

### **Being at peace with the foods you eat**

*Lynn Mayer, MA, CNC*

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With the holiday season in full tilt and another year drawing to a close, I feel the familiar tension of the expected health consequences of festive indulgence. Many report to me that they are already looking forward to the start of the New Year, with renewed health and weight loss resolutions on the top of the list. Once again, they feel the holiday banquet has gotten the best of them.

Yes, there are laws of nature that have influence on your health, such as the fact that you can't feed your body dead, processed foods and expect cellular aliveness. That you can't go for extended periods of time without eating and expect focused thinking and energy for the tasks at hand. Your body is every bit a part of nature as the shrubs, trees and animals that surround you. Just as they need healthy soil, water and sunshine on a regular basis on which to thrive, so does the human body. There are rules of nature that must be abided by to support life.

That being said, here is what I notice not only in my clients, but in my circle of family and friends: that the way one views food is often the way that their body responds to the food that they have eaten. For those who have made peace with their bodies and see food as their friend, maintaining their desired weight is effortless. For those who have judgment on their body and on the food they are eating (typically identifiable by the comments "I shouldn't be doing this" or "I am going to pay for this tomorrow" made while eating) I notice a strong correlation to such an approach to food and their weight challenges.

You just can't eat something that *you* think will make you fat and be slender as a result. As your thoughts go, so goes your body's response to it. Research scientist Dr. Bruce Lipton demonstrates this powerfully in his book *The Biology of Belief*.

Awareness is the first step in setting the stage for a positive outcome in your health and weight during the festive season. First become aware of your thoughts around your holiday eating. Do you notice inner chattering of negative nature? If so, stop for a moment and offer an inner conversation with languaging that feels softer, more supportive and of more benefit to listen to. Be aware of how your body and mood feels in response to your languaging. That is your indicator as to your tapping into a state of well-being that your body will benefit from.

Which feels better? 1) "Well, here comes another three, six, nine pounds. I don't even want to look at the scale after this party or vacation!" or 2) "Ah, it's time again for the holiday celebrations. I enjoy them. I know what foods benefit my body and my well-being. I am going to start my day/the party with some of those foods that I know better serves me, and then I am going to enjoy a few treats. I trust my body will utilize what it needs and let go of what it doesn't."

Go for the inner conversation that feels better.

If your routine of inner conversation is well steeped in negativity, it is a muscle that has been well worked out and it is quite hardy as a result. As in any workout in the gym, it will take some consistent effort to strengthen a new muscle of positive self talk. Be gentle with yourself as you become more aware of your inner conversations and work to turn them to your advantage. With time, friendly and supportive inner conversations will become your default position.

All the best to you in this holiday season. May all of your festive eating be enjoyable and life giving.

*Lynn Mayer is a Certified Nutrition Consultant and Health Coach here in Telluride, Colorado. Lynn is available for consultation in person, by phone 970 369-4790 or through her website [www.thejoyofhealth.com](http://www.thejoyofhealth.com).*