

Eating For Satisfaction

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Stop. Slow Down. Tune into what your body really wants. Think about reasons that you eat besides hunger (stress, emotions, habit, culture, etc.) and develop strategies that will help prevent you from doing this. By tuning into your body and its satiety level, you are being in the moment and conscious of what your body wants. You are a natural eater.

A natural eater can be identified through four principles:

- 1) They eat only when their body is hungry. Their days do not revolve around food.
- 2) They eat exactly what they want. They ask themselves "what do I really want" and then make sure they have it.
- 3) They consciously enjoy each and every bite. Usually they are satisfied with less because they truly enjoy what they are eating.
- 4) They stop eating when their bodies are no longer hungry. When they are 'full' they stop eating. How can you become a natural eater? Follow the suggestions/guidelines below and listen to your internal cues.



- Learn to trust and love your body so that you want to take the best possible care of it.
- Be yourself. Follow your body's natural instincts and listen to your body, not your head.
- Reward yourself. However, do not reward yourself with food, instead try to find 'non-food' rewards.
- No 'grazing' allowed. Natural eaters typically do not graze unconsciously on food without realizing it.
- Listening. Listen to what your body is telling you.
- Eat in public. Never indulge in closet eating. Be proud of the food you eat and the fact that you eat when you are hungry.
- Find alternative methods for dealing with your emotions. Don't bury your emotions or problems with food.

You have the power to become a natural eater.

Believe in yourself and take the necessary steps to become one.

If you are interested in talking with Amy about the health and lifestyle coaching she provides, contact us through our website at www.jamprofitfitness.com.