

3 Keys to Non-Diet Weight Loss
10 Binge Busting Strategies
to Help You Overcome Overeating



#1 AMAZON BESTSELLING AUTHOR

Breaking Free

From Emotional Eating



ELIZABETH 'LILY' HILLS

A MINDFUL APPROACH TO
HEALTHY, NATURAL AND PLEASURABLE
WEIGHT LOSS

Lily Hills, an emotional eating expert and #1 Amazon Bestselling Author, is an international speaker, peak performance trainer and the former radio host for Sparkpeople.com, America's #1 Diet and Weight Loss Site with over 16 million members. She is also the creator of the **#1 Mindful Eating Method Online Training**, the most powerful online training in the world for overcoming overeating for non-diet, natural and pleasurable weight loss. From the privacy and convenience of your own home, learn how to eat in harmony with your physical appetites vs. emotional appetites (worry, overwhelm, confusion, depression, frustration, boredom etc.). You'll have 24/7 support in overcoming overeating, and direct access to Lily's expert guidance.

Testimonial:

"The Mindful Eating Method Online Training was the start of an *entirely* new relationship with food and my body, and the end of dieting, forever. I'm now living at my healthiest weight (yahoo!) feeling fantastic and this program was the KEY to my transformation. I didn't believe it could be possible, and am so grateful something like this exists in a world that promotes diets instead of moderate and joyful eating, something I can do for a lifetime." Helen Bishop- SF

For more information and many more testimonials, please go to www.TheMindfulEatingMethod.com



Overcoming Binge Eating – For Good!

Let's start with a confession. My name is Lily and I'm a former food addict. Former ... it feels like a miracle that I can say that. Because I was one of those people that could not stop eating, even though I wanted to eat more than I wanted to win the Super Lotto or the Nobel Peace Prize, and I'm not exaggerating.

For over thirteen years I was the poster child for what doesn't work when it comes to weight loss. I was, I'm sorry to say, the "Dieting Queen." I tried em' all! I now call myself the "Anti-Diet Queen" because I now know that not only do diets FAIL in 95-98% of all cases, but they often lead to massively disordered eating habits. I'm a perfect example of that. My first diet led me to over a decade of food abuse, body judgment, and weight gain, and I know I'm far from alone.

Studies show that although every diet doesn't lead to an eating disorder, virtually every eating disorder starts with a diet. And an eating disorder can range anywhere from bulimia to anorexia to binge eating and everything in between.

Are you one of the people that have found diets to be impossible to stick to?

Do you struggle with weight loss? Find yourself eating large amounts of food you are not hungry for? Compelled to eat by a force so powerful that it overrides the rational part of your mind that knows that you *always* feel bad after overeating or binge eating?

Recent studies show that 2 out of 3 Americans are either overweight or obese...which means that in most cases these sensitive souls, like you and I, are using food to handle

what I call “the uncomfortable emotions,” including worry, overwhelm, anger, depression, sadness, loneliness, exhaustion, confusion, stress, and boredom.

Given the intensity of the urge to eat compulsively, you’re going to want to have, actually, you’re going to NEED to have some powerful alternatives to turn to so that you can bypass the urge to eat, just until your body tells you it is TRULY hungry.

In this book, I’ll be guiding you through the basics in dealing with your trickiest emotions and give you 10 powerful tools to support you in transcending the urge to eat when you are not hungry, some of the very tools I used to lose over sixty-five pounds without dieting or denying myself my favorite foods (thank heavens, cause’ I love my thin mint ice cream and pizza!)

It’s pretty obvious that most of us are using food in some way to fill up a part of our lives that we don’t feel great about. Or we use it to manage the stress we are feeling listening to our “monkey mind” (which I refer to as the “untamed mind”).

Whether it’s our failing marriage, our stressful job, our relationship with our own mothers, worries about kids and our finances and even our weight...food becomes the primary way we console ourselves.

That’s what excess food is, a consolation prize. Yeah, it’s still a prize because, let’s face it, it feels pretty good in that moment to chow down on something delicious like a loaf of garlic bread or a bag of cookies rather than deal with our uncomfortable emotions (they seem so overwhelming!). That being said, living at a weight where we don’t feel our happiest, most energetic and healthiest is a hefty price to pay for our momentary escape from our emotions. Those few minutes of binge eating simply aren’t worth the remorse and the excess weight. So learning how to say “no” to the voice in our head that says “feed me!” when we are not hungry is crucial to losing weight.

That’s why you’re going to want to have solid options to turn to the moment where you are making the decision...to eat or not to eat.

I LOVE eating now more than ever before, simply because I never feel guilty about eating. Why? Because I know how to eat in harmony with my physical appetites rather than my emotional appetites, and that's why I've been able to maintain my weight loss for two decades! And that, my friend, is what's coming for you!

How do I know that you with total certainty that you can move beyond your own conflicted relationship with food? Because I was where you are if you picked up this book: struggling desperately to control myself around food and being incredibly hard on myself for not being able to lose weight.

And now I'm incredibly grateful to say that I'm in an *awesome* relationship with my body, and 98% of the time, I don't think about food unless I'm physically hungry. I know! Sometimes I can't believe it either! My own compulsion around food started when I was just 18 years of age. I went on my first diet because I thought I was "fat" at my then weight of 118 pounds. Insanity! And that's a perfect example of the nature of the untamed monkey mind. It makes things appear much, Much, MUCH bigger than they are in reality.

Dieting wreaked havoc on my life for close to fifteen miserable years. Because I couldn't keep the weight off that I gained after finishing any diet, it toyed with my psyche in an incredibly negative way. Diets made my relationship with food so dysfunctional that it left me feeling depressed, ashamed, depleted, isolated, insecure, and hopeless too. I lost and gained hundreds of pounds over the years. I couldn't go five minutes without thinking about what I was going to eat next, or how I was going to lose the weight through the latest fad diet, or diet pill or appetite suppressant. Every single time I looked in the mirror, I'd have a sinking sensation in my stomach and I'd turn away in remorse and shame.

I'd sit in front of the television night after night, watching re-runs of sitcoms or the latest crime drama, slowly gorging myself. In moments of panic, I'd throw food into my garbage can in an effort to avoid eating it, and then drag it back out again in a moment of weakness. I tried every diet that crossed my path, starved myself, exercised

compulsively, and judged myself like the wicked witch of the north for having no willpower. I binged and purged, used laxatives and diet pills, and even resorted to the most powerful diet drugs I could get my hands on in a desperate effort to lose weight.

Although I considered myself a happy person, generally speaking, those years held too many miserable moments to count. I didn't have a strategy to cope with my emotions. The minute I would feel the urge to eat because I was stressed, or bored, or angry, or frustrated, or worried, I wouldn't be thinking about how much I wanted to lose weight, I would beeline to the refrigerator. It was though I had total amnesia around my commitments to myself around losing weight. Even as I write this, it feels like a nightmare that I'm overjoyed to say I woke up from...and am now living a wonderful dream...a dream that is possible for you too!

Now, as I mentioned, I'm living at my healthiest weight and I still get to eat all of my favorite foods. (you'll soon learn it's not *what* you eat as much as it is *how much* and *when* you eat). I love my body; I respect and appreciate it every day. I never worry that I'm going to go back to old eating habits or struggle again with my weight and I eat every food I love without guilt, and in balance!

Given where I came from, this feels like a triple miracle. I'm grateful every single solitary day that I don't have to deal with that issue anymore. As good as you think it will feel to be free of the obsession with food, you're right. It feels heavenly. Now that I'm living at my healthiest weight, I enjoy getting dressed in the morning, I enjoy exercise because I only engage in sports that I find fun and pleasurable. I feel proud of myself for getting over overeating, excited about my future. I took all the extra time and energy I used to spend worrying about my weight and I channeled it into living a life that I adore.

I live in what I consider to be one of the most beautiful places in the world, Carmel, California. I am doing what I love for a living, which is coaching others to love themselves as they reach their healthiest and natural weight. On the side I am writing music and singing, spending time at the beach (which used to be my biggest fear) or

hiking and going to hear live music on a regular basis. The extra mental energy I have is boundless now that I'm not struggling with food anymore. Every day I wake up feeling appreciation for the life I get to live now that I'm unburdened by my addiction to food...and that feels like a giant hug from your favorite person that lasts a long, long, long time.

