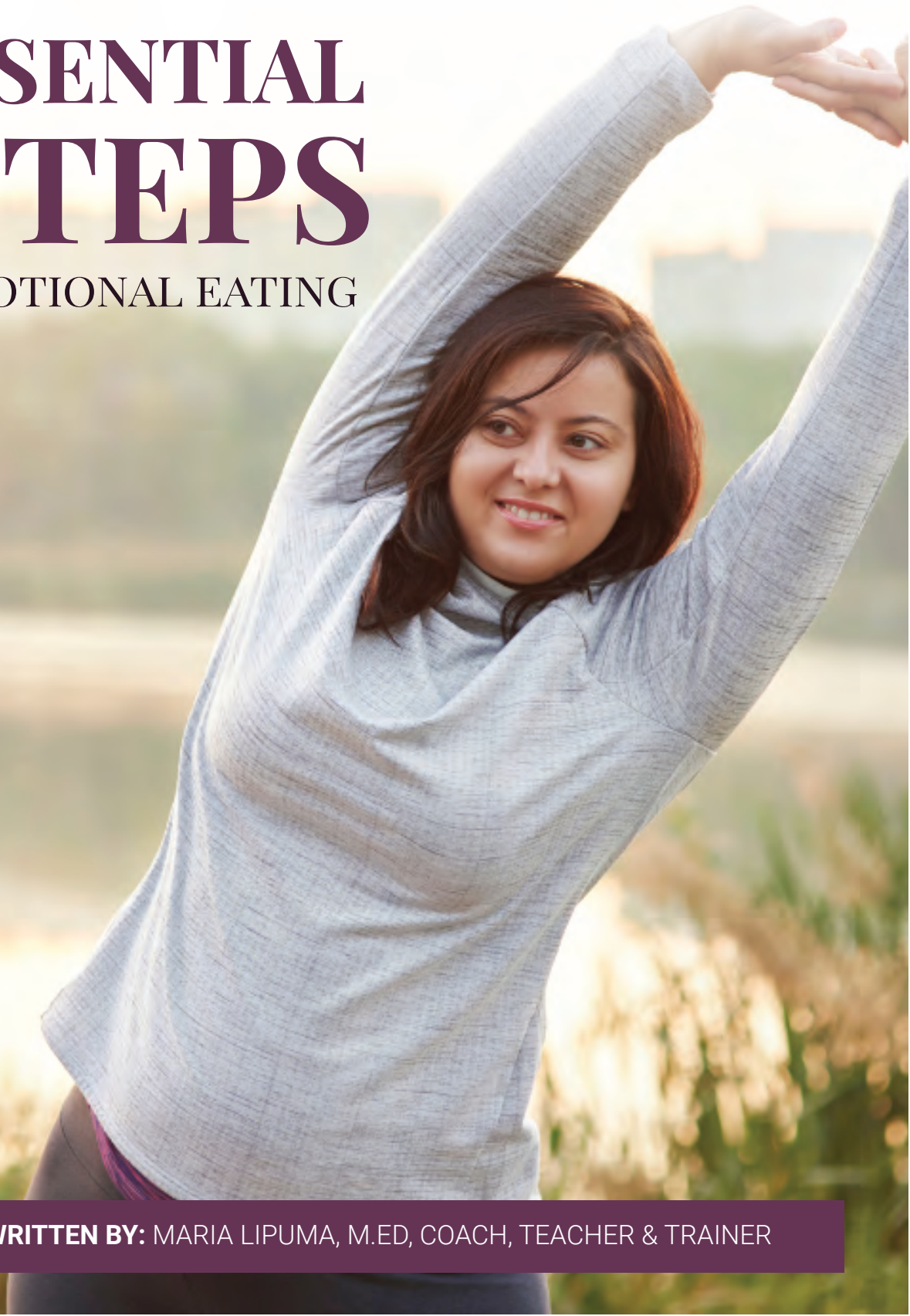




3 ESSENTIAL STEPS

TO STOP EMOTIONAL EATING



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IS EMOTIONAL EATING SABOTAGING YOUR WEIGHT, HEALTH AND HAPPINESS?

DO YOU REMEMBER WHEN FOOD AND FEEDING YOURSELF WASN'T SO COMPLICATED?

