

# Nutrition Talk: Food and Your Emotions

Why do you eat food? Seems like a question with a very obvious answer doesn't it? Or is it really that simple? Yes we eat food to nourish our bodies however what other reasons do we eat food? There are many reasons, and the most popular one is social. When we get together with family or friends, food is inevitably present and food brings us together - and has since people still lived in caves.

Food brings people together. What are other reasons people gravitate to food? Preparing food may bring someone great love or joy and satisfaction, some may eat food for pleasure or sheer enjoyment of food. Other reasons people may eat is due to Stress, anxiety, depression, sadness, exhaustion, avoidance, etc.. At the root, or root cause, of why we eat when these types of feelings show up are rooted in emotions that are being felt. When we eat for any of these reasons it is to literally smother the feelings of fill our selves up with food so we can't feel the emotion any more.

It is interesting to note, most of the above emotions are predominately under the heading of "negative" or "not wanted" emotions and I am here to dispel that notion. ALL emotions are good and ALL are helpful. When emotions become bad or negative is when we don't address the reason why we are feeling it and resolve it and/or the person eats so they don't feel it anymore. And this is where extra weight is gained and can be very difficult to release again later in life.

Now that I have said all of this is, IS all emotional eating bad? The answer is NO, it is not all bad. You've have a really tough or emotional day and reach for ice cream, potato chips, or whatever your go to food is, it is ok. It may not be ideal however it happens and it only becomes an issue if it happens regularly. What gets most people into trouble though is the physiological effects that are compounded by their thoughts and feelings of what they just ate.

Literally what you think is more important that what you eat and will determine how your body is shaped. This is not my personal opinion, it is rooted in science and in research. More doctors are connecting emotions to what is happening in the body from pain to weight gain. In Canada we are more conservative and haven't come around as quickly as our counterparts in Europe and the US, which is why this article may be the first you have heard about it. It is real and your thoughts can literally change the shape of your body. Good to know you have that power!

Health Talk on November 7th at Dovercourt Hall  
I will be talking more about this in detail - emotions and food and weight. I have chosen this topic in November to help set you up for success in the coming Christmas season when food and treats are seemingly everywhere.

To your vibrant health and vibrant life,  
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Email: [holisticnutrition4you@gmail.com](mailto:holisticnutrition4you@gmail.com) - **share your ideas for future topics**  
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## Nutrition Talk at the Hall

Nadine will host a practical discussion around improving health.

First Wednesday of every month at the hall. First talk on **November 7 @7:30 pm**

Topic: Food and Guilt - how it affects your body.

Free drop in, everyone welcome