

Name:

Date:

The Lowdown on Hunger

Sincerely, XO Emily

The Lowdown on: Physical Hunger

Physical hunger means that you eat when your body signals to you that you're actually hungry.

Most women tend to struggle the least with physical hunger. We feel it's validated if our stomachs growl or it's deserved to eat when we feel physically tired or in need of food because of a good workout or busy day. Physical hunger is the most common form of hunger and the one often 'praised' and 'preached.'

Eat ONLY when you're physically hungry

-Diet Culture

But, what about when you fear even eating when you feel physically hungry? Women who struggle with food relationships and dieting tendencies can become confused and lose the natural intuition to eat even when they're experiencing physical hunger cues. Cues like stomach growling, weakness, tiredness, empty tummy feeling, etc. Physical hunger is the first hunger usually ignored and neglected through dieting because you're told when to eat and what to eat, but you lose the intuition to eat what you want and when your body wants it.

Let's see what we can do about that -->

The Lowdown on: Physical Hunger

Physical hunger means that you eat when your body signals to you that you're actually hungry.

Realizing that physical hunger is a signal of sustenance and survival. When you feel physically hungry, your body is in need of calories and nutrients because it needs to replenish the incredible space you take up! My tip when working on bettering your belief around physical hunger is becoming grateful for your body.

The body that holds you upright, may have brought you children or will in the future, the body that heals itself when you fall ill or repairs itself when you slip and fall. Your body loves you. All it has ever wanted to do is love you and support you and carry you through life with love. Now, how can you see respecting and honoring your physical hunger cues as honoring your amazing body? And thanking it for all that it does for you?

Your body loves you.

"I honor my physical hunger."

I choose to change the belief I carry around my physical hunger. I now believe that physical hunger means...

When I feel physically hungry, I now will...

I choose to honor my physical hunger without judgement because....

The Lowdown on: Emotional Hunger

Emotional hunger means that you turn to food either to avoid uncomfortable emotions or to heighten a pleasurable one. Typically, it means that you eat based on how you FEEL, rather than what your body needs, but is that all a bad thing?

Realizing that your emotions are valid. Emotional eating is valid. Emotional eating is no different than physical eating when working on finding a fully free food relationship for yourself. You need to honor to heal. You need to listen to learn.

You, like myself, have most likely dieted, restricted, counted, tracked, changed plans, repeated for months if not years of your life and by doing so, you have lost the trust between your brain and body. Emotional eating is your starved self rebelling.

Let me repeat that, "Emotional eating is your starved self rebelling." You should listen to her. You should honor her. Emotional eating is portrayed in media as being shameful and bad and "off track." But, was what you were doing before 'on track for your health?' How can you change your belief to see emotional eating as emotional liberation and healing?

The Lowdown on: Emotional Hunger

Emotional hunger means that you turn to food either to avoid uncomfortable emotions or to heighten a pleasurable one. Typically, it means that you eat based on how you FEEL, rather than what your body needs. But is that a bad thing?

Your body needs to regain its natural physical hunger as much as your brain does. Your brain is scared. It's scared you're going to starve again or crash diet or alter its natural state and relationship with food again.

It's protecting itself... it's protecting you.

Begin to view emotional eating as rebuilding the foundation of your food relationship. If you feel sad and eat a lot of chocolate, how can that be seen as a good thing? Well, you most likely used to restrict chocolate. You most likely feel that chocolate makes you fat or 'bad.' You most likely needed comfort in that moment when you felt sad.

It's okay to find comfort in food.

Food is pleasurable. It's natural. It's welcoming and traditional. Diet culture makes you feel guilty for 'enjoying food.' Food is meant to be enjoyed!

The Lowdown on: Emotional Hunger

Emotional hunger means that you turn to food either to avoid uncomfortable emotions or to heighten a pleasurable one. Typically, it means that you eat based on how you feel, rather than what your body needs.

Your eating disorder is the one telling you that enjoying food is ugly and you'll get fat and you should be ashamed for wanting to eat... just to eat:)

Emotional eating is a way for you to promise that you won't starve again or restrict or limit or lose yourself again. It can be a rollercoaster of emotions that's for sure, but if your only fear in emotionally eating is to gain a few pounds, what if you regain an entire trust, inner working relationship, love, balance, and new-found belief between yourself and your food freedom forever?

Honor your emotional eating just like other hungers. It's a signal to you, that you need to work on rebuilding trust and balance and freedom with food just as much as honoring your physical hunger is.

It's okay to enjoy food. It's okay to feel emotional and seek comfort. And the more you honor it, the less you'll do it. Trust me. You are rebuilding the trust and once the trust is reinstated you won't find yourself emotionally turning to food as much.

"I honor my emotional hunger."

I choose to change the belief I carry around my emotional hunger. I now believe that emotional hunger means...

When I feel emotionally hungry, I now will...

I choose to honor my emotional hunger without judgement because....

The Lowdown on: Mental Hunger

Mental hunger is thinking about food. You might not even be thinking about eating food, but you may be thinking about food nonetheless.

This form of hunger is one of the least commonly understood or honored. I hear women every day talk about "Ugh, I just can't stop thinking about food!" And why is that?

The number one reason you have hunger on the brain is simple... you experienced a period or still are where you were not taking in enough food. Period.

Why do we have mental hunger when we are in energy deficit?