I watch my 5-year-old granddaughter, and I'm in awe of how simple her relationship to food is. She eats what she likes and avoids what she doesn't enjoy. For example, she might ask for ice cream, take a couple of bites, feel satisfied and move on to something else that interests her. If she feels angry, frustrated, or disappointed, she is certainly not interested in eating. Instead, she expresses how she feels until she feels better or becomes distracted.

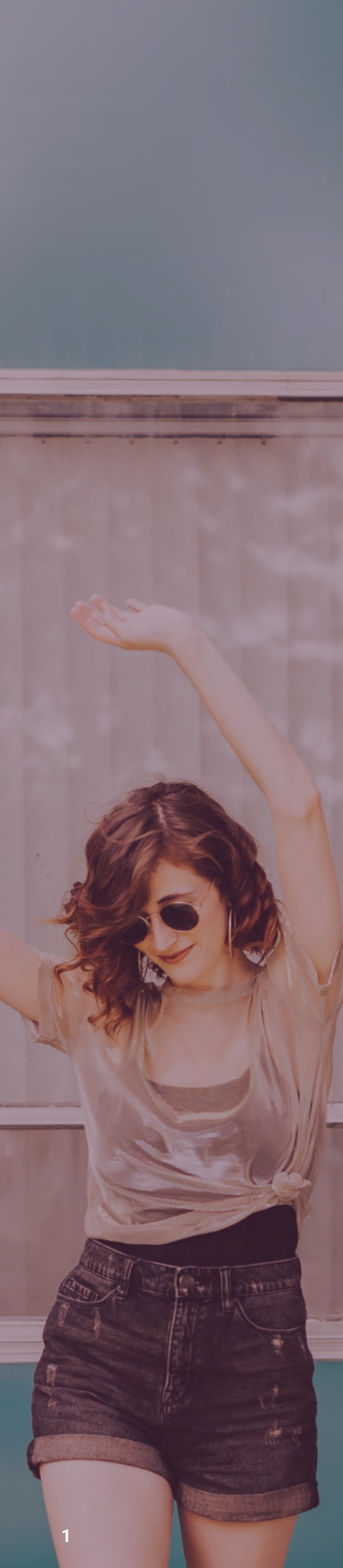
The sad truth is that so many of us lost the ability to listen to our hunger, feed ourselves, and move on with life. And then, we add the weight issue and dieting and make our relationship to food even more complicated and emotional.

Emotional eating is usually the reason why so many diets fail. Although eating can be a source of celebration, love, and sharing in the community, we don't always eat to satisfy hunger.

Women who struggle with emotional eating, often driven by uncontrollable food cravings, are caught in a pattern of using food to deal with stressful situations.

Many women convince themselves that turning to food is a way to take care of themselves. It may have been necessary at one time in their life. However, as this pattern progresses (and it will progress because it takes more food to keep the emotions suppressed), it becomes harmful and dramatically diminishes their quality of life. It is not sustainable, and the side effects produce physical and emotional pain.

If emotional eating sabotages your weight, health, and happiness, here are the three essential steps that will enable you to get a handle on emotional eating and begin enjoying more freedom, peace, and success today!



STEP 1

UNDERSTAND THE ROLE OF STRESS AND ELIMINATE IT WHERE YOU CAN

Have you ever noticed how stress makes you hungry? It's not just in your mind. When stress is chronic, as often in our chaotic, fast-paced world, your body produces high-stress hormone levels, cortisol. Cortisol triggers cravings for salty, sweet, and fried foods—foods that give you a burst of energy and pleasure. The more uncontrolled stress in your life, the more likely you are to turn to food for emotional relief.

And for women who are struggling with excess weight, stress makes it difficult to achieve and maintain long-term weight loss. During times of stress, there are actual physiological changes in our bodies, one of which is weight gain. It may not happen overnight, but we may notice we are putting on the pounds over time if we ignore our body's needs.

Stress is a biological response experienced on encountering a perceived threat. The body releases hormones, predominantly cortisol and adrenaline, which help prepare it to increase the heart and speed up breathing. Many factors can trigger this Fight-or-Flight response, including dangerous situations and psychological pressures, such as work deadlines, exams, and sporting events.

Stress makes it difficult to achieve and maintain long-term weight loss.

Stress reduces blood supply to the frontal cortex (the creative problem-solving part of the brain) and makes you more prone to poor decisions about eating or even breaking your good eating and exercise habits.