* Remember, it is vital that you do not eat any foods that conflict with specific health issues. I am not a doctor, I am a lady who overcame a compulsive relationship with food and returned to natural eating. I recommend running this approach by your doctor to be 100% sure that there aren't any foods that contribute to poor health, allergies, diseases etc. Those are off limits, everything else is on! I recommend consulting your doctor before beginning this, or any weight loss program.

Although living at my natural weight feels glorious beyond my wildest dreams, what feels even *better* is having developed a healthy relationship with my body and myself, two giant keys to dealing with extreme emotional appetites.

No longer worrying about my weight feels like I've been freed from the maximum-security prison I spoke of earlier...and I am *thrilled* to share the keys I've discovered to free you too! And I'm psyched to be able to do it!

Once you're living at your natural weight, you will also be freed from worries about your health, and the healthcare expenses which can sometimes accompany excess weight. You'll be liberated from the constant worries that you will never get over your compulsive relationship with food. You'll have more energy...a lot more energy. You'll be able to let go of the incredibly exhausting stress that comes with constantly judging your body. With your extra energy and time, you'll be able to put your newly freed focus on creating a life that you are passionate about on every level. You'll feel comfortable in your own skin, and confident in your ability to conquer any challenge that comes your way. You'll have a stronger sense of power and self-esteem, you'll be having more fun and, BONUS, you'll have far less fear and stress. Oh, and did I mention

that you'll lose weight, permanently, without dieting or denying yourself your favorite foods. Quadruple Bonus! If I can do it, anyone can!

A Typical Scenario

It's 4:00 in the afternoon and you're at your desk at work. You're a little bored, a little sleepy, and a lot overwhelmed by all the things you have on your "to do" list. Your mind starts racing, you feel your stress levels start to escalate...you want an escape. And the sooner the better. Usually, the first escape that comes to mind is food. "Mary has that jar of chocolate kisses on her desk, I'm going to grab a handful of those." "I'm just going to go to the lunchroom and get a piece of pizza." "There's that snack shop around the corner, I'm going to grab a cookie and give myself some energy."

You know you're not truly hungry; you just finished a pretty big lunch two hours ago. But your rational mind is not engaged here, rather it is your untamed mind, the short-term oriented part of your brain, that is devilishly suggesting, "IT'S SNACK TIME."

Trance Eating

The choice to eat when you are not physically hungry can often come under the category of "trance" eating, where you default to grabbing food and consuming it with such lightening speed that you are not even conscious of it. It is very much like being "possessed" by a drive to eat that is so strong that it defies all reason. Like taking a ravenous tiger on a leash for a leisurely stroll through a chicken coop, the pull is overpoweringly strong. The fact is, if you have a compulsive relationship with food like I did, you feel like you don't have a choice. You *know* you are going to judge yourself for having no self-control if you eat more than you are truly hungry for. And yet...ka-blam...the urge wins out and you wake up out of the "trance eating session" looking in dismay at the empty carton of iced oatmeal cookies or half eaten bag of bar-b-que potato chips on your lap.

Part of what you are attempting to do when you reach for food when you are not hungry is to deal with the stress that you're feeling on some level. And food becomes your default mechanism. This is totally understandable because much of the time food provides almost immediate relief, an instantaneous break from the stress of the moment. But as we both know, it doesn't last much longer than the last candy in the jar, or the last bite off your plate.

The challenge is, as most of us have all come to find, is if you are eating in response to emotional cues as opposed to physical cues, you will start to gain extra weight. And then, when you step on the scale, you end up beating yourself up for the higher number, which makes you eat even *more* compulsively because you are more stressed, and sometimes even depressed. Over and over and over again the cycle repeats, like a broken record stuck on a song that drives you crazy.

A big part of the problem at the exact moment you are driven to go for food you're not hungry for is that you have no voice of reason to step in and support you in choosing an alternative way to take care of yourself, to center and calm yourself so that you can deal with whatever situation confronts you...whether it's a stack of bills to pay at midnight or a crisis at work in the middle of the day.

This is where this little binge-transcending book comes in. This is the little guide that will, like a good friend, give you a wide array of options, rather than food, to turn to when you are learning how to transcend or overcome the urge to eat when you are not hungry. This is key to losing excess weight and instead living at a weight where you feel the high energy, high confidence, and high happiness. Now, who amongst us doesn't want that?

In my #1 online training,– I teach you the fundamentals of how to “tame” the untamed mind which helps you to say “no” to the food you are not truly hungry for. It's a navy seal level training in emotions management and self control. Bottom line, it helps you release excess weight because YOU decide what and when you're going to eat.

So before we get into the binge transcending tricks, I'll share 3 keys to losing weight permanently and pleurably, without dieting, that I also share in my #1 online training, The Mindful Eating Method.

I call listening to your body "Eating in Alliance" with your body, which is in harmony with its signals for hunger and satisfaction.

If you like this e-book, I HIGHLY recommend signing up for the online program (there's a 30-day money back guarantee so there's nothing to lose but excess weight). It offers the full immersion training required to change negative eating habits if you still can't seem to gain control of your emotional appetites after reading this book. THE KEY TO CHANGING ANY HABIT IS TO DIVE IN 100%....at least at the beginning. Then you can back off once you've established new habits.

Check it out here if you haven't already... www.TheMindfulEatingMethod.com

I desperately wished I had these Eating in Alliance keys when I was struggling with my own addiction to food, which is why I offer them for free here. I don't want you to have to wait a minute longer to start changing your relationship with your body, food and yourself!

Don't Listen to the Wrong Voice In Your Head ~ The Untamed Mind

Right now there may be a voice in your head that's saying, "I can't do it, I can't stand feeling my feelings and I'll never break the emotional eating habit. I've had it for too long. The urges are too strong!" Poppycock! (I never use that word but it feels appropriate here).

You haven't been able to do it before now, not because you *couldn't*, but because you didn't have the healthy and proven system that offers support 24/7 that would help you do it. You were probably using dieting as a technique like the rest of America! You didn't have the right map before going on the treasure hunt! Now you do!

The voice in your head may also be saying, "I don't have the time to devote to my relationship with my body and food." That untamed monkey mind might be getting you to doubt that you have the time to overcome your compulsion. You may be feeling tired of trying to lose weight and failing, and listening to the voice in your head that says, "I don't care," when you the deepest part of your heart, you know that you do.

Maybe you have people in your life who have sabotaged your efforts to be happy and healthy, or might be envious of your new figure. Perhaps the state of the economy has you so stressed around your finances that your compulsion has gotten even more extreme. Maybe you don't have anyone in your life that tells you "You can do it, you have what it takes." Perhaps you're lacking a mentor, someone who has lost weight permanently before you who can show you the way. It could be that you have convinced yourself that food is the only thing you can count on to bring you a little bit of happiness.

There's a good chance you may be dealing with the low self-esteem that often accompanies compulsion around food or maybe even health problems related to excess weight. You may be juggling work and motherhood/fatherhood and thinking you don't have time to devote anything else, even if it is really good for you. Many reports feeling hopeless like they don't have what it takes to change. Heck, you may be depressed from years of being hard on yourself!

I can assure you, regardless of any of these mental "perceived roadblocks," none of them are even close to insurmountable. Far from it! Rather they are the most common reasons I've heard why people give up on themselves and sentence themselves to a lifetime of body judgment and weight-related worries. The fact is they are just old thoughts that are leading you astray. You've got hundreds of negative thoughts running around in your subconscious, all of us do. In fact, studies show that of the 60,000 thoughts you have every day (I know...that's a mind blower!) 77% percent of them on average are negative in nature, which means either some version of judgment towards yourself or others, worries about the future or regrets about the past

or complaints. You might not even realize that you have a large number of negative thoughts because 90% of your thoughts are subconscious! That's a big deal! That pretty much means that "it," your subconscious, is running the show. And if you don't learn how to control it, it can bring you down....way down!

I know this is the case from my own experience, and I also know that learning to tame your untamed mind, that negative part that is always telling you some version of "you didn't do enough," or "you're not good enough," is key to overcoming overeating.

I can say with absolute certainty that you can and will move to a far healthier relationship with your body and yourself...if you just muster even a small amount of commitment to get started. If you have come across me on your journey, you are a strong creator, because I have faced what you have faced, I have wrestled with a hardcore addiction to food that made every single day a struggle in one way or another. And if I can move beyond it, *anyone* can.

Again, the naysaying part of your mind might try to take you down the "yeah, but...path" based on the information you have heard from other people about the best way to lose weight.