Your body is or was low on fuel. Your intake is or was not enough to match your expenditure. So your body reacts by lowering metabolism. To do this, it systematically starts to get rid of all procedures that use energy but are not vital. If your brain believes that you are living in a famine environment, then physical hunger signals are not justified as a use of energy. It doesn't want to waste any energy at all, so it ceases to give you physical hunger signals. These will come back as you come out of energy deficit. **In the meantime, the brain will use mental hunger to signal to you that you need to eat more food.**

The Lowdown on: Mental Hunger

Mental hunger is thinking about food. You might not even be thinking about eating food, but you may be thinking about food nonetheless.

You are thinking about food because you need to eat food. Period. And maybe you also need to rebel and eat the food you "SHOULDN'T BE HAVING" more on this later!

How long will mental hunger last?

As long as it needs to! When you come out of energy deficit your body will begin to produce normal physical hunger signals, and your mental hunger will gradually decrease. It is there because it is needed, when it ceases to be needed, it will dissipate.

How should you respond to mental hunger?

Eat food. You go with it. Scary as that is, if you are thinking about food you should be eating food.

Does this mean I will eat all the time forever?

Your body is smart. Your mental hunger goes when you are in energy balance. No, you will not eat like this all the time forever. You will have no desire to eat like this when you are nutritionally rehabilitated. This sort of eating is needed right now, and when it is no longer needed your thinking about food all the time diminishes.

The Lowdown on: Mental Hunger

Mental hunger is thinking about food. You might not even be thinking about eating food, but you may be thinking about food nonetheless.

The other reason for mental hunger is the rebellion I talked about.

You may be thinking about food all the time because you are constantly measuring and weighing and planning and stressing over calories, carbs, fats and more! Our brains focus on what we tell them is vital information.

For example, if you tell your brain every day that restricting food or eating 'clean' is VITAL to your worth, confidence, value, etc. then your brain will make it a constant focus and priority. You have deemed it as a SURVIVAL mechanism, which it doesn't have to be. Similar to if you told your brain that not getting hit by cars was VITAL to live. You would focus on it and think about it and obsess over it even when you weren't outside!

You get to choose what information your brain deems as important. The more you release the weight food carries for you right now, the less your brain will constantly focus on it and believe that it's IMPORTANT information to plan your perfect diet or perfect day around something as simple as food.

"I honor my mental hunger."

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When I feel mentally hungry, I now will...

I choose to honor my mental hunger without judgement because....

The Lowdown on: Binge/Extreme Hunger

The consumption of large quantities of food in a short period of time, usually to the point of discomfort; almost eaten in a trance-like state.

Binge eating is usually categorized as 'eating in a trance or euphoric state.' Women who struggle with binge eating find themselves ravenous and 'out of control' in the blink of an eye. It is usually brought on by external triggers or environments and can be extremely hard to stop once someone has fallen into the 'cycle' known as 'binge eating cycle.'

This cycle comes about in a specific way. When you tell a small child 'don't touch that door, you better not touch that door!' Over and over again, you are making the child want to rebel.

You are a simple, small child.

The more you consciously or subconsciously tell yourself you cannot have certain foods or food in general, the more you are going to want to rebel. You have to! No one likes to be told they can't do something ESPECIALLY something vital such as eating food.

My tip for this one is to let go of two things:

1. Your restrictions
2. Your old story regarding them

The Lowdown on: Binge/Extreme Hunger

The consumption of large quantities of food in a short period of time, usually to the point of discomfort; almost eaten in a trance-like state.

1. Letting go of your restrictions.

If you are constantly planning to 'start a new diet tomorrow' or 'never eat cookies EVER again after this one today' you are setting yourself up to binge. To rebel. Many women fear that letting go of their restrictions will make them binge. "But if I can eat ANYTHING, how will I have enough willpower to not eat everything?" And a little bit of harsh love, but I would ask... how has your restrictions been going? Have you never eaten cookies? Have you had a perfectly clean diet for forever? Most women would say no especially if you're experiencing binge eating. I would ask this, "**What if having one cookie, freely and lovingly, kept me from bingeing on twelve of them later that night?**" How can you begin to realize that what you deny yourself of now, you will binge on later. Instead of enjoying a cookie now, you'll find yourself that if not tonight, maybe this week or weekend, you'll binge on them. Because your brain wants to rebel. When there is nothing to rebel against, over time you'll begin to binge less and less. Less restrictions=less bingeing and so on!

The Lowdown on: Binge/Extreme Hunger

The consumption of large quantities of food in a short period of time, usually to the point of discomfort; almost eaten in a trance-like state.

2. Letting go of your old story regarding yourself & food.

This is where we need to change your inner dialogue and story. Your ego doesn't want to be proven wrong. In fact, your ego NEEDS to always be acknowledged and proven RIGHT! So, the more you say to yourself, "I can't have one cookie. I can't control myself. I'll binge. Cookies are my binge food. I can't have one and be done." Etc.

The more your ego has to prove this story correct!

What if you said, "I used to struggle with only having one cookie, but now I see how it NOURISHES me and allows me to feel free around food and in my body." "I used to binge late at night, but now I make sure I eat enough during the day to sustain my amazing body, so I don't need to binge anymore."

Change your own story. Change your relationship with food. Then, your ego has to change your actions. It has to be proven right again. You'll binge less and less when you put your language in the past and move your own confidence forward with food.

"I honor all my forms of hunger."

I choose to change the belief I carry around food and the different forms of hunger I experience, I now believe...

Which hunger do I fear the most and why? What am I now going to do to change the way I view this form of hunger and what my body is trying to tell me?

When my disorderly eating brain comes back, what am I going to tell it regarding me and my hunger?

The Fully Free Tribe

Join me and like-minded women who have made an unwavering promise to themselves to live a life fully free! Fully free of dieting, food fears, rules, restrictions, calorie-counting apps, scales, negative body image and more!

**Join my Tribe today -->
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