Following a strict diet, trying to force weight loss while eliminating comfort food likely increases stress and can contribute to weight gain and make it much harder to lose weight or maintain weight loss.

We are overeating and undernourished. Stress makes it harder for our bodies to absorb nutrients, even while we are eating well. Stress also increases salt retention, resulting in high blood pressure, cause bloating, affects cholesterol levels, and weakening the immune, endocrine, and nervous systems.

In addition, your feelings and thoughts are potent causes of stress. For example, if you are consistently living in fear of gaining weight, you will produce elevated stress hormones. Your fears will stress you out and contribute to weight gain.

You have a choice!

Not every person reacts to a computer malfunction by eating a bag of potato chips. The stress response is triggered when the brain decides, in a split-second assessment, that the situation is dangerous and warrants the extra resources in the body. The brain doesn't make significant distinctions when dealing with situations in the outside world or struggling with overwhelming worries, feelings, or memories from the inside.

You can learn to perceive situations differently and respond differently with less stress. But, first, you must release stress, and then you will have the ability to respond to life's situations rather than consistently being in a reactionary mode.

There are numerous ways to relieve stress, like working out or walking in nature, singing, and dancing, taking time away from the TV and internet, especially from the news, and doing something you love.

Most importantly is to take stress seriously and make stress relief activities an intricate part of your day. When you can't take a break, stress relief can be as simple as taking a few full deep breaths throughout your day.

Do You Know About EFT Tapping?

In many published studies and my experience, EFT Tapping has proven to be one of the most effective tools to eliminate stress from the body. It is simple and easy to apply and will supplement any other approach to stress relief you may choose. Tapping helps you reduce stress in your body and will support you to overcome food cravings and emotional eating. In addition, tapping helps you develop more mindfulness, which will further lower your tendency to fall victim to stress reactions. Once the stress releases, it will become easier to change habits –in your body, thinking, motivation, and behavior.





STEP 2

EAT BREAKFAST WITH PROTEIN

Women who struggle with emotional eating and uncontrollable food cravings are typically in the habit of not eating breakfast. As a result, many say they don't like breakfast or aren't hungry in the morning.

Sometimes you do seem to feel better without breakfast. That's because when you don't eat for eight or ten hours, your body thinks you are moving towards starvation mode and releases beta-endorphins to protect you from the pain of it.

Beta-endorphins have a euphoric and confidence-building effect, but it's only temporary. At the moment, not eating breakfast makes you feel strong and lean. But the beta-endorphins mask dropping blood sugar levels, and soon you crash. Your body responds with intense craving, and you are likely to eat anything.

In addition, stress hormones kick in when you have gone too long without nourishment. The hormones released during stress include adrenalin, which gives instant energy and decreases appetite at first, yet the effects don't last long either.

Skipping breakfast throws off the body's rhythm of fasting and eating. Upon waking, the blood sugar needed to make the muscles and brain work their best is usually low. Breakfast helps replenish it. If your body doesn't get that fuel in the morning, you may feel sluggish, and you're more likely to overeat later.

“ A healthy breakfast might include whole grains, proteins, dairy, fresh fruits, good quality fats, and green leafy vegetables. These ingredients are good sources of fiber, protein, protein, carbohydrates, and fats that make you feel full and satisfied and make over-eating less likely.



Yes, but...

My client Sharon had learned about the importance of eating breakfast; however, she did not do it. As a young mother, her days were jam-packed with two children, a husband, a family pet, and a part-time job. After she put her children put to bed, she finally had some time to herself, and late-night over-indulging had become a habit of releasing the stress of the day and comfort herself. The following day, she didn't feel like eating breakfast. She was still full and feeling guilt and remorse about having 'done it again, and in addition, she believed there was no time to fit breakfast into her busy schedule.

Her lifestyle focused on putting the needs of others before her own. Changing her routine had to start with releasing the programming that it was bad to take care of herself. She had to learn to treat herself and her needs with respect and make time for them, and thereby she would be able to serve others better. Eventually, she became motivated to give this a try. Even though she wasn't hungry and even felt afraid to eat in the morning, she mustered up her courage and began having a morning meal with support. Almost immediately, she felt much better throughout the morning and into her day. Her mood was brighter, her energy higher, and she felt less stressed. She started to go to bed earlier, and the need for late-night snacking fell away.