You might have been swayed by the weight loss/diet techniques that are put forth by so called "experts" who have never dealt with a food obsession and don't have the first idea as to how to work beyond it. You may think that you have to do a massive life overhaul in order to lose weight, completely change all of your eating habits, switch to eating just celery and apples and deny yourself your favorite foods. You may believe the myth that you need a diet to lose weight, even though studies show that in 95-98% of all cases, diets don't work! You may think that if you haven't been able to kick the compulsion around food thus far, you will never break the habit. Maybe you are thinking that you have to follow an exercise program that would require you to workout hardcore every single day. Or maybe you believe that you "broke" your metabolism because of all of the years of dieting and you will never be able to fix it.

Perhaps you are thinking it is going to be too hard to feel your uncomfortable feelings, the ones you have been avoiding for all these years by eating. Or that you can't trust your body, that it, rather than your monkey mind, is responsible for the extra weight you are carrying. You may be thinking that you don't have what it takes to lose weight, or that it takes superhuman strength to overcome this compulsion around food.

I'm thrilled to dispel all of these ridiculous myths...they are ill informed concepts that people defaulted to because they haven't figured out the healthy, natural, long-term approach to losing weight permanently. I have and I'm living proof that these myths are silly and disempowered concepts that you can now totally ignore. This is reason to celebrate!

Has listening to your untamed mind, or the naysayers, or the know-it-all's in the past done anything to get you to your healthiest weight and happiest state? I rest my case.

Three Keys to Achieving Your Ideal Weight Without Dieting:

Mindful Eating: How to Eat in Alliance With Your Body

Now that you know that ignoring the untamed mind is key to weight loss, there is still another facet of our weight loss process, the *physical* side. Once you get your mind on your team, the physical side is easier, much easier. It goes without saying that we can't live without food. We *have* to eat. So, unlike other addictions (like alcohol and drugs), we can't cut out our addictive substance entirely. It is a highly delicate balancing act when you have to moderate yourself around the very thing you are compulsive around. This is why it is vital to have some smart guidelines in place that will support you in finding your balance, ones that will help you stay connected to your body and accurately make the distinction between when you are *physically* hungry from when

you are *emotionally* hungry. Essentially, you want to establish a partnership with your body so you can achieve not only your ideal weight but your ideal health as well.

In this section, you will learn the specific keys to make this happen—without dieting or giving up any of your favorite foods (yahoo!). Again, I call it *Eating in Alliance* with your body because you are eating in *union* with your true physical appetites. An *alliance* is a cooperative relationship based on an intention to achieve a common goal, in this case achieving your healthiest weight. When you make your body your ally by listening to it and responding to it, eating when you are physically (as opposed to emotionally) hungry and stopping when you are satisfied as opposed to stuffed, *that's* when the excess weight falls away. It is the *natural* way to eat. It is *not* eating to cope with the challenges of life or to distract you from uncomfortable feelings. It *is* eating to fuel your body in a healthy way while you generously treat your taste buds.

You were born with natural and body-connected eating habits that were distorted at some point in your history. With practice, *Eating in Alliance* will allow you to phase out those eating distortions so you can once again eat in synchronicity with your body, listen and respond directly to its signals for hunger and satisfaction. You won't have to count calories, carbohydrates or fat grams and you won't be popping pills or starving yourself. You'll just be returning to an eating style that, at one point in your development, was as natural as smiling when you are in a great mood.

You probably already know a woman who seems to eat whatever she wants without gaining weight. You might think that her good fortune is hereditary; that she hit the genetic jackpot and got a metabolism that allows her to burn through food like a marathon runner with a tapeworm. Although there are some people blessed with a metabolism that works overtime, the more likely scenario is that the people you know who are naturally thin are so because they predominantly eat when they are physically hungry. They *Eat in Alliance* with their bodies rather than eating out of habit or in an effort to avoid feelings. If you observe the people you know who naturally maintain their ideal weight, you will see that they tend to eat the foods they want without censorship, and they don't monitor each and every morsel they put into their

mouths in order to stay thin. That confining approach to weight maintenance holds the prison-like energy of dieting, and doing it for a lifetime will rob you of the ease and pleasure that *Eating in Alliance* with your body can provide. People who *Eat in Alliance* tune into their wise bodies so there is no need to weigh food or count calories. How fantastic is that!

While struggling with my compulsive relationship with food, I had quite a few close friends who modeled healthy eating patterns for me, who naturally *Ate in Alliance* with their bodies. They allowed me to see first-hand that it was possible to eat whatever food I craved and still achieve and maintain my natural weight. Having an example of what was possible for me was inspirational. I started to believe that if other women could eat their favorite foods and maintain their ideal weight, I could too. It was a whole new model for me to follow. I recognized that people with a healthy relationship with food rarely eat for emotional reasons and seldom, if ever, deprive themselves of the food they want. They count on their bodies to inform them, through physical sensations, when it is time to eat and when it is time to stop. And that is what you *too* will learn through following the *Eating in Alliance* keys.

Little babies are *wonderful* models for *Eating in Alliance*. When they are hungry, they usually fuss or cry and, as a result, they get fed. When they feel physically satisfied, they reject the bottle or their mother's breast by pushing it away or by turning their heads to avoid the nipple. Most toddlers and young children eat the same way. Once they feel full, even if they are offered a treat, they usually turn it down. As soon as they are hungry again, they eat something. This is a perfect example of how to *Eat in Alliance*.

Can you remember a time in your life when you thought about food predominantly when your body and not your mind told you to; a time when you ate foods that you loved with uninhibited gusto and never thought about ordering dressing on the side, skinning your chicken dinner or choosing a no-fat dessert; a time when it felt uncomfortable and unappealing to eat when you were not hungry? *Eating in Alliance* with your body will allow you the same freedom once again. You will gradually find

that it is virtually *impossible* to eat with the same level of food compulsion that you did before because it feels unnatural and *incredibly* uncomfortable. You can no longer ignore your body's signals for full. You will instead notice them right away and respond automatically by putting down your fork. After a while, it will become a practically effortless practice.

Eating in Alliance requires that you listen to your body the way you listen to your closest friends. Your body knows *exactly* what foods you need at any time to optimize your health and energy levels. It can and will give you explicit cravings for specific foods that provide it with the nutrients it needs to operate optimally. When you pay attention to your body's communications, you will know when it is protein deficient because it will *tell* you by giving you a craving for peanut butter, tofu, meat, fish, beans, poultry or any other food that has high protein content. You'll know when you need more carbohydrates because you'll crave bread, potatoes or another carbohydrate-rich food. When I *truly* listen to my body, I find that I crave much healthier foods. Today I eat lots of highly nutritious foods not because I *have* to, but because I *want* to. I'm still sometimes startled by how easy it has become for me to choose the higher nutrition foods. This does not mean I don't indulge my passion for sugary things. I am still known to have dessert *instead* of dinner now and then. But now that I have reconnected with my true physical appetites, my sugar obsession has diminished and my palate has expanded to include a much larger and healthier array of foods.

So let's get started with three *Keys to Eating in Alliance* with your body. The keys will provide you with very specific practices that will allow you to reconnect with your true hunger and achieve your natural weight for good!

So without further ado . . .

Alliance Key #1 – Enjoy What You Eat and Give Your Full Attention to Your Meal

One would think that compulsive eaters must really enjoy eating more than the average person since we eat so much and so often. This is not always the case. Those of us dealing with this addiction often feel so guilty about eating that we hardly enjoy our food at all. We often “sneak” eat or rush anxiously through our meals as though we are in the midst of committing a crime. Our enjoyment of our meal is dramatically diminished because of the shame, tension or regret we feel.

Many times, we are mentally checked-out when eating, completely distracted by our thoughts (“Am I eating the right thing?” “I shouldn’t eat too much.” “Ugh, I’m overeating.”), or by a second form of stimulation such as television, reading, surfing the web, driving or talking on the phone. A big part of the reason we overeat is specifically because we are so highly distracted by the *secondary* activity.

