

- Readiness for Intuitive Eating
  - Biological Restoration and Balance
  - Recognition that the eating disorder is not about weight or food, but rather something deeper
  - Ability to recognize and willingness to deal with feelings
  - Ability to identify your wants and needs
  - Ability to risk

# THE SCIENCE BEHIND INTUITIVE EATING

- 2005 Professor Steven Hawks published one of his first studies exploring Intuitive Eating and health in college students – what he found were those students that scored high on the scale had a lower BMI, lower levels of fat in the blood and a reduction in the overall risk for heart disease compared with participants who scored lower
- In an interview about his study, Hawks disclosed his personal weight battle and despite his knowledge he could not keep his weight off until Intuitive Eating which was instrumental in his 50 pound sustained weight loss. The headline from that interview was “Professor loses weight keeps it off by eating whatever he wants”
- After this, Evelyn appeared with him on the Today show and Dr Hawks has given several more interviews about Intuitive Eating to CNN, MSNBC and the Washington Post.