Breakfast has now become an essential part of her daily routine. In addition to feeling much better, she is a more patient and loving mother and wife and a more effective employee. As she respects herself, she is teaching her family to respect her and her needs.

Eating breakfast every morning with protein is one of the most powerful steps you can take to overcome emotional eating!

Eat breakfast with protein, some healthy fat, and a complex carb every morning, and you are stabilizing your blood sugar, avoiding stress hormones to be released, and preventing mid-morning hunger and low energy. If you don't like breakfast foods, eat a lunch-type meal instead.

Skipping the morning meal will throw off your body's rhythm of fasting and eating. When you wake up, your body's blood sugar needs to make your muscles and brain work their best is usually low. Breakfast helps replenish it. If your body doesn't get that fuel from food, you may feel zapped of energy -- and you'll be more likely to overeat later in the day.

The National Weight Control Registry has reported that people who have lost at least 30 pounds and kept it off for at least a year have a morning meal every day. Their research suggests this is a healthy strategy for controlling insulin and jump-starting metabolism.

Give eating breakfast an honest try.

I recommended that you track in a journal how eating breakfast is affecting your physical, emotional, and energy self. I trust you will enjoy the benefits and learn to love having a delicious, nourishing breakfast.

Your body will thank you!

**For a
stress-free life,
eat breakfast!**



Breakfast is the most important meal of the day.



It makes the body ready for stress and other pressures throughout the day.



Eating breakfast reduces anxiety and unwanted stress.



A breakfast that has all the nutrients keeps your mood uplifted.

STEP

MAKE FRIENDS WITH YOUR EMOTIONS

Eating can be a way to silence temporarily or "stuff down" uncomfortable feelings and emotions, including anger, fear, sadness, anxiety, loneliness, resentment, and shame.

Then, while you're numbing yourself with food, you avoid the difficult emotions you'd instead not feel.

To stop emotional eating, you need to learn to accept all of your feelings—even the difficult ones.

While it may seem that the core problem is that you're powerless over food, emotional eating stems from feeling powerless over your emotions. As a result, you don't feel capable of dealing with your feelings head-on, so you avoid them with food.

Maybe you feel scared to feel uncomfortable emotions. You may fear that once you open the valve to your emotions, you won't be able to shut it, and they will take over. But the truth is that when we don't obsess over or suppress our emotions, even the most painful and difficult feelings subside relatively quickly and lose their power to control our attention.

Listen

Start to paying attention to what's happening in your body. For example, when an intense food craving comes up, ask yourself, "What am I feeling?" Initially, if you can't figure it out, don't worry. Instead, see if you can sense where the feeling is in your body. Explore by asking yourself, "What is this feeling?" Avoid analyzing the emotion; gain awareness of how you feel. Practice this several times a day, anytime you feel tension or negative emotion. Doing this is a significant first step to start reconnecting with your feelings.

Next, strive to take a few minutes during the day to practice deep breathing in the silence. In time, this will help you identify what you feel. If you place your hands on your heart, it will activate heart coherence and make these short breathing breaks even more nourishing. Focus on your breathing for the first 6-8 breaths, and then listen to your body and heart to see if there are emotions you need to hear. If you apply mindful tapping for a few minutes each day, this will accelerate your ability to drop into your body, release stress, and connect to any emotions that are ready to arise.



Accept

To overcome emotional eating, you must learn to accept your thoughts and feelings without judgment. You have to look at yourself with acceptance, and eventually through the eyes of deep caring and compassion. Acceptance of where you are in life and how you feel is the beginning of your journey into health and wellness.

Let go of perfectionism! You want to cultivate a feeling that you are enough. However, you must allow yourself to be imperfect if you want to let go of emotional eating. Shame or self-rejection – "I'm not good enough," "I'm unworthy," "I'm ugly" – are often the root cause of food addiction. Such deep core beliefs generate feelings of guilt, loneliness, emptiness, anger, or hopelessness. When you notice yourself engaging in self-rejection and negative self-talk, strive to observe without getting attached and replace it with positive, supportive self-talk. Acknowledge that you have learned to treat yourself poorly and that you want to – and can - learn a new way of being with yourself and the world.

Release & Let Go

Sometimes just listening, acknowledging, and accepting your emotions is enough to have them dissolve and release. However, many need to take the next step and get the energy flowing to let them go entirely. So, again, I recommend that you apply Tapping if you are not doing so already.