One of the most self-defeating habits I formed at the height of my eating disorder was eating while watching television. Back then I habitually loaded up my plate with goodies and watched my favorite programs while I stuffed myself. I loved how it gave me two “highs” simultaneously. It was, however, a very costly habit, one that was responsible for the majority the excess weight I gained. When my focus was on the TV show I was watching rather than the food I was eating, I was only semi-enjoying my meal. Oftentimes it seemed as though the food I had prepared for myself suddenly vanished into thin air. I barely even remembered eating it, which naturally left me feeling dissatisfied and wanting more. Watching television also drowned out my body’s signals for “full” and “stop before I explode.” So virtually every time I ate in front of the television, I ate far more than I was hungry for, but of course, I still felt deprived. That’s why I kept making trips back to the kitchen.

I eventually figured out that if I wanted to release excess weight, I *had* to give my food my undivided attention. I had to eat “mindfully.” This is a *big* key, my friend! Allowing any other activity to divert your attention from your food will leave you wanting more, even when you are stuffed. Anytime you are engaged in *any* other activity while eating, you are sabotaging your ability to stay connected with your body and setting yourself up to overeat. I know how difficult it is to contemplate giving up something

that you love to do. Believe me, I was not happy about giving up my double dates with television and food. But I can assure you, even though it may be entertaining to eat in front of the television, or while engaging in any other activity, I promise that it is not *nearly* as fun as living at your ideal weight and being free of an obsession with food. The good news is you can still have both television and food, just not at the same time.

It was uncomfortable at first for me to eat without any distractions, kind of dull. However, nothing diffused my “phantom” or “emotional” appetite faster than focusing solely on my meal. When I was done eating, I was truly satisfied. In fact, I got bored with eating much sooner without the companionship of my television to distract me. Dr. David Niven, the author of *The 100 Simple Secrets of Happy People*, said, “Television is the creamy filling that distracts us from the substance of our lives.” In our case, it distracts us from the full experience of our food. Once you get past your initial resistance to breaking this television/eating habit, it will get much easier, I can guarantee it. This new habit may require you to use a voice with yourself that is gentle...but firm. The loving voice that says, “Yes, of course you can watch television, AND I’m going to encourage you to eat your entire meal *first* so that you can stay connected with your body. I know how much you want to achieve your natural weight and I’m going to support you in doing just that.” You can have your cake, and you can eat it too, just not while you are watching television!

If you are living with someone, I suggest asking for their support to help you break the TV distraction habit. *Everyone* can benefit from devoting their full attention to their meals and their partnership will make it easier to break the double distraction pattern. Mindful eating, and focusing exclusively on your food will not only help you to hear your body’s signal for “stop,” but it will also help you to enjoy your food *far* more. If you genuinely enjoy your food, you are less likely to overeat because you will feel satisfied with less. And I do mean “enjoy” in the strongest sense of the word. When I eat, I am passionate about each bite I take. Whereas before I barely tasted the food after the first few bites, now I revel in my meals, savoring each bite with great gusto and

appreciation. Some of my friends laugh at my unbridled enthusiasm for food and the obvious pleasure I display when I eat. I can't recall enjoying my food *nearly* as much when I was eating compulsively.

Remind yourself, before you put anything in your mouth, that the most *important* thing you can do in that moment is to enjoy what you eat. In the beginning, it might help if you act as if you are in a play and your role is to be a character who is enjoying a meal— to the extreme. Allow little moans of palate pleasure to escape your lips as you eat something delicious. Let your senses take in every detail of what you are eating, the texture, the smell, the taste(s) and even the color of your food.

If you consistently perform this one practice, you will steadily see shifts in your urges to binge. As it did in my case, something inside of you will relax around food. The simple act of focusing on your meal will help you to feel centered as you eat rather than anxious or numb. When you enjoy what you eat and stay present to your food, you grant yourself an internal permission that will feel liberating. You will no longer feel restricted, guilty and rushed, so there is no reason to rebel and eat past your true hunger. If you don't think you can commit to eating all your meals without distractions, start by focusing on eating one meal a day without them. Once you realize the direct relationship between distraction-free eating and releasing excess weight, you'll ease into this way of eating consistently because you will be totally inspired by the weight release that accompanies it.

Eating a delicious meal is one of life's greatest pleasures, one that you can experience each and every day. Remind yourself how important it is to enjoy your food before each and every bite you put in your mouth and see what happens! Mindful eating absolutely increases the pleasure factor ... and that's a gift you can give yourself every day.

Alliance Key #2 – Start Eating When You Are Physically Hungry

Most of us gain excess weight because we *eat when we are not physically hungry*. Think of your stomach like you would a gasoline tank. Would you put gasoline into your

tank if you already had a full tank? Or half a tank? Or even a quarter of a tank? Unless you were going on a long trip, you would probably wait until your tank was low on gas, or even close to empty, before stopping at the station to fill it up. It is smart to fuel your body in a similar fashion. You want to fill it up when it is empty, or close to empty, not when it already has ample fuel (food).

Below is a “Hunger Range” that will help you become more aware of when you are *eating in or out of Alliance* with your body. It will support you in recognizing when you are putting in excess fuel. To give you a real handle on hunger ranges, I have included stages that range from “Super Hungry” to “Gorged” with varying degrees of satiation in between. *The key to releasing excess weight is to begin to eat at a Stage Zero to One and to stop eating when you reach a Stage Five.* Here’s how that works.

Stage Zero = *Super Hungry*. You have unmistakable and sometimes uncomfortable signs of hunger, which might include lightheadedness, nausea and/or hunger pains, a gurgling and extra empty feeling in your stomach and possibly big mood swings. Others experience a “high” when they are extremely hungry.

Stage One = *Hungry*. Your body wants to eat now, and it lets you know by a physical sensation, such as rumbling or an empty feeling in your stomach and some of the other sensations listed above. For some, this stage is accompanied by a “light” feeling.

Stage Two = *Semi-Hungry*. You are a few bites into the meal and the strong hunger cues are gone, but you are not yet close to satisfied.

Stage Three = *Neutral*. Middle of the meal feeling, you feel as if you’d still like some additional food.

Stage Four = *Semi-Satiated*. You are now just a few bites from satisfied.

Stage Five = *Satisfied*. Your body is sending you no hunger cues. You feel perfectly comfortable like you have had the ideal amount of food.

Stage Six = *Full*. You've taken a few extra bites beyond satisfied and are not getting any hunger signals at all.

Stage Seven = *Very Full*. You've had a full extra portion and know you've gone beyond your true hunger. You are experiencing mild physical discomfort.

Stage Eight = *Stuffed*. You're not hungry at all, but you're eating anyway. Your body is telling you to stop through an overly full feeling in your belly. Your body is giving you a variety of signs of discomfort.

Stage Nine = *Bursting*. You continue to feed your body even though it is telling you "No" through your great discomfort.

Stage Ten = *Gorged*. You couldn't eat another bite without getting sick. Your body is overwhelmed and exhausted and telling you so through intense pain or discomfort.

If you are eating between Stages Seven and Ten, you are eating well beyond your true physical hunger. *This* is where you will gain excess weight. Consistently eating between a Stage Zero to One and stopping at a Five is where you will release any excess weight you carry. It is that simple for the overwhelming majority of us.

I cannot stress strongly enough the importance of waiting to eat until you are absolutely certain that you feel physically hungry (Stage One). Why? Because waiting until you get the clear cues to eat is imperative to staying connected to your body. If you do not wait until you hit a Stage One to eat, it will be *much* more difficult to assess when you hit Stage Five.

Start to pay attention to how often you begin to eat at Stage Two or Three and how much easier it is to lose track and go beyond a Stage Five when you start eating before you get the clear signals for hunger.

Many individuals who have a compulsive relationship with food might find that they initially have some difficulty identifying what true hunger feels like. They have been disconnected from their true appetites for so long that they literally forget what it feels like to be hungry. Each body experiences hunger differently, and identifying your body's particular cues for hunger is the key. Allow yourself to experiment. Put larger periods of time between your meals than usual and the hunger cues will become quite obvious.

There are a few general hunger communication cues that you might already know that we briefly addressed above. When physical hunger shows, you might feel a hollow or empty sensation in your stomach, or feel it rumbling in anticipation of a meal. You might feel a little light-headed or even hyper and anxious. Some people get a light feeling that they enjoy. Some individuals feel irritable and cranky when they are hungry, others slightly nauseated, and some report feeling a slight headache and/or a drop off in their ability to concentrate. These are all ways that your body communicates to you its needs for nourishment. True hunger will be virtually unmistakable for you once you get back into sync with your body.

