



Food and Guilt

Welcome - Topics

- Why do we feel Guilt or Shame around food
- Definition of Guilt
- Statistics
- Words and Images we use are powerful
- Hormones
- Hormones and words together
- Healthy Body and Healthy Lifestyle
- Prayer to the body about food and gratitude

Why do we feel Guilt or Shame around Food

- Poor or distorted body image
- Cultural stigmatism / conditioning
- Morality
- Bias - You are right and I'm wrong or I'm right and you are wrong
- Feeling like we are being watched or judged for what we eat
- Broke some arbitrary rule made up by us or someone else
- Time it takes to eat a meal
- Perception about good food or "bad" food

Define Guilt and Shame

Meriam's Webster Online definition of Guilt:

- the fact of having committed a breach of conduct especially violating law and involving a penalty
- feelings of deserving blame especially for imagined offenses or from a sense of inadequacy : SELF-REPROACH

Meriam's Webster Online definition of Shame:

- a painful emotion caused by consciousness of guilt, shortcoming, or impropriety

Statistics

- 1000 woman responded to a blog where they were asked if they felt guilt/shame around eating – 80% YES
- A 2008 clinal study found that 3 out of every 4 woman between the age of 25 to 45 has struggled with some kind of disordered thoughts, feelings, or behavior toward their bodies and/or food.
- Woman have a lower threshold for guilt than men (only when a woman's sense of self has been sabotaged)

Words and Feeling are Powerful!

- Dr. Bruce Lipton is the founder of the science we know now as Epigenetics
- The language you use every day dictate what happens in your life and in your body
- Words or thoughts like
 - I can't eat that
 - OMG that is going to straight to my hips
 - I can't lose weight
 - I can't gain weight
- Words you hear from others:
 - ARE you going to eat THAT?
 - That is full of fat, sugar, etc.... (Implying it is bad)
 - You had a big meal and your eating THAT now (Implying they know more than you about your own body)

Images are Powerful Too!



Hormones

- Hormones run our bodies: sex hormones, stress hormones, gut hormones, you name it there is a hormone that helps regulate something in the body.
- Stress shuts down the parasympathetic nervous system, essentially stopping the body from digesting and absorbing food.
- Guilt and shame produce the same results as stress
- Stress over long periods of time causes damage and inflammation in the body
- Feeling guilt over and over about a meal or treat causes damage and inflammation in the body
- The words we think and say out loud can produce the stress response

Hormones and Words Together

- Lets take this example
 - You have enjoyed a delicious, rich, delectable dessert
 - You enjoyed thoroughly in the moment – Good Job!
 - You start thinking about that dessert and the trouble starts
 - Your thoughts go to how much fat or sugar or ... were in that dessert
 - You think to yourself that dessert is going straight to your hips
 - The feelings of anguish, guilt, fear, shame start to surface
 - The hormones of stress are released, the digestive system shuts down and the signals of the body say keep it all store it as fat we are under stress and may need that energy soon.
 - The next day you think about it again and the same physiological response is created and everything you just ate, no matter what it was, gets kept by the body and stored as fat.
 - The next week you think about it again and the same physiological response is created again.
 - Result – the dessert, and anything else you ate while thinking about it, will literally be stored on your hips

Healthy Body and Healthy Lifestyle

- The mitochondria are the powerhouse of the cell – feed it
 - The cells are the powerhouse of the muscles – feed it
 - The muscles are the powerhouse of the Body – feed it
 - The body is the powerhouse of the Mind – feed it
 - The Mind is the powerhouse of the Spirit – feed it
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- If we feed the base powerhouse we are feeding the Body, Mind and Spirit
 - If we feed the base powerhouse we have energy in the cells, which give energy to the muscles which gives energy to the body which allows the brain to function easily and now a healthy lifestyle is born because of a healthy body!

Prayer to the Body

- Do you know everything your cells do? Of course not so why not let them do what they are great at doing and thank them for it?
- Before you eat anything from the most nutritious morsel to what society deems the guilty pleasures say this:

Thank you body for all that you do on my behalf. To the trillions of cells in my body thank you for all that you do, I don't know a fraction of what you do and I thank you for doing it all. It is with great relief I stop thinking about what you are doing and let you do what you do best. And lastly, no matter what I consume you know exactly what to do with it and I am grateful.