



HealthyBodyHealthyLife
with *Melissa Koerner*

Total Transformation

Module 2 – Part 8:

How to Develop a Healthy Relationship with Food

With Nutrition, Fitness & Integrative Medicine Health Coach Melissa Koerner

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7 Sabotaging Behaviors That Keep You Stuck

- **Attaching to an unhealthy dietary dogma:** *I refuse to eat animal fats and proteins or I refuse to eliminate gluten, dairy etc. from my diet!*
- **Being unwilling to invest in good quality foods:** *Organic food is too expensive!*
- **Dieting:** Counting calories, trying different extreme diets or “eating clean” for a week or so and going back to old habits.
- **Perfectionism and unrealistic expectations:** *It’s all or nothing! I’m “good” for a while then I fall off track and can’t get back on, so I give up!*
- **Accepting poor dietary choices as part of their identity:** *I have a weakness for sweets. I struggle with sugar cravings. I have a hard time saying “no” to desserts.*
- **Paralysis by analysis:** Doing lots of research, but taking NO action.
- **Social isolation:** Not creating a strong support system.

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Watch How You Talk About Food

- Black and white thinking about food - this is “good” this is “bad” is dangerous.
 - When you go “off” your meal plan it leads to feelings of **guilt** and shame, which triggers **binge eating**.
 - Instead of thinking of foods as being forbidden or “bad” think of them as **non ideal**.

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Watch How You Talk About Food

- We always want what we think we “can’t” or “shouldn’t” have
 - Telling yourself you “can’t” or “shouldn’t” leads to wanting it **more**.
- You’re also **lying** to yourself when you say you can’t eat something.
 - The truth is, you **CAN** eat *whatever* you want!
 - Instead of saying “I *can’t* eat that” say, “I can eat whatever I want but I **CHOOSE** not to.”
 - **It’s a choice not a can’t.**

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Watch How You Talk About Food

- Eating clean is NOT about “giving up” foods.
 - “Giving up” implies you’re **depriving** yourself of something or making a sacrifice for something of value.
 - You are giving something up, but it’s **not** what you think.
 - You’re giving up feeling **sick, fat and tired!**
 - And you’re **gaining** energy, better digestion, a healthy weight and long-lasting health.

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Watch How You Talk About Food

- You’re not “cheating” when you go off your plan.
 - Cheating implies you did something **bad** or **wrong**.
 - Remember, slip ups are part of your **learning experience**.
 - **Instead** of saying “I cheated,” say “I made a choice, and I’m learning from my choices.”
 - **It’s a choice not a cheat.**

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Stop Feeding Your Mind with Head Trash

- “I’m too busy to cook and plan meals.”
- “I don’t like to cook.”
- “It’s too much work to cook healthy meals.”
- “It’s boring to eat clean all the time.”
- “It’s too expensive to eat organic foods.”
- “My husband and my family doesn’t like to eat healthy.”
- “My friends and family think eating organic, gluten-free is a fad.”
- These are all **EXCUSES!**
- **What you think about you bring about!**

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Hands-On Exercise

- What **stories** are you telling yourself about food?
- Observe your **thoughts** and **language** over the next week.
- Post your **observations** in the HBHL Support Community.
- Be ready to **share** during our next live coaching call.

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Live By the “80/20 Rule”

- Let go of the **all-or-nothing** perfectionist mentality.
 - You **MUST** build slip-ups into your plan.
 - Be 100% committed to the **80/20 Rule**.
- **AFTER you’ve followed the 30-Day Comprehensive Elimination Diet and you’ve targeted foods you’re sensitive to aim to eat at least 80% of your meals with clean, whole foods.**
- This allows **20%** for “non-ideal foods”—for example:
 - 3 meals per day = 21 meals per week.
 - 80% of 21 is about 17 meals to include clean foods.
 - That leaves 4 (20%) meals or snacks for non-ideal foods.

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Important to Note...

- Food sensitivities do **NOT** apply to the 80/20 Rule.
- Continuing to eat these foods creates **chronic inflammation**, which leads to weight gain, sickness and disease.

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How to Get Your Family on Board

- Focus on making changes for **yourself first**.
 - You're an **example** of healthy living in how you live your life.
 - Want to **inspire** change in your spouse and kids?
 - **Be the change** you wish to see in them.
- **Respect** your family's choice to join in as much (or as little as they want.)
 - Don't try to **push it** on them.
 - You put **stress** on yourself and your relationships when you try to change someone else's habits—especially if they **don't** want to change.

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Be Aware of How You Eat

- **Chew your water and drink your food.**
 - Chewing foods well ensures foods are **broken down** properly for healthy digestion, absorption and elimination, and **prevents** chances of parasitic-fungal infections.
 - Do a chew test: How many chews does it take to fully break down your food?
- **Have a “clean your plate” mentality?**
 - Eat off **smaller** plates.
- **Eat before you get ravenous to prevent you from overeating.**
- **Eat your meals in peace.**
 - Eating in front of stressful T.V. or on-the-run causes a **stress response**, which triggers **overeating** and **impairs** your digestion.
 - If you like to read or watch T.V. while you eat **keep it light**.
- **Take your time to enjoy your meals**—Eating **slowly** helps you gauge when you've had enough and when it's time to stop eating ; take **5 breaths** before your first bite.

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Next Up...

**Module 2 – Part 9:
Top 5 Essential Supplements to
Boost Your Health**