If you want to be *sure* what you are experiencing is a physical rather than an emotional hunger, there are a few clues that will help you to differentiate. First, you have to slow down so you can truly connect with your body. Sit down in a comfortable chair and take three (or more) deep breaths in through your nose and out through your mouth. Expand your belly like a beach ball with your in-breath, and on your out-

breath, allow it to deflate entirely. This simple breathing technique will center and relax you, allowing you greater access to your body's wisdom. As you breathe, ask yourself and your body what hunger stage it is experiencing.

Another powerful technique I use to see if I am legitimately physically hungry is to drink a cold glass of water. If you can feel it coursing through your body, especially through your throat and upper chest area, it is a clear sign that it is time to eat.

It may take a little time to learn how to wait until you are at a Stage One to eat. At first, it may feel very uncomfortable. Your untamed mind may be goading you to eat to block out the feelings of discomfort. So what do you do (other than eat) to nurture yourself if you're feeling emotionally hungry? The first step is to pinpoint the *feeling* of discomfort that is making you want to eat (stress, fear, boredom). Next, try to identify what, specifically, is driving the feeling (negative thoughts about yourself, your body or life in general, work stress, conflict within a relationship). And finally, you need to find positive ways to nurture and calm yourself as an alternative to eating (we'll cover that later).

To get myself calm and past the urge to eat when I was not hungry, I used to speak gently to that part of myself that was confused, frightened and nervous (my inner child) in the most gentle, patient, strong and compassionate way I was able. I would use the tender and sweet voice of the most loving mother images I could imagine. By now you have an understanding that your eating compulsions are not about the food; many of them are related to your inner child's need for some form of nurturing and understanding. That part of you that is attempting to take care of yourself with food. In that respect, when you are tempted to eat when you are not hungry, it is important to get in touch with your "inner child" and find out what it is she *really* wants. Reassure your inner child that "Yes, *of course*, you can have that food, but let's wait until you are truly hungry because that's when you will enjoy it most." Remind yourself that you can have any food you want, as soon as you are truly hungry. Being able to breathe through the urge to eat when you are not hungry will provide you with feelings of freedom and great personal strength.

An internal dialogue with your inner child is one of the most efficient ways I have ever found to overcome a binge. Loving and nurturing the child-like part of yourself that hunger for attention, calm, and understanding will deepen your relationship with yourself and ultimately create the peace of mind you are looking for through food. It adds to the trust that you are building in your own sacred inner sanctuary, which will over time be the first place you'll want to go.

For many compulsive overeaters, their inner child runs the show. She is the part of you that forgets that when she eats too much, she'll get a stomach ache or feel physically uncomfortable in some other way. When your inner child is always in charge, she will consistently make short-term choices (e.g., eating when you are not hungry) because she has a difficult time delaying gratification. She doesn't consider the future or the ramifications of her choices. For her, it is *all* about the moment. Your inner child can't fully grasp the fact that short-term choices lead to long-term grief where eating is concerned. This is why it's important to coach your inner child, gently and firmly, through the non-hunger related urges to eat. Gently guide your inner child by reminding her of the feeling she gets when she overeats (sluggish, depressed, weak) and that your intention is to guide her to eat in response to her body's needs so she can feel empowered all the time.

Once you remind her that she can have any food she loves if she is *truly* hungry, it will calm her (you) down. When you remind her in the heat of the urge to binge that eating more than she is physically hungry for has negative ramifications, her demands for food will lessen dramatically, as will your urges to binge. Like any child, your inner child thrives on healthy boundaries. It will feel good to her when you put a healthy boundary in place, such as waiting until you are at a Stage One to eat. It might take a little time to get comfortable communicating with yourself in this intimate, loving mother/daughter fashion, but again, it works, so work it!

Frequently Remind Yourself of the Benefits

Waiting until you are at a Stage One to eat has many benefits, in addition to weight release. One of my favorites is the fact that food tastes dramatically more flavorful at a Stage One than when you are eating between stages Six and Ten. Why? Because your taste buds *intensify* when you are really hungry. Flavors get stronger, fuller and more discernible. It is yet another way that your marvelous body lets you know that you are *Eating in Alliance* with your body. After all, the purpose of eating is not *only* to energize and nourish your body but also to experience *tremendous* pleasure.

Once you get into the rhythm of eating when you are hungry, you will relish the heightened intensity of your food's flavor. If you have the additional motivation of knowing how much better your meal will taste, it can make it easier to wait to eat until you hit a Stage One. Let your taste buds work in your favor. Here's another tidbit of information that is helpful. After your body is hitting the "satisfied" stage, your taste buds start getting a little "bored." So when the food you are eating starts tasting a little, or a lot "less" delicious, it is another signal that you are approaching a Stage Five and it's time to slow down or stop altogether.

Yet another positive aspect of waiting until you are at a Stage One is that it gives your stomach time to fully digest your food, which helps your body operate at its highest potential. This translates to optimum health because your body is not being overtaxed. Conversely, if your body is working non-stop to digest food because you are *constantly* eating, it is easy to see how your body can get overwhelmed and exhausted.

Each time you move past the urge to eat when you are not hungry, take a moment to acknowledge and appreciate yourself. Be as effusive as you can in your self-adoration. Out loud or in your head say to yourself, "Fantastic!" "You did it!" "I'm so proud of you!" "Great job!" "I know it was difficult, and I'm impressed with how you worked through it." Coach yourself with great enthusiasm, and you will be even *more* inspired to breathe through your difficult feelings the next time an emotional urge to eat shows up. We all respond well to positive affirmations, whether they come from

ourselves or someone else. This is not the time to be shy or self-conscious. No one has to be aware of your outrageously loving inner dialogue but you. Keep in mind as an incentive to the fact that the more you coach yourself lovingly, the faster you will be able to breathe through the urge to overeat.

Repetition is key to creating a new habit. There's no way around it. Every time you practice waiting until you are hungry to eat, you are building a new path in your psyche that you will eventually revert to naturally. Over and over again, flex your muscle of emotional strength by checking in with your body, breathing, positively coaching yourself and waiting until you are a Stage One to eat, and you can be absolutely certain that you will gain mastery over your emotional appetites. The mental side of weight loss requires you to question the thought "I want to eat something" when you are not physically hungry. Ask yourself, "am I hungry or am I bored, stressed, depressed or overwhelmed." And remember, doubt means don't :)

Alliance Key #3 - Eat Until You Are Satisfied

Returning to the gas tank analogy, if you continue to put gasoline in your tank when it already registers full, it is going to start to overflow. It's the same with your body. If you are putting food in your body when you are not physically hungry, the excess food has to go somewhere, and predictably, it shows up as excess weight.

You might be surprised at how little food it takes to feel satisfied. Your stomach is approximately the size of your fist (surprising but true). While it is true that your stomach can expand dramatically, it operates most efficiently when the portions align with your true hunger. Take a moment and curl your hand into a fist and hold it out in front of you so you can get a better idea about the size of your stomach. This will support you in building an understanding of the *approximate* amount of food it will take for you to begin to experience a sense of satiation. Keep in mind that I'm referring to a fist-sized portion of food *once it's been properly chewed*.

As your body is unique, you will have to determine for yourself what portion sizes generally work for you. I found that starting out with a small portion and building up

was helpful for me. I started out with a small bowl full of food as opposed to the traditional dinner plate I had always used. Through experimentation, I found that a medium-sized bowl of food was generally the amount required by my body to hit a Stage Five, though my portions would fluctuate in tandem with the intensity of my workout schedule and how much water I drank.

For some, it will take a bowl full of food to feel satisfied, for others a full dinner plate. Honor your own physical appetites and what feels right to you. Start with a bowl full, and then gradually add to that portion size until you find the average portion you require to feel satiated. Start with a bowl or soup cup that is about 5 inches across the top. Once you get clear on how much is required to reach a Stage Five, serve yourself that amount on average at mealtimes and be fully present to each and every delicious bite.

Most people who are *Eating in Alliance* find that smaller portions satisfy them completely once they reconnect with their true appetites. Eating meals that are smaller, and completely gratifying to your taste buds, means you'll probably be eating more frequently throughout the day *and* you will be fully satiated after each meal.

If you accidentally don't eat mindfully and you eat beyond a Stage Five and feel overly full, don't panic or get angry with yourself. This might throw you into a full-blown binge. To get back on track, just wait until you are at a Stage One to eat again. It's that simple. If you ate to a Stage Seven last night at your favorite restaurant, you might not hit a Stage One until 10:30 the next morning or perhaps even later. If you wait until then to eat, that's *all* you have to do to get back in sync with your body! Your body will give you hunger cues to let you know when it is ready for more food. Remember, just because it is morning doesn't mean that it is time for breakfast. Let your body be your barometer.

