



This process consists of two steps:

1. Mindfulness & mindful eating
2. Affirmation Tapping

Welcome

to the Peaceful Eating tips, to help you change your relationship with food and take control of your negative eating habits and boost your body confidence.

Although, this can have significant effects, this is neither a quick fix or necessarily a weight loss program, although it can help you release weight. So, take it slowly and start to truly tune in to yourself and your body and slowly notice the changes.

All of these powerful actions can assist you in achieving your ultimate goal of:

- Having a good relationship with food
- Stop dieting forever.
- Be more calm and confident in yourself.
- Learn to release your emotions in a healthy way.
- Your body will be healthier and more able to digest food.
- Not obsessing about food all the time.

*"Where ever you
are, be there totally"*

Eckhart Tol



Mindfulness is a simple daily technique to help you stay more in control and not focus on food and feel overwhelmed in your day. And it is being more mindful when you do daily tasks or anything in your day.

When we focus on what we are doing at that precise moment, it is impossible to think about other things. Being fully present in what you are doing, whether it is in the shower, doing the washing up, brushing your teeth, eating, whatever it is, when you are fully focused on the sensations, only thinking about what you are doing, you will feel your body relax and let go of worrying or thinking about what you need to do next, and thinking about the next thing after that, and then feeling overwhelmed and exhausted before you have even started.

Try it now, what are you doing? Are you sitting reading this, thinking what you should be doing or are you fully focused on reading this?

Take a couple of deep breaths and feel yourself on the chair, just stay in that moment without thinking of what to do next and enjoy that moment.

Do this throughout your day. Begin to really focus on the task you are doing, even if it is boring or something you don't want to do. Notice how your inner talk disappears.

By bringing mindfulness into your everyday life, you will begin to notice how you aren't thinking about the next piece of food you are wanting to eat or you will go a couple of hours and it will be your tummy that tells you that you need to eat, rather than your cravings or emotions that are driving you to eat.

*Mindfulness gives you time. Time gives you choices,
skillfully made, lead to freedom.*

Bhante Henepola Gunaratana



1. Stop Dieting

I'm sure you already know, but dieting is one of the reasons that can create negative eating patterns.

If you have been a serial dieter most of your life or even just understand that to lose weight you need to go on a diet, then this is a big change in your mindset. By stopping dieting, you are telling yourself that it is 'okay' to eat chocolate, crisps, bread, butter, chips, pizza or whatever is your favourite unhealthy food. Then once you know that it is okay to eat these foods, you won't feel deprived or try and cut them out and in return, you won't crave them quite as much.

It is human nature, as when we are told not to do something or eat something, it makes us want it even more. Leaving us feeling totally out of control. This is what has added to your emotional eating issues and by following this step by step different approach to healthy eating, you will begin to make friends with food and not see it as good or bad, it will just be nourishing food that you eat when you are hungry or just food that you have no desire to eat when you aren't hungry. So, the first point is to stop dieting.

2. Eat Slowly

This is the biggest point for you to do. If you do nothing else, make sure you do this one. By eating slowly, it has been proven that you eat 20% less food without even realising. Make sure when you eat anything, that you are sat down, with no distractions of TV, social media, in the car or anything that will take your attention, as you need to be fully present when you eat, so that you can savour it and really taste the food and enjoy it. So many times we eat things whilst standing up or watching TV and can't even remember eating it, so we aren't sending the message to our brains telling us to listen to our stomachs when we are feeling full or satisfied.

So, make sure you are:

- sitting down when you eat
- look at your food
- smell your food
- take a mouthful and chew it, chew about 20-30 times, noticing all the different tastes
- put your knife and fork down, or your sandwich down
- make sure you have swallowed your food and even notice as it goes down to your stomach
- maybe take a sip of water
- then take another mouthful
- and chew it really slowly

This may seem very strange to do at first, but it is an amazing way to notice what food really tastes like and you will honestly enjoy it so much more.



3. Eat whatever you want

On diets we are told what to eat and what not to eat and what to eat in moderation, but when food is being rationed, we go into panic mode and dream about foods that we can't eat. Making us want them even more. So, go to your kitchen and chuck out all your low-fat foods (unless you enjoy eating them) and have all your favourite foods, whether they are healthy or not. So, you are saying to yourself that you can eat whatever you want. By doing this, you will gradually become calm around all foods and when you see them, you won't have to eat the whole pack of cookies or 3 bags of crisps.

4. Eat when you are hungry

This may sound like a strange one, but we are in such habits of just grabbing food when it's a certain time, thinking that's when we are meant to eat, but maybe you aren't hungry. You need to start noticing when you actually feel physically hungry or full. By listening to your body's needs, you will be calming your whole system down and feeling less stressed and anxious. You will begin to trust your body and when you are hungry, rather than thinking about what food you want to eat next because you have just smelled something or seen a picture of food.

So, through out the day, check in with yourself and just notice if you are feeling full, slightly hungry, hungry or ravenous. You want to eat before you get ravenous, or else you will find when you begin to eat, you will want to eat anything and everything.

Here is a chart for you to look at when you are tuning into your body to notice your hunger sensations.

THE HUNGER SCALE

Try to eat between 4 - 7

1.	Empty and feeling dizzy
2.	'Hangry' - Ravenous
3.	Very hungry
4.	Beginning to feel hungry
5.	Neutral
6.	Feeling satisfied
7.	Starting to feel full
8.	Feeling stuffed
9.	Uncomfortable & bloated
10.	Beyond full

Hunger Awareness Chart - Try to eat when you are between 4 - 7

By using this chart, you will start to listen to your body's needs and help yourself just grabbing food whenever you think you are hungry.

