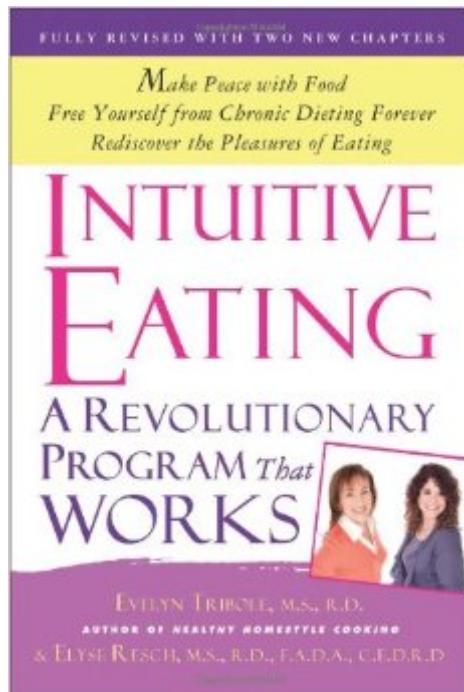


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# Intuitive Eating



## **Synopsis**

First published in 1995, Intuitive Eating has become the go-to book on rebuilding a healthy body image and making peace with food. We've all been thereâ •angry with ourselves for overeating, for our lack of willpower, for failing at yet another diet. But the problem is not us; it's that dieting, with its emphasis on rules and regulations, has stopped us from listening to our bodies. Written by two prominent nutritionists, Intuitive Eating will teach you: â ¢ How to reject diet mentality forever â ¢ How our three Eating Personalities define our eating difficulties â ¢ How to find satisfaction in your eating â ¢ How to feel your feelings without using food â ¢ How to honor hunger and feel fullness â ¢ How to follow the ten principles of "Intuitive Eating", â ¢ How to achieve a new and safe relationship with food and, ultimately, your body â ¢ How to raise an "intuitive eater"â "NEW! â ¢ The incredible science behind intuitive eatingâ "NEW! This revised edition includes updates and expansions throughout, as well as two brand new chapters that will help readers integrate intuitive eating even more fully into their daily lives.

## **Book Information**

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## **Customer Reviews**

Intuitive Eating encompasses ten principles, but the main three (3) keys are these:<sup>\*</sup> Unconditional permission to eat when hungry and what food is desired<sup>\*</sup> Eating for physical rather than emotional reasons<sup>\*</sup> Reliance on internal hunger and satiety cues to determine when and how much to eat! I have been a big fan & promoter of this method since I first heard about it in 2005. Using its principles, I lost twenty-five pounds in six months while eating my favorite things (chocolate, ice cream, cheeseburgers, pizza, etc). In this latest edition of the book, the authors have removed many

of the numbers that were in the previous edition (stats, weights, heights) because they believe that it leads to self-sabotage when these are the focus. They have also added two new chapters -- one that gives scientific backing to prove that IE works, and the other that focuses on how to help children and teens become Intuitive Eaters. The chapter on kids was actually very interesting to me, as I have two of my own (ages 11 & 14), one of which is very rebellious in regards to food -- he loves chips & ice cream, and it worries me that he's learning all of my own bad habits. The authors insist, though, that letting kids make their own decisions regarding food (how much, what kinds, etc) is the best method because they will intuitively get in the balanced nutrition they need, if they're left alone. It's when an issue is made of their eating habits or their weight that they start to rebel, and/or lose faith in their ability to trust their internal cues. One thing that surprised me about this new edition was the constant reminder of how it's important to put weight loss on the back burner in the beginning of this process.

I've heard of this book for years, but just now got around to reading it. Throughout the book, the reader learns the 10 Intuitive Eating guidelines. They are not rigid rules that the reader must follow to lose weight. As a matter of fact, this book is purposefully lacking in nutrition advice or "weight loss" advice because this book isn't about weight loss, but about reconnecting to your body and it's internal cues and signals. It does include one chapter called 'Gentle Nutrition', but that certainly is not the focus. I especially liked the chapter on Intuitive Eating for kids. As a parent of a preschooler, I have tried to give my daughter freedom in her food choices and it is interesting to see her natural self regulation that I recognize only after reading this book. She will leave a whole cookie on her plate because she's full. I still want to eat it because it's there and it tastes good and because my next diet will surely restrict cookies so I better eat as many as I can while I can. This is basically the point of this book. Quit living in diet hell and just listen to your body and trust its innate knowledge. She can leave the cookie because she's never restricted cookies before so she has no inclination to think that she won't get a cookie the next time she's hungry for one. I on the other hand, have been restricting all kinds of foods via dieting for about 20 years and, according to this book, is why it's a struggle for me to leave the cookie on the plate. I have been trying the concepts proposed in this book as I've been reading it and I'm definitely FEELING better about myself and my food choices. The first few days I found myself eating a lot of "fun food", but I really tried to eat only when hungry.

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