The Comprehensive Plan

By regularly practicing these keys, you will turn your tide towards an increasingly connected relationship with your body. You don't have to use all of them at the same

time to benefit from each one independently. For example, if you decide to eat when you are not hungry, rather than judging yourself for it, just be sure to use all the *other* keys. This will be a giant step in the right direction. It will allow you to really enjoy what you are eating, and you will be more likely to stop eating compulsively much sooner. If you eat beyond a Stage Five, you can still pat yourself on the back if you sat down while you ate, took three conscious breaths before eating, ate without distractions or drank a glass of water. Taking any of these actions will move you closer to connecting with your body and overcoming habitual eating.

Success Synopsis

Listed next is a summary of the reasons that diets don't work and why Mindful Eating and *Eating in Alliance* with your body does. Post it somewhere where you will see it regularly as a constant reminder as to why *Eating in Alliance* with your body is the smartest choice you can make!

Eating in Alliance	DiETING
*A Natural Approach	*An Artificial Approach
*Able to eat any food you want	*Limits food selections
*Reconnects you with your body	*Disconnects you from your body
*Creates healthy relationship with food	*Creates obsession with food
*Long-term approach	*Ineffective quick-fix approach
*Creates freedom around food	*Creates fear around food
*Effective weight loss technique	*Ineffective method
*Healthy for your body	*Unhealthy for your body
*Promotes trust of your body	*Creates distrust of your body
*Creates optimal health and energy	*Creates an artificial famine
*Guides you to eat when hungry	*Teaches you to ignore hunger
*Creates healthy relationship with food	*Creates dysfunction
*Honors your body	*Confuses your body
*Creates optimal energy	*Exhausts your body
*Reduces emotional eating	*Intensifies emotional eating
*Inspires you to trust yourself	*Keeps you in a state of distrust
*Fosters self-acceptance	*Induces judgment & frustration
*Results in weight loss	*Results in weight gain

Tools to Transcend a Binge

Okay...now that we've covered the 3 of the 10 keys to permanent and pleasurable weight loss (the rest are in the online training ..hint hint :) Now it's time to move on to how to avoid a binge, or even overeating. One of the biggest keys to losing weight is to learn how to listen to the genius of your body and manage the challenging feelings that are making you reach for food you are not hungry for. The following "empowerment" tools are going to support you in doing exactly that. If you get this piece down, transcending the urge to eat when you are not hungry, the rest is a walk in the park.

As you are first learning how to eat in synchronicity with your physical appetites vs. your emotional appetites, there may be, scratch that, there WILL be times when a non-hunger related urge to eat tries to sink its teeth into you like a tick on a dog.

In that case, you have options: There are three main ways to handle an urge to binge. You can:

Option 1: Allow yourself to feel the feelings that are stimulating the urge to eat, and try to understand what thought or need is driving the urge to eat (i.e. need for down time, tenderness, fun, a release from stress, a hint from your psyche to take action in an area of your life where you are unhappy or stagnant). Your understanding of, and compassion for, what is driving the binge should help you to create a calmer state of mind, which will help you to wait for the urge to pass, like a wave on the ocean. Keep in mind that every emotion, every feeling has a purpose, a message, and a limited life span. Your uncomfortable feelings can teach you when your untamed mind is active...so that you can then learn to shut it down when you choose to.

Option 2: Allow yourself to eat what you want, giving your undivided attention to your food (no phone, computer or television). Eat as slowly as possible and drink as much water as you can throughout your meal to support you in feeling satiated earlier. Talk out loud to yourself as you are eating, and do your best to talk yourself out of

overeating ... use an authoritative but gentle tone of voice. (I have “binge busting audio programs” on my online training www.TheMindfulEatingMethod.com that will help to talk you out overeating, just until you learn how to do it yourself!)

Option 3: Take action to prevent the urge by using one of the 10 tools in the Binge Transcending Toolbox (below).

The ideal choice in the long term is to surrender to your feelings, sitting and breathing with and through the discomfort, in order to determine what they are attempting to tell you. Learning to ride the wave of difficult emotions allows you to recognize how short lived they are if you bring the light of your attention to them. No feeling is final and the more you allow yourself to feel, the faster you will heal! Trite and true!

My own attempts to avoid or hold my feelings at bay by overeating ended up creating the very thing I was trying to avoid, more bad feelings that came with stuffing my body! I ended up creating circumstances in which I had no choice but to feel. Your soul knows that feelings, especially the hard ones, drive you inward.

That internal journey is where we evolve and mature. It is the place where we break free of a limiting cocoon, and spread our wings and take flight into a life that is bigger, more interesting and richer than we had ever imagined. I can see now in retrospect that my connecting with my feelings and addressing them with compassion reduced dramatically my emotional appetites, which allowed me to reach my healthiest weight.

Holding your feelings down like a beach ball only intensifies the feelings. Let them up and out by feeling deeply, or they'll continue to run your life. Period, end of story! The only way out is through the feelings, and there is NO way around this. And I promise it's not nearly as bad as you might think it will be. Difficult yes, but the old saying, “What doesn't kill you make you stronger” has never been more accurate.

Your fears and self-doubts are all “stored” in your psyche, wreaking havoc both consciously and subconsciously ... and pulling them to the surface is the only way to truly deal with them. I always recommend the support of a therapist or coach if some of your thoughts/memories are overwhelming to you as they will be a safe place for you to heal and replace the old limiting and negative beliefs.

You'll feel like a ninja warrior after you make friends with your feelings by getting over being frightened to feel them! They are messengers that can direct you towards your best self and your best life! So don't try to drown them out! Instead, listen up and lighten up!

So, given the aforementioned options, ideally, you will become intimate with your feelings and choose Option One. However, this sometimes just feels too intense. I've been there, I know!

On those occasions, you need some other options.

So listed below are tools I use to get to an empowered state where I am able to say “no” to food that I am really not hungry for in the first place.

Binge Transcending Toolbox

Depending upon your schedule, marital and job status, you will have varying timeframes within which to work through a binge. Sometimes you will need a tool that can help you when you are in a big pinch for time, an emergency tool if you will. At other times, you will have more time and space to get to the core of what is driving your urge to eat. Some of the tools will bring you to a state of harmony in your body and calm your untamed mind. From this state of peace, you will be able to make healthy conscious choices about whether or not you want to eat. Other tools will provide you with a relaxing or fun distraction that you can enjoy until the urge passes. Still, others are just meant to put a little time and space between you and the food. Try

to find one or two tools that work best for you and stick with them. It can be more effective than bouncing from tool to tool because your familiarity with individual tool will allow you to default to it naturally with time. You'll have automatic and effective resistance techniques when you are struck by a non-hunger related urge to eat. But by all means, feel free to try all of them at one point or another in your process. Each of them will add to your mindful eating practice and your healthy and natural weight loss. And bonus, they are ALL capable of bringing your stress down, way down!

Tool #1: Breathing Exercise

Relaxation breathing is the best thing you can do to calm your body and your untamed mind and thereby reduce the anxiety that promotes compulsive eating. Poet Elizabeth Barrett Browning's quote: "He who breathes deepest lives longest," highlights the health effects of deep breathing. Deep breathing will slow you down and relax you, allowing you to engage your will to resist the urge to binge. It suspends your untamed mind's endless stream of negative thought so that you can focus on all of the ways that you will benefit from allowing yourself to live at your natural weight. Here's what to do:

Sit in a chair with your back straight and your feet planted on the floor, ideally in a quiet and private space. Gently close your eyes and put your hands on your stomach with the tips of your fingers facing in towards your belly button. As you breathe in - as slowly as possible - through your nose, allow your breath to fill your stomach. You should feel a noticeable expansion throughout your rib cage and stomach. Direct your breath to fill your stomach first rather than puffing out your chest. The breaths that fill your abdomen are the ones that have the greatest relaxation impact. Your belly should feel like a beach ball being slowly inflated under your hands. There should be minimal movement in your upper chest area. Exhale through your nose, slowly and completely until you have no breath left. Repeat this cleansing breath three times.

