

Natural Healing Express Weekly

Column Volume 27 Weigh Loss Program Week Six

Wow, is this weather something else or what? Have you been doing something outside? At least a short walk in the evenings? Hopefully, spring has sprung! So, let's get off the couch and get moving. At this point in our weight loss program, we understand how it feels to regulate our blood sugar, we're preparing and eating at least some of the Eat Clean recipes, and we are hydrating, moving around and acknowledging our weak spots. So, what is holding us back now? Well, the time has come for us to peel another layer "off the onion" so to speak in getting down to our "truths" or our authenticity of self as we work through change. So, put on the safety belt, we're about to get down to it.

One of the biggest concerns that hold us back is our emotional eating and looking at our emotional eating habits with transparency. So, what really is the definition of emotional eating? Quite simply, Emotional Eating = EATING in Response to your FEELINGS. And, how in the world do we tell if we are doing that?

Here's some clues – Do you eat without realizing it? Do you feel guilty or ashamed after eating? Do you eat alone a lot in odd locations such as in the car outside your house or in a parking lot? (Please don't take this one as do you eat alone? Some of us have no one to eat with, and others for the sake of one moment's peace in this complicated, fast paced life, PREFER to eat alone sometimes) what we are talking about is both eating alone AND being in an odd location (not at a table). Here are more signs, do you eat after an unpleasant experience such as an argument? Do you crave specific foods when upset, such as chocolate, ice cream or potato chips? Do you respond to outside cues such as seeing food advertised (if so, don't feel too bad about this, there are big companies out there spending billions to make sure you are) Do you eat because there is simply nothing else better to do? Does eating make you feel better or perhaps less focused on your current issues? If you answered yes to three or more of these questions, you are probably an emotional eater. Well, fantastic.

So, now what? If you are recognizing that you might be an emotional eater, then in order to help process the emotion that you are feeling, the first step is to know and define what that emotion might be. So the following is a list of EMOTIONS you may be feeling and also the ones that are most likely to lead to Emotional Eating –

1. ANGER – do you use food to stifle your feelings of anger at yourself or others?
2. HOPELESSNESS/DEPRESSION – feeling that nothing in life really matters and believing nothing is going to change, so why try?
3. LACK OF CONTROL – feeling life is out of control, everyone is trying to keep you down.
4. FEELING DISRESPECTED or UNAPPRECIATED – once you achieve something, you feel no one cares or is grateful, so you "treat" yourself to a binge.
5. BOREDOM- nothing is exciting, so eating is the best option.
6. STRESS - feeling so anxious or stressed that you have to eat to calm down.

On the emotional stress aspect itself, I would like to list a subset or give just a bit more info regarding the certain patterns of stress that can lead to destructive emotional eating patterns. Remember, we are only attempting to bring into your awareness the signs or cues if you will which are definitive to emotional eating so you can begin to recognize and acknowledge them.

Listen up here kiddies, “feeling” your feelings is very important, meaning don’t attempt to not “feel” the way your do, that’s what God gave us feelings for; they are “helpers” for our experiences. We are in no way asking you to block or inhibit emotions, for we believe it is simply your ACTION and REACTION to the feelings that separates responsible behavior from irresponsible behavior, not the emotion itself.

Here’s stress pattern subset variables---

STRESS SUBSET- What to watch for

- A. Cortisol Cravings – stress raises cortisol, high levels create cravings for salty and sweet foods
- B. Social Eating – folks under stress usually seek social support (bars)
- C. Nervous Energy-anxiousness with no plan leads to being fidgety, eating relaxes this
- D. Childhood Habits – did you parents reward you with sweets? What did you do at celebrations?
- E. Stuffing Emotions—stressed folks often times reach for foods to take the focus off the real situation/emotion. This is the most dangerous as I believe that stuffing emotions over time results in cellular damage creating disharmony in the body.

Finally, what do we do? Here are the recommendations for dealing with emotional eating. If you are stuffing emotions, please consider getting a book (we have several copies available at Natural Healing Express) called Feelings Buried Alive Never Die by Karol Truman. This book is a fantastic masterpiece referencing what human emotions (when manifested over time in the body) do to harm the physical body. Please check it out. This really brings a profound understanding to our emotional process.

Our first recommendation is get the book and learn to cope in healthy ways. I do find therapeutic swearing to be effective, but that’s another story. Try Journaling, talking to a friend, talking to God, exercising, etc. Our second recommendation is to find a relaxation technique. Try Yoga, painting, knitting, sex, listening to music- anything that gives you a few moments to relax. Thirdly, face your problems. Rarely do they just go away, but get a buddy system in place for those tough days and remember. You can do it.

Here’s another great recipe from Lisa Hanson:

Pineapple Pork Kebabs (Makes 14)

2 1/2 pounds pork chops, cut into chunks	2 teaspoons fresh cilantro
1 large can pineapple chunks plus the juice	1 teaspoon onion powder
4 large bell peppers, seeded and cut into chunks	1 1/2 teaspoons garlic powder

20 mushrooms

1/4 teaspoon black pepper

Combine all of the ingredients together in a Ziploc bag. Combine well and put in refrigerator for about 30 minutes to marinate. Put skewers in water while you wait...this will help prevent them from burning while on the grill. If you have metal skewers, use them.

Skewer the kebobs. Place on the grill and turn frequently. These should take around 30 minutes to get done.

Nutritional Value:

Calories: 137

Carbs: 11 g

Fat: 2 g

Calories from fat: 24

Fiber: 2 g

Sodium: 327 mg

Protein: 30 g

Sugars: 0.8 g

As always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: Susan@naturalhealingexpress.com 204 W Main St, Lena, IL 61048.

Website: www.naturalhealingexpress.com Facebook: Susan Schafer or like Natural Healing Express

ENJOY YOUR WEEK.