

Sound Changes™

5 Ways to Eat When You Are Hungry.

By Ellen Simon, M.S., M. Ed., LPC

www.imadulation.com

Eating food when you are not physiologically hungry is emotional eating. You can learn to tap into your own inner wisdom to guide you to eat when you are hungry... for food.

Ask yourself these questions to determine if you are an emotional eater.

Do you ever find yourself eating when you are tired?

Do you ever eat when you are bored or just want entertainment?

Do you eat as a response to stress or other feelings of distress?

Do you eat when what you really need love?

If you answer yes to the above then you may want to get in touch with that marvelous body of yours, listen to your intuition, and really Feel what your body needs needs.

When you are aware of your true needs then you are more likely to meet those needs in a way that is satisfying and fulfilling.

Eat when you are hungry for food not when you are hungry for comfort, entertainment, relaxation or love.

Awareness is the key to your success and cultivating mindfulness will greatly enhance the manifestation of your goals. To hasten your success in having the body that feels and looks great follow these simple guidelines and EAT WHEN YOU ARE HUNGRY!

1. Breathe deeply and mindfully to maintain an inner awareness of your true feelings. Listen to your intuition rather than to the frantic (often younger) inner voice that demands instant gratification. Use readily available audio tools like guided imagery to train your intuition and to support your goals.
2. Ask yourself, "is it food that I really need?" If yes, then choose healthy nutritious foods. Have low calorie, low sugar snacks on hand to handle unexpected hunger. Seek to discern the difference between what you want and what you need. Expose your wants as simply desires, and do not allow them to become urgent needs.
3. If stressed, choose a stress management technique like guided imagery, self hypnosis, meditation, or Go Grab Your Shoes and take a brisk walk....exercise!
4. Engage in a hobby or interest that captures your attention and fulfills you. Arts, crafts, reading, music, learning, volunteering, writing-engage your creative mind with any activity that you really enjoy. Do not let food be the center of your universe.
5. Reach out and connect to another person or animal who needs your love and attention. Love heals and there is no gratification that equals connection to another.

Ellen Simon is a nationally recognized expert in the field of mind body health. Ellen's unique brands of audio programs are in use in hospitals and health care facilities across the country. Ellen is the author of over 25 titles. This article is adapted from Food for Thought®, a 6 audio CD set. For more information visit www.imadulation.com.