Next, allow yourself to practice the following breathing pattern. Breathe in through your nose for four counts, hold your breath for four counts and then release your

breath slowly and gently to the count of eight. Repeat this exercise eight times (or more if you wish) until you and your body feel more relaxed. Check in to see how you feel following the process. Do you feel calmer? More centered? More at peace? Breathing in a rhythmic pattern such as this one can support you in creating a sense of internal calm that will allow you to make a conscious adult choice about eating rather than making a childlike and impulsive decision from a state of emotional upset.

Tool # 2: Craving Control Exercise

The next breathing technique we are going to practice is alternative nostril breathing. Alternative nostril breathing calms your untamed mind, relaxes your body, increases your energy levels, improves your overall mood and even gives you a natural high. It is a breathing technique that has proven to be exceptionally powerful for conquering addictions and it has been around for a long, long time.

This technique is most effective if you are comfortably seated in an upright position with your eyes closed or downcast. Begin by placing the thumb of your dominant hand (the one you write with) on one side of your nose and your Index (pointer) finger on the other side. Close off the nostril next to your index finger by pressing on it gently, just enough to close off the airflow.

Begin with a slow out breath through the nostril that is closest to your thumb, feeling the air empty from your lungs as you exhale completely. Now take a deep and slow "in" breath through that same nostril. Now close off that nostril gently with your thumb, lift your index finger off your alternate nostril and exhale slowly and gently through that nostril. When you reach the point where you can't exhale any more air, take a deep in breath through that same nostril.

Next, lift your thumb off your alternate nostril and gently close off your other nostril with your index finger. Release your breath through the nostril closest to your thumb slowly and evenly and take an equally slow and even breath in through that nostril. Close off that nostril with your thumb and raise your index finger allowing the air to flow out of that nostril slowly and evenly, and then take a luxurious in breath, then close off that

nostril and return to the other nostril allowing the air to flow by lifting your thumb and releasing your breath. With a little practice, this breathing technique will be quite simple. Simply stated it is a back and forth inhale and exhale from nostril to nostril.

Continue this breathing pattern as long as necessary to calm your body and move past the non-hunger related eating urge. With each inhale, focus on becoming increasingly conscious of the character of each breath. Just as no two snowflakes are exactly the same, the same can be said about each of your breaths. Focus on making your breaths slow, steady and even. Take your time. There is no rush whatsoever and the more relaxed your breath is, the more relaxed your body will be. Breathe as naturally as possible, making the transition from one nostril to the next as smoothly as possible. If you are trying this breathing practice for the first time, spend 2-5 minutes practicing with your dominant hand and then switch to your non-dominant hand and continue the practice for an additional two to five minutes.

The goal is to nurture and calm yourself with your breath, almost like a gentle internal massage. Be sure to continually refocus your attention on the flow of your breath, releasing any thoughts that float into your mind as you do so. Just put the thoughts on a white fluffy cloud and allow them to drift away as they arise. At first, they may come up constantly. Don't let that discourage you. Just continually return your thoughts to your breath.

The reason you will feel so good after engaging in this practice is because this breathing pattern balances the right and left hemispheres of your brain, which creates a strong sense of wellbeing physically and emotionally. When you breathe consciously, you are choosing one of the healthiest modalities available to nurture yourself. It requires courage to break your pattern of overeating and a willingness to consider healthy substitutes to eating, and you are infinitely capable of accessing this bravery. Allow yourself to tune into how your body feels as you oxygenate it, feeding it the true nourishment of deep breathing.

Practice #3: Self-Coaching Conversations

A “Self-Coaching Conversation” is an internalized or spoken (out loud) conversation with yourself in which you inspire, nurture and guide yourself, in love and compassion, to resist the urge to binge. You will address yourself from the most compassionate, wise and loving part of who you are. Those that feel embarrassed to hold a conversation with themselves because they think that it is too “new age” for their tastes or just plain crazy, I invite you to entertain the following question: What do you think is more ridiculous: repeatedly stuffing your feelings down with food and beating yourself up for it afterwards or having a conversation with the part of yourself that is upset? The answer is pretty clear when you look at it from that perspective! Be loving with you!

If you are feeling sad or hurt, ask your inner child what she wants. Keep prodding and asking until you get an answer. Is it a hug? Attention? Does she want you to slow down and spend time doing something fun with her? Is she looking for compassion? A non-food treat of some sort? Often simply by hearing her desires you will find your need for food fades and evaporates. If she is frightened, ask her what she is frightened of? Ask her, “What is the worst thing that could happen here if you don't eat?” When you realize that the overwhelming majority of your fears are phantoms that can be unmasked as soon as you turn the light of your awareness on them, you will relax and trust your life process.

A Self-Coaching Conversation is an extraordinarily powerful method for bringing yourself into the present moment and from that place making the best possible choices for your body.

I talk with myself frequently, and it is like having a friendly conversation with someone who cares about me deeply. Accessing the sweet inner voice has played a huge role in my ability to calm myself and bring myself back to the present moment. When I combine the breathing with a loving inner (or outer) dialogue, magic happens every single time as I gain access to the strength that I didn't know I had! You can dialogue with yourself frequently throughout the day, any time you find yourself feeling tense, worried or frightened. Just pretend you are talking to a sweet, innocent child if you need a little jumpstart to your sweet talk. I found when I talk to myself out loud, I am

more likely to pay attention to the conversation. I can hear myself with greater clarity. It feels more real to me and is more effective than an internal dialogue. It is one of my self-loving practices that I have found pivotal in my ability to avert a binge.

Tool #4: Singing Your Song

Music is a profoundly healing tool simply because it has the ability to change your state of mind, drop you into your heart and release you from the endless chatter of the untamed mind. Having a specific song that inspires you can be an extremely effective tool to support you in working through a binge. When you feel a powerful urge coming on, sing or hum that song to yourself, either out loud or in your head. The act of singing or humming will support you in creating a state of calm within your body that will again allow you to make a choice from a position of strength rather than one of tension or emotional upset. Choose the song now ... and know you can sing your way through an urge as well as talk yourself through it!

Tool #5: Do Something Kind for Someone Else

You can take a significant bite out of an urge to binge by doing something kind for another human being. Giving takes your mind off of your own discomfort and distracts you until you can gain control over a compulsive urge. It can be a simple form of giving, such as taking a moment to send good wishes, pray for, or call someone who you know is going through a hard time. You could make a contribution to a homeless person or find something you are not using and donate it to charity. Sharing builds self-esteem. When you know you have the ability to impact another human being's life in a positive way, you will have an inner feeling of "fullness" that will temper the urge to eat compulsively. A 1998 survey of overall life satisfaction found that altruistic activity can increase general happiness by 24 percent. Contributing to someone else's happiness is gourmet food for the soul, an internal feast of fulfillment. Feel free to have a double helping of that!

Tool #6: Do Something Kind for Yourself

If you are reaching for food and you are not physically hungry, you are looking to feel better, calmer or happier. Take a moment to do something kind or loving for yourself and a sense of peace will permeate your body. Write down a list of things that feel nurturing to you in the lines provided below. It might be a walk in nature, a hot bath, reading an engrossing novel, a treat like a bottle of pretty nail polish, turning on some inspiring music, calling a friend, or working on a creative project that you've been dreaming about starting. Sometimes temporarily distracting your inner child from thoughts about excess food is helpful to getting beyond the most intense part of the binge urge until the point where you feel capable of resisting. Like a child that gets diverted from their momentary obsession through a more appealing distraction, find a way to outsmart your untamed mind by doing something that you enjoy!

Tool #7: Get Moving!

If you are feeling anxious, chances are that shallow breathing is contributing to your anxiety. An incredibly helpful way to shift your breathing is by moving your body vigorously. Put on a great song and dance about wildly, take a brisk walk, go for a run, exercise in any way that feels good to your body, scream out loud, do anything different that will shift a shallow breathing pattern to a deep one. Changing your physiology can quell the stress that is at the root of many an urge to binge eat. Exercise that is repetitive in nature (like walking or biking) can give you a meditative "in the zone" feeling which will calm you as it simultaneously compels you to breathe deeply. Remember, when you move, you change your body chemistry, and the more dopamine and serotonin and adrenaline in your system, the less likely you'll eat to make yourself feel better!

Tool #8: Drink a Glass of Water

As we have previously discussed, drinking a full glass of water will help you to determine if in fact, you are thirsty rather than hungry. This simple act can be the equivalent of a splash of cold water against your face, waking you up and out of the old habit of eating compulsively. Remember, often you will confuse thirst for hunger...When in doubt, have a full glass of water. If you feel it coursing through your body, you'll know it is a sign that you are running on "empty."

