

FREEDOM FROM EMOTIONAL EATING

Are you an emotional eater? For instance, do you get triggered to eat when under stress? Do you eat for comfort, escape or to feel good? Do you reward yourself for working hard, eat when bored or because it's just plain fun. Are you eating even when not actually hungry? Does the word "diet" make you cringe?

If you said yes to any or all of these questions, don't worry you are not alone. Moreover, it is not your fault!

At a young age, many of us grew up learning from our parents and caretakers to use food as a reward and as a result "attached" a good feeling or positive outcome to certain foods. For instance, our parents gave us a cookie or piece of candy to illicit a different or specific behavior- all with good intentions, but the result was we sometimes learned to use food to feel good when feeling badly. We were also taught to clean our plates and not be wasteful so we stopped listening to our body's natural response to stop when full and satisfied. All this coupled with cultural pressure to adhere to a specific body type or image has created not a sense of empowerment but confusion and perhaps sometimes even self loathing.

Beyond exercise and a healthful nutrition plan the most essential and often overlooked component of a weight loss program is addressing the emotional response to food when it is no longer a useful one!

In just a few sessions Rapid Resolution Therapy (RRT) developed by Dr Jon Connelly, can quickly pinpoint and address the past events to clear that continue to have a negative effect on what is desired for self today and help us get unstuck!. In addition, RRT can specifically help the client to:

- break the habit of craving those hard to stay away from foods**
- eliminate the automatic response to emotional eating patterns**
- create balance and get rid of stress triggers**
- increase self-acceptance**
- address body image issues**
- change perceived identity (how we perceive self while in the body) in a gentle respectful way**

When feeling empowered, energy and motivation increase.

The bottom line is, after clearing past and current emotional distress as it relates to negative eating patterns of behavior, and identifying the thought/belief connection to emotion and behavior, helps to create a sense of peace, calm and balance while in your body and break the proverbial "hamster on the wheel" cycle of losing weight to only regain it.

Free Consults Available

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Healthy Helpful Tips for those Craving Moments:

Carry healthy snack foods with you such as veggies, nuts, seeds, granola, hummus, a lite protein vs running thru the drive through

Stock your frig at work with healthy foods to snack on vs the vending machine

Plenty of water (preferably distilled) or decaffeinated beverages (organic coffee/green tea) vs soda

*Think of food as **fuel** for energy> “will this fuel my body and brain”*

Choose fresh, live whole foods when able vs highly processed (our bodies can't assimilate and detox the added chemicals)

Some cravings are actually a depletion of minerals>organic greens, fruits and almonds provide the body with minerals (check your vitamin supplement to include minerals, greens and herbs specific for your metabolic needs)

Have tests done to determine your metabolic needs like saliva test (for hormone levels) and live blood cell analysis

*Empowerment vs Loss>get rid of the word diet which equates lacking something and can't have to “I **choose** to eat this instead of that”!*

*Think “I **NOW** am making intelligent food choices for my body and health vs “I can't have that because I am on a diet because I was bad!”*

REMEMBER IT'S ALL ABOUT BALANCE!