There are several other ways to experience emotional release: going for a vigorous walk, working out, practicing yoga, dancing, etc. Years ago, going through a difficult and painful breakup, I was distraught and overwhelmed with emotional pain. The best thing I did was to get a massage. I still remember the deep, emotional journey and release I experienced as I surrendered to the masterful, strong hands of my massage therapist.

The key is to get in touch with your emotions, allow them to flow without getting caught up in the story.

HERE'S WHAT MY CLIENT, LILLY HAS TO SAY....

Before working with Maria, I was struggling with my emotions and how to deal with them. Every time I was stressed, I would eat; every time I was overwhelmed, I would eat; every time I was upset, I would eat, even if I wasn't hungry. I would constantly compulsively overeat, and then I would feel guilty and judge myself for it. I was aware of my behavior, but I didn't know how to stop it at the moment and change this self-destructive way of dealing with my emotions.

Once I started working with Maria, I quickly started feeling calmer and learned how to get out of flight or fight mode and calm myself down without food. I learned how to give my emotions a voice and not judge them, and I stopped resorting to food to stuff my feelings.

Maria taught me how to deal with them energetically and embrace them and let them be until they dissolve on their own; I learned how to stop judging and avoiding them.

I am now more mindful and aware of how I feel, and I have the tools to embrace my feelings and release them quickly and easily.



Applying these steps are powerful ways to give care and love to yourself. They are not isolated. They are essential steps to sustainable change, and they overlap and enforce each other.

Learn to take care of yourself!

Whether you were neglected, criticized, manipulated, or experienced some other emotional and physical abandonment or abuse, - stop doing this to yourself. Instead, learn to love yourself and dare considering to consider your own actual needs first. You may think that there is no time or space to consider your physical, emotional, and spiritual needs. You may be absorbed in taking care of others first, but remember, the more you are strong and healthy, the more you can genuinely help and give to others.

Doing this may be easier said than done. However, recognizing how often and much you are unkind to yourself is the first step towards making changes. Sometimes acting "as if" is the best you can do, "fake it till you make it."

***Ask yourself: "How might I treat myself if I cared?"
Then, begin treating yourself like you care about yourself, like someone you love.***

The practices suggested above are powerful ways to give care and love to yourself. They are not isolated. They are essential parts to sustainable change, and they overlap and enforce each other:

As you listen and accept yourself, you will cultivate confidence that you can rely on yourself. In addition, you will begin to know what you feel and genuinely need and want. While this may start with shopping for groceries and preparing a tasty, nourishing breakfast, it soon can expand into taking care of your appearance, home, and career, finding more positive and giving friends, and creating new beliefs about yourself and life.

As you change your relationship toward food, weight, and body image, this will ultimately lead to positive change in many other aspects of your life.

**Changing
long-held
patterns can
be challenging
on your own.**

*Are you ready to naturally release
excess weight, enjoy food freedom,
and optimize your self-image once
and for all?*

If so, click on the link and schedule
your complimentary **Body Confidence
Breakthrough Session**, where we will
identify the challenges that are keeping
you from living slim, happy, and free and
the one thing you can do to resolve them.

CLICK ON THIS LINK AND SCHEDULE YOUR CALL

ABOUT

MARIA LIPUMA

Maria LiPuma is a dedicated and enthusiastic coach, teacher and speaker who has been successfully helping women overcome challenges with food, weight and body image since 2005.



For years, she struggled with food, weight and body image, addictive behaviors and low self-esteem. Motivated by her desire to end the struggle and find peace in these areas, she became obsessed with learning everything she could to solve this problem. Driven by her desire to find answers, she persevered. Maria learned a lot and finally found the keys to freedom. Maria is committed to helping women go beyond destructive patterns and transform their relationship with food, weight and their body image into experiences of freedom, peace and success.

As a result of her personal and professional experience, education, and training, Maria created **Body Confidence Solutions** and teaches health-conscious women how to release excess weight without deprivation, make friends with food, achieve optimal self-confidence and enjoy the freedom to live their most successful life.

MARIA LIPUMA

M.ED | COACH | TEACHER | TRAINER

CONTACT MARIA FOR YOUR BODY CONFIDENCE BREAKTHROUGH SESSION