Tool #9: Write in Your Journal

Journaling is an opportunity to have a conversation with your inner child and access the part of yourself that is in fear or stressed. So sit down with your journal and write down your feelings when you have the urge to binge. Next, write down the feeling you would like to have (i.e., I want to feel relaxed; I want to feel safe; I want to feel good enough). Sometimes the urge to binge can be completely dissipated through this simple writing process.

Writing after a binge can also contribute to healing your relationship with food. Putting pen to paper and writing about the feelings that you were avoiding can help you to prevent a future binge. When you successfully move beyond the urge to binge, write about it in your journal and dog-ear the journal entry that accompanied this victory. This journal entry would be a powerful one to read the next time you are considering eating when you are not hungry. Re-reading it will remind you of how empowering it feels to work out the fears or anxieties driving your emotional appetites.

Tool #10: Turn on Some Inspirational and Soothing Music

Coping with difficult feelings can be challenging, and music is one of life's greatest tools to reduce stress and access peace. According to one study, listening to 30 minutes of classical music has the same effect as a 10-milligram dose of Valium! So turn to music, not marshmallows to give yourself a calm and inspired feeling. Music has been shown to light up the entire brain, which makes you more empowered to think

the thoughts you want. It puts your mind into a more receptive state where you can give yourself a powerful pep talk...ala Rocky Balboa, so that you can dominate the untamed mind and stay connected to your physical appetites. In fact, putting on the inspiring Rocky theme song is a wonderful way to start generating some of the mojo necessary to resist emotional eating. Some people report that softer music calms them more...and only you can know what kind of music brings you to a centered, empowered, peaceful and calm state. Make yourself a mix of music that makes you feel most alive, most excited and most empowered and listen to it anytime you are feeling an emotional eating bout coming on!

More Thoughts From Lily

So now you have your binge transcending power tools and 3 of the 10 Keys to Eating in Alliance with your body, both are fantastic resources. Now you have a bunch of options that will take you from where you are in a relationship with your body to where you want to be! This is a reason to celebrate!

Here's what I know to be true about breaking the habit of compulsive eating. From what I have observed, most people dabble in it. They never commit 100% to healing the addiction/compulsion around food by making it their top priority, even knowing that if they didn't have this challenge to deal with, they would be much happier people every single day of their lives.

So that's why I say, don't dabble, but DIVE DEEP into your recovery from food compulsion! Put it at the top of your "to-do" list so that you can cross it off once and for all. Make yourself a priority. If you think of it, with every other addiction there are countless recovery centers where people can go and conquer their compulsions with massive support from experts in the addiction field. Food addiction is trickier because you are dealing with an addiction that requires balance around food rather than total abstinence, which most addictions require. Most alcoholics can't drink "a little."

However, those with food compulsions have to manage our addiction, which is exactly why it can be so difficult.

Here's the truth: Those who make getting over their compulsion *numero uno* in their lives, are more likely to get over it faster and permanently.

You want to bombard yourself with a new way of thinking about and relating to food, your body and yourself. Read the best books you can find about recovery from food addiction, write about it, listen to others that have recovered and take classes that inspire you to make the shift, talk about it with other people who are using the Eating in Alliance method to form alliances of a different kind. Your level of commitment will make the difference between immediate weight loss, gradual weight loss, or staying exactly where you are.

Do you want to be dealing with this issue a month from now, 6 months, a year...10 years? Then don't listen to the voice in your mind that is saying you don't have time to make this your priority. Or you don't need help. That's just crazy. I've never met *anyone* who has moved beyond an addiction to food without a strong support system. We all need help, and admitting to that is the quickest way to start creating change. You don't have to go to a treatment facility, but having support of some kind is absolutely vital. Consistent and top tier support is the difference between success and failure...that's a fact. Most of us are fooling ourselves if we think we can navigate this on our own, it is damn hard and it is much, much smarter to get help. I repeat, you are smart if you get help for something that is causing a lot of extra stress and struggles in your everyday life! The difference between staying where you are and moving forward is taking action, so do something right now, or as soon as possible to send the message to your psyche that "Things are gonna' change...starting today!

To conquer this addiction, you must take massive action. Don't fool around and waste precious days, months, and years trying to re-invent the wheel and suffer more trying to piece together a process to help you lose weight permanently. You deserve to start living life to its fullest today that it is the only one you can be sure of.

I don't care if it is my online program The Mindful Eating Method, or another program, (well actually I do a little because I know my program is awesome and life-changing and ridiculously reasonable!), however, if it's not mine, make it another that feels right to you. If you are on a budget of zero, try Overeaters anonymous meetings as a beginning.

You deserve to be living as your happiest and healthiest self...and you can make that happen! I know it with every fiber of my being. Please do check out www.TheMindfulEatingMethod.com or for a full description of exactly what's in the program click the link below:

<https://www.youtube.com/watch?v=gQWm-CyKpao>

In this program, I created what I most wanted when I was struggling with food, 24-hour support and a natural, permanent and pleasurable approach to weight loss. This is a full immersion training, which is why it works at an escalated pace. When you were a child, you learned through full immersion around talking in your language, and this is what you'll find in the program. It's convenient, incredibly affordable and easy to use. At the push of a button, I can be by your side either talking you out of overeating, or educating you on the mental skills to release not just excess weight, but excess stress. It's a one stop shop for peace of mind, more confidence and a healthier body.

And again, with a 30-day money back guarantee, you can try it risk-free. (Sounds like an infomercial, but it's true :)

I wish you every imaginable happiness and tremendous ease on your journey back to your healthiest weight! Joy Galore, Lily



The Mindful Eating Method – The #1 Online Training in the World for Overcoming Overeating:

Do you ever wish that you had someone at your side, 24 hours a day and 7 days a week that could help you to overcome the urge to eat when you are not hungry? A trusted companion and master coach who could “talk you down from the ledge” before you eat compulsively? One of the biggest challenges in making the shift to Eating in Alliance with your body is that the untamed mind gets so loud in its demands for you to eat something immediately, that it is difficult to hear the rational voice of your tamed mind saying, “just wait until you are hungry.” Other times its voice is so subtle that you can’t hear it, but you find yourself reaching for that package of Oreos or bag of Doritos as if on autopilot. That’s where the Mindful Eating Method program, narrated by Lily herself, this audio/video training will be the voice of reason that will can you and center you so that you can overcome the urge to binge eat entirely. With three different tracks, each providing unique approaches to relaxing you and giving you access to your wisest and most empowered self, this program will be like a trusted friend that you can turn to twenty-four hours a day when you feel unable to resist the urge to eat compulsively on your own. The Mindful Eating Method program also includes a bonus track which will “keep you company” any time you choose to eat when you are NOT hungry. Why is this of value? Because hearing Lily’s voice calmly guide you as you are eating the food you are *not* hungry for will help to “wake you up” and get you to shift away from the food before your binge gets out of control. She created this bonus track because she knows that sometimes the urge to eat is too powerful to resist, but she also knows that she can support you in minimizing the binge

through her gentle guidance, which will remind you to eat slowly and consciously. It will feel like you're dining with the expert guidance of Lily right there in the room! This Bonus track will be enormously helpful in helping you to reach that wise part of your tamed mind that will support you in putting the food away, just for the moment, and waiting just until you are truly hungry to serve yourself something delicious and nutritious! What you'll find is that this program is priceless ... so invest in yourself today!

All of Lily's products and programs come with an unconditional 30-day money back guarantee. If you are not 100% satisfied with your product, simply send your request to Support@TheMindfulEatingMethod.com

New Products and Services Coming Soon! Join Lily and learn more at www.TheMindfulEatingMethod.com

Lily's Bio

Elizabeth "Lily" Hills is a multiple award-winning author, Emotional Eating Expert, international speaker, peak performance trainer and the former radio host for Sparkpeople.com, the #1 Health and Weight Loss site in America with over 16 million members.

She is an eating psychology coach that assists her clients in developing connected and accepting relationships with their bodies as they heal food addictions and achieve their "natural" and healthiest weight.

After overcoming her own intensely compulsive relationship with food and reaching her healthiest weight without dieting, she felt compelled to share her story with as many people as possible to assist in reversing the obesity epidemic that is creating so much misery for so many.

Contact Lily:



To book Lily for retreats or corporate speaking engagements...email
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