

Intuitive Eating: Making peace with food



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Do you find yourself chronically dieting without any sustained success? Do you find that you have a list of food rules that you need to follow and if you don't you beat yourself up? Do you find yourself eating based on external cues instead of internal ones? If yes, Intuitive Eating may be for you.

Intuitive Eating is a personal process of honoring your health by paying attention to your body and meeting your physical and emotional needs. It is a journey of discovery in building a healthy relationship with food. Created by Evelyn Tribole, MS, RDN and Elyse Resch, MS, RDN in 1995, this revolutionary program has helped many people get off the diet roller coaster and make peace with food and rediscover the pleasure of eating.

There are 10 principles of Intuitive Eating that work in two ways- to

help you gain body attunement which is the ability to notice physical sensations that arise in your body such as hunger and fullness, and to remove any obstacles that get in the way of attunement. As a Certified Intuitive Eating Counselor, I am honored to teach these principles to my clients. The ten principles are:

1. **Reject the diet mentality**
2. **Honor your hunger**
3. **Make peace with food**
4. **Challenge the food police**
5. **Feel your fullness**
6. **Discover the satisfaction factor**
7. **Cope with your emotions without using food**
8. **Respect your body**
9. **Exercise- feel the difference**
10. **Honor your health- gentle nutrition**

Intuitive eating focuses on respecting and valuing your "here and now" body. The philosophy shifts awareness away from calorie counting and rigid food rules to understanding how the food connects with you. Some questions you may ask yourself are:

What will sustain me?

What will satisfy me?

What am I in the mood for?

Intuitive Eating is not a pass or fail process, rather it is a bunch of small eating experiences that lead to opportunities to learn about your body. Self-compassion is a critical component of the program. It allows you to have a neutral understanding and the ability to practice kindness instead of criticism.



Currently my practice is running an Intuitive Eating Group on Tuesdays from 7pm-8pm for adults 18 and over. Please call 732-977-9729 for additional questions and to join the group.

- Meredith O'Brien, LCSW

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