

A GUIDE TO INTUITIVE EATING

This guide is an excerpt from the book *On Eating* by Dr. Susie Orbach

This guide gives you the keys to transform your eating. From eating that hurts or is chaotic into eating that calms and nourishes you.

We each have a mechanism - our personal set point - that regulates our body size. It works best when we eat when we are hungry and stop when we are full.

Eat too little and your metabolism slows down. Your hunger increases as your body tries to get you back to the size that is right for you.

Eat too much and your metabolism also slows down. It can't process the excess food effectively.

Eat what's right for you and your metabolism will be efficient. Your body will be stable and content at its set point.

Eating is like other bodily functions - sleeping, peeing, walking, sneezing. Our body sends us signals, which we can respond to.

This guide will help you respond to your body's inner register. Undoing years of chaotic or unhealthy

eating takes time. It takes practice before it becomes second nature

Take your problem seriously.

Give it the attention it needs.

Don't expect miracles. Follow the keys. In time you will notice that your eating is relaxed and easy.

Better than a miracle.

Five keys will help you eat in a new way and enable you to be the size that is right for you.

Return to them whenever you feel the need. They will provide you with immediate solutions.

These keys give you the way to trust yourself around food, even if you have never been able to do so before.

If you follow them they are foolproof.

No diet, no doctor, no trainer, no scheme can know better than you what suits your body.

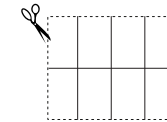
On Eating is published by Penguin. ISBN: 9780141007519 UK £6.99

INTUITIVE EATING POCKET GUIDE

The next page has a cut-out guide that you can fold up into a booklet that will fit neatly into your bag, pocket or wallet, as you might find it helpful to have the main points with you that you can reference discreetly while you're getting the hang of this new way of eating.

Follow these simple instructions to make your mini booklet.

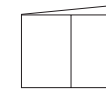
1) Cut around the dotted outline of the box on the next page.



2) Fold the cut-out in half length ways.



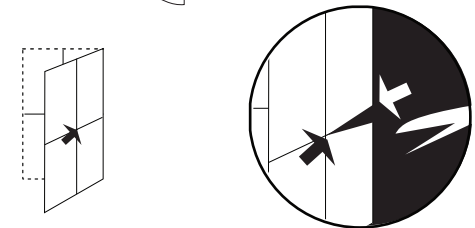
3) Then fold it in half width ways.



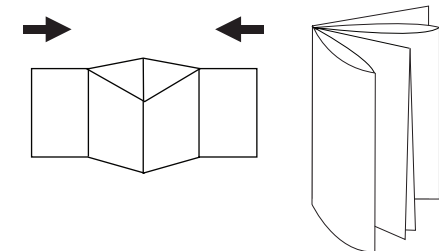
4) Then once more so it's the size of one of the 8 panels.



5) Then open it out and fold in half width ways and cut to the first fold.



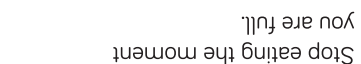
6) Open out again, fold lengthways as step 2 and then fold up as pictured into your credit card sized booklet.



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Fifth Key



Stop eating the moment you are full.
 Don't blunt the feeling it is truly great.
 It draws a line between eating and not eating.
 Start to eat when you are genuinely hungry.
 Pay attention while you are eating.
 Stop as soon as you are full.

Fourth Key

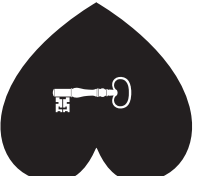


Taste every mouthful.
 Taste.
 Notice.
 Enjoy every bite.
 It doesn't matter how much you paid for it, or how long it took to prepare.
 If you aren't tasting the food 100 per cent you don't need it and it is doing you no good.
 Don't waste one mouthful of pleasure.

Third Key



Find out why you eat when you aren't hungry.
 Food can only satisfy stomach hunger. It cannot make other hungers go away. It can only postpone them or temporarily cover them up.
 If you can't come up with the answer don't despair, this is not a reason to eat. It is a reason to be pleased with yourself for not eating and not adding to your original problem.



Maybe what you are really hungry for is:
 a hug
 a weep
 a sleep
 a break
 a boyfriend/girlfriend
 a chat
 Give yourself time to discover what you are really hungry for.

LASTLY...

If you feel that your body is stuck and your metabolism flat, build up to 40 minutes of exercise such as:

walking / jogging / swimming
 weight / training / dancing

three times a week.

This kind of activity kick-starts a sluggish system. Exercise can also give you a different and positive experience of your body.

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The Five Keys
 Intuitive Eating
 Pocket Guide

From *On Eating*
 by Susie Orbach

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First Key



Eat when you are hungry.
 Don't wait until you are very very hungry.
 If you have no idea when you are hungry, do not eat.
 It means you aren't hungry.
 You may have messed about so much with your hunger signals that you have to learn about them again. This can take a bit of practice and attention.

Second Key



Eat the food your body is hungry for.
 No rules, no regulations.
 To find out what you are hungry for imagine eating the food you want. The taste, the smell the texture.
 If you're still hungry for it, eat it. Do you enjoy it as much as you hoped?
 If not think about another kind of food. If no food you imagine seems to match your hunger, perhaps you aren't hungry for food at all.

..... CUT LINE
 ----- FOLD LINE

If you can, print onto a heavyish paper up to 120gsm.
 Perhaps print it onto a colour you like.
 Also if you round the corners, it will prevent the booklet getting dog-eared.

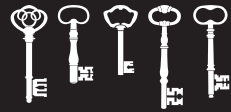
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Alternatively you can print these out onto paper or card, cut them out and staple them together, or just keep the most useful ones handy, whatever feels most helpful to you.

The Five Keys

Intuitive Eating Pocket Guide



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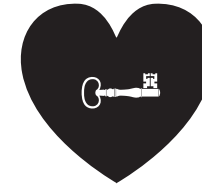
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