Affirmation Tapping

An amazing self-help tool, which is both simple and powerful, is an additional component of the process that will assist you in making changes more quickly and easily and bringing more happiness and success into whatever it is that you want to accomplish. Similar to EFT (Emotional Freedom Technique), this is modern energy tapping. It works on our energy body, which is where all of our beliefs, stuck emotions, and trauma are stored. This blocks the flow of energy, which can then cause imbalances in our physical body, which can lead to illness, stress, negative behaviours, and other problems.

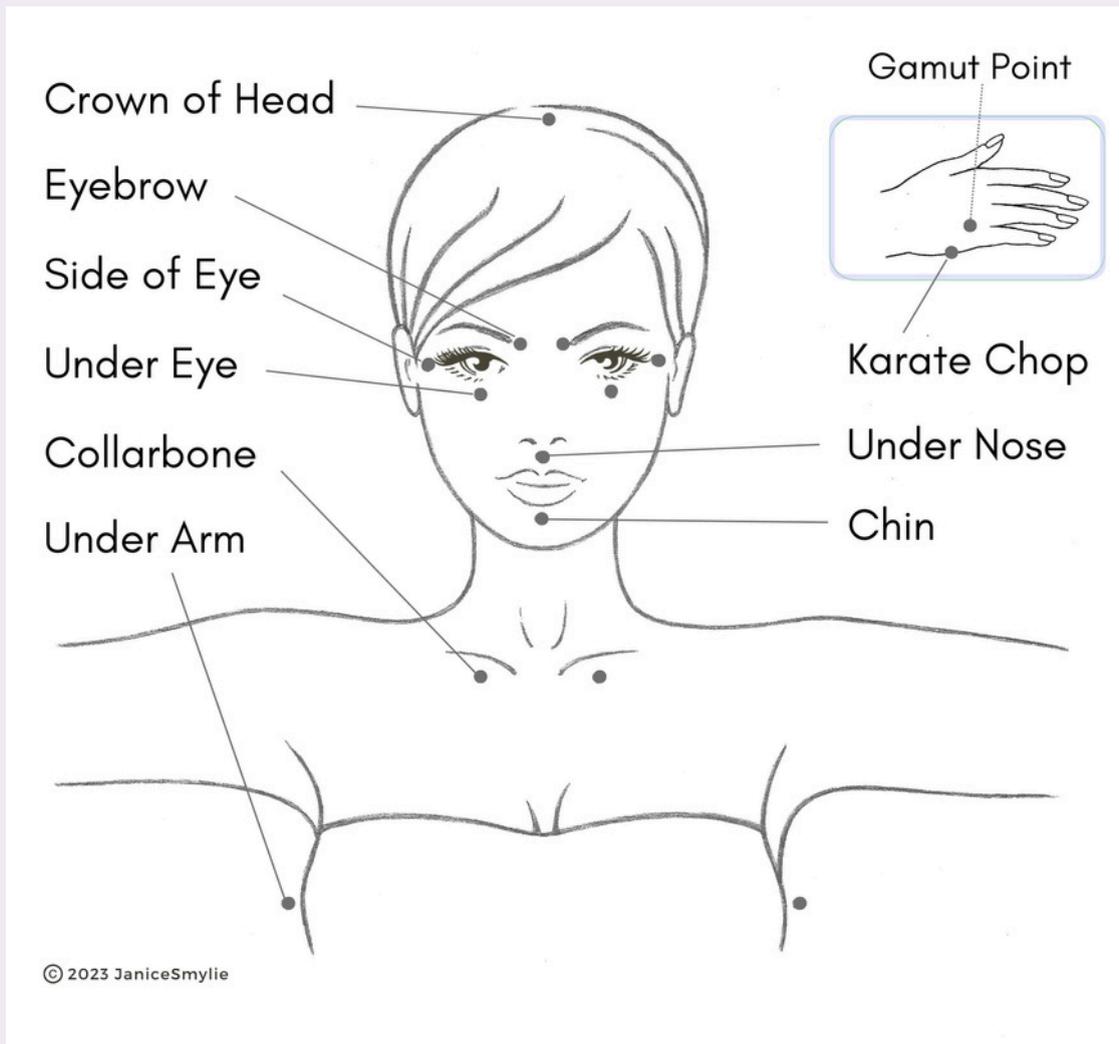
It sends a message to our brain to let go of the stress by tapping on meridian points on our face and hands. While tapping you can say positive affirmations and words and as you do, you will possibly feel the energy moving around your body. You will experience a greater sense of calm the more you tap on positive words and beliefs.

Here are some powerful tapping affirmations to use daily:

- I release the need to overeat and I choose to eat slowly and enjoy my food
- I am worthy of a slim, healthy body
- My body is going back to its natural weight easily and it knows exactly how to get there.
- I am enough (also repeat this statement throughout the day, as a mantra)
- I approve of myself
- I am slim, fit and healthy

Below are the tapping points.

Tapping Points & How To Tap



Gently tap each point about 8 times and repeat the affirmation out loud.

Do 3 rounds each time, 3 times a day.

Notice the resistance and emotions that come up as you tap. Just allow them to go.



Try to tap about 15 minutes each day.

If you are ready to end emotional eating permanently, I offer 2 ways to work with me.

*A little
progress
each
day
adds up
to big
results!*

Harmony Healing Circle, where you would be a part of my group healing with Harmony Healing Hub so you can follow an 8 week online course.

Or

Peaceful Eating Programme is an 8 week 1:1 energy healing method. This also offers access to Harmony Healing Hub and group healing.

If you would like to find out more, please visit www.suzanne-curtis.com or email me to arrange a chat.

I wish you the very best on this transformational journey.

Happy tapping!

Suzanne xx

Harmony
Healing