

Quick Guide: 4 STEPS TO FOOD & BODY FREEDOM



By Leanne Lisbon. Mind Over Muffin.

4 Step Quick Guide

TO FOOD & BODY FREEDOM

I want to share with you a really simple way to lose weight and keep it off for good. This will go against all the past systems you've used such as calorie counting, diets and weight loss products but stay with me!

The problem with diets is that despite trying all different types, the only thing you're actually changing are the recipes, the food you eat and the amount of calories you allow yourself. You're still essentially starving yourself, depriving yourself and obsessing over food.

Weight loss is made out to be this hard, complicated thing we have to really work at, it's all about the number on the scales, but it can be so much easier than that! Trust me I've tried all the ways. But I know now how simple it can be once you have the right tools.

There are a few things I'd love you to start implementing right now so you can heal your relationship with your food and start losing weight!

To truly follow this and make the most of these steps it's going to be vital that you let go of your past ideas about weight loss and diets and be open to a new approach and just give it a go...I mean what do you have to lose other than a few kilos? hehe.

This isn't a quick fix but it is a permanent one! Put in a little bit of time and conscious effort and the results will be a million times quicker than you'd ever achieve with a diet!

Commit to yourself right now that you're going to do whatever it takes to get a result and if a few simple shifts is all it will take, just do it. Start implementing the steps today!



The 4 Steps

STEP #1 IDENTIFY IF YOU ARE PHYSICALLY HUNGRY OR EMOTIONALLY

It's really important that you start to eat when you're hungry. Aim to avoid getting to the point where you're starving hungry because we never make the best choices from this place.

There is a key difference between emotional hunger and physical hunger. You may not have felt physical hunger for a while if you've been struggling with emotional eating because your body won't have had the chance to feel physically hungry as it's being given food when it doesn't need it!

So I want you to really tune into how it feels to feel physically hungry, think about it now. Even think back to a time where you were really hungry. Where do you feel it in your body?

Just bear in mind that this wouldn't come as a thought of 'ooh I really fancy some chocolate' or 'there's a muffin in the fridge I think I'll have that.' Trust me, your body is not made to naturally want those foods for nutrition and fuel which is what food is really for, so those urges are emotionally driven.

Physical hunger won't just pop out of nowhere, it will build gradually over time. Listen to your body, tune in and really get used to what physical hunger feels like again.

If the feeling does hit out of nowhere that means it's emotional.



Step 2

EAT WHATEVER YOU WANT (IF STEP #1 APPLIES)

When you do feel physically hungry eat whatever you want at that time, that's right whatever you want.

What do you choose to fill your body with? What would you really enjoy? You're a fully grown adult and get to choose what you do with your life including your food, so know you hold the power to have whatever you want.

Notice how different this feels to allow yourself what you desire: knowing you can have whatever you want, no restriction, no deprivation, no calorie counting, just freedom. Notice how the foods you thought you wanted might not seem as desirable now.

Make your choice based on tuning into your body; be aware.



Step 3

EAT SLOWLY AND MINDFULLY

If you're following the first 2 steps then move to this.

When you do eat, be present, be conscious, be mindful. Connect with what you're eating, taste it, enjoy it, and eat slowly. The food is to nourish your body, to give it the nutrients it needs and to keep your body moving - be grateful for that and savour it.

Avoid eating so fast that only 2 minutes have passed and the food hasn't even had a chance to register in your body!

A FEW TIPS...

I can guarantee you've been eating too fast. To help you eat slower and allow the food to actually have a chance to hit your tummy and let your brain know you're full, put your knife and fork down in between bites. Breathe. Chew slowly and enjoy the tastes. Turn off the TV.

Just sit and be present whilst you eat. Notice all the flavours of the food.

Completely finish the mouthful before picking up your knife and fork again and taking the next bite. Be totally present whilst you eat. Take it slow. This isn't a race, there will always be more food, so just savour what you have there in front of you.

