

The Road to Intuitive Eating

To get off the endless cycle of dieting - of restricting and then bingeing - and on the road to applying Intuitive Eating, a person must learn important skills and start engaging in a few key behaviors. Of course, this does not happen all at once, perfectly, or easily. The following illustration provides an overview of the path one might take.

EMOTION

Fear of weight gain or not losing weight



URGE

- To go on a new diet
- To restrict and avoid food
- To binge eat



BEHAVIORS

With help, learning over time to...

1. Eat on a regular schedule
2. Eat avoided foods
3. Pay attention to hunger and fullness
4. Use hunger and fullness as guides
5. Move to feel good and be strong
6. Eat balanced meals most of the time



TOLERANCE

With help, learning to tolerate...

- Fear of weight gain
- Difficult emotions without using food
- Natural body size



PASSAGE OF TIME



EMOTION

Fear of weight gain or no weight loss eventually decreases



NEW EXPERIENCES

- Hunger and fullness cues become clear
- Better energy levels overall
- No more extremes of under- or over-eating
- Moving with joy



THOUGHTS

- Judgemental thoughts are reduced in intensity and frequency
- More positive thoughts about food and body size
- More kindness and compassion towards self



UNDERLYING BELIEFS

"I do not need to be thin to be healthy."

"I don't need a diet to tell me how much or what to eat."

"I can be happy and successful no matter my weight."

"I can look pretty and stylish at my natural weight."



Work With Me



Hello, My name is Arwa, and I would love to work with you.

I offer both private and group health and wellness coaching to help break free from dieting, find food freedom, and recover from disordered eating. I have been certified and trained in both Intuitive Eating and eating disorder recovery.

Living a healthy life shouldn't be difficult or a struggle. It should be fun and enjoyable! That's my goal for you.

- + Are you fed up with going on diet after diet with no success?**
- + Are you tired of not knowing what, when, or how to eat normally anymore?**
- + Do you want to be able to eat without counting calories or feeling guilty?**
- + Do you suspect you might have an eating disorder and don't know where to start?**
- + Do you want to live a healthy lifestyle and still ENJOY your life?**
- + Do you want to create habits that will support your health for the rest of your life?**

If you answered yes to any of the above questions, then I can help you!



Apply for Coaching

Fill out this survey I will get in touch within 48 hours with your result and honest feedback on whether you will benefit from coaching or not.

Join my course

Learn how to eat intuitively while being part of a supportive community of women just like you! Find out more here.