By doing this you'll find your body will register feeling full much quicker. You won't over load your body with food by eating too quick and have that sluggish feeling where you need to go and lie down, instead you'll feel energised and satisfied! Wonderful.

BE PRESENT AND LISTEN TO YOUR BODY

Tune in whilst you're eating. How does the food feel as it's moving through your body? Be mindful. Feel it as it moves to your tummy.

This might feel weird to start with because so many of us are so disengaged to the actual process of digestion but feel it now, tune in. When you do this you'll start to feel the process of the food moving to your stomach.

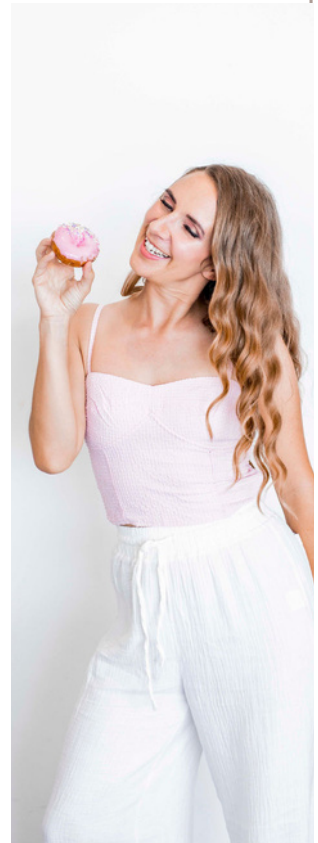
It's funny most people spend so much time thinking about food except for when they're actually eating, we become mindless to the act and so we aren't actually conscious of what we're doing resulting in eating too much.



When you really do tune into this you'll be aware of the signal from your stomach that tells you you're full.

A study in Switzerland showed that when people were blindfolded they ate 25% less than when they could see. So when they weren't looking at the food but were instead focused on the taste and texture they ate less.

When you're distracted and eating, you'll eat more! So be present, be conscious, be aware.



Step 4

STOP EATING WHEN YOU'RE FULL

the final step, stop eating when you're full. This will take your present and conscious attention to notice when you are full. listen to your body.

If you follow all 4 steps you really can eat whatever you want.

HOW DO YOU KNOW WHEN TO STOP?

Your body is naturally designed to eat when it's hungry and stop when it's full: that's how it's meant to work! The only reason it hasn't been doing that is because of food being used in a mindless way to fill a void; happiness, love, comfort, and companionship.

It's time to tune back into your body so you can register when you're full. It can take up to 20 minutes for the signal to reach your brain and for you to know you're full, so the slower you eat the more time you have to recognise the feeling.



if you are full before you finish your plate, that's ok, you can leave it. You do not have to clear your plate as you may have been told as a kid.

I know there are people starving in the world and this is something I feel passionately about, however it does not mean you have to over face yourself with food, overload your body and continue on with excess weight just because of something you were told by a parent or grandparent; 'you're not leaving the table until you've finished your plate young lady.'

Trust me no one is going to make you sit at the dinner table for hours or send you to bed with no dessert any more!

Pay attention to the feeling in your solar plexus to feel the shift or sensation that takes place when you're full. This is why it's important to be free of distractions so you can tune into this easily. You'll feel the signal to your body and you'll also notice that when you're eating it will become less tasty, you'll have had enough.

At this point stop eating. Leave what's left, let it go. Know it's ok and that you can eat again later when you get hungry again.

To tune into this simply close your eyes and remember a time you were really physically hungry, how did it feel? Where did you feel it in your body? Remember this feeling.

Now remember a time you over ate and were so full you felt sick, how did this feel? Where did you feel it in your body? Compare the two! Keep comparing these until you've really got the comparison.

TO CONCLUDE

If you follow each and every one of these steps you'll absolutely take back control around food, lose weight and be free of the trap of diets and weight loss products forever.

The more you do these steps the easier and more natural they'll become and you'll start to build new more positive habits that your mind will do naturally on it's own. At the beginning it might feel weird, but so does every new habit you build, but after time it becomes an unconscious natural way of being and will be easy.

