

Legalizing Is Normalizing

In order to prevent or end emotional connections with food and compulsive eating, you must truly normalize or legalize all foods in your mind and in your experience.

It will not be possible to match the food to your specific belly hunger, unless all foods are legal and accessible (carry a food bag or food must be easy to get quickly). So until this happens grazing or overeating in an attempt to get the body what it needs, or bingeing on forbidden or special foods during holidays or social celebrations with food, can often happen for years **with lots of weight gain as a consequence**

After years of dieting this will take a great deal of effort to break your old patterns of habit as well as fears and beliefs in your mind about foods and dieting. But remember **you knew how to do this as a baby, and you never over ate then!** You must first recognize which foods have been forbidden, purchase them in large quantities, carry them with you and remind yourself frequently that you will have that food any time your belly is hungry for it.

Always **close your eyes and touch your belly** to distinguish between mouth/mind hunger and belly hunger, the degree of hunger you have, and what food would be the perfect match.

You always have your inner wisdom with you, USE IT, it can never lie and it is always guiding you!



Subtle ways of not Normalizing food by Legalizing are listed below:

<ul style="list-style-type: none">-Buying food but placing it someplace hard to get to-Not buying your problem foods-Not buying <u>enough</u> of your problem foods-Not restocking your supply of problem foods-Not buying the food you are most afraid of	<ul style="list-style-type: none">-Buying only the <u>one</u> food you are most afraid of-Measuring out portions for yourself-Not eating the food exactly the way you want it, whatever part of it or all of it.-"Yelling" at yourself for eating that food- Exercising to compensate for eating forbidden foods.
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Additional problem to solve regarding having legalized food available:

-Buying food but letting everyone else eat them (protecting your food by labeling it with your name or by designating a shelf in the pantry or refrigerator shelf may be necessary during the normalizing/legalizing phase)

THESE ARE ALL WAYS OF DEPRIVING AND NOT TRUSTING YOURSELF as well as disconnecting from your inner belly wisdom and feeling free and calm around food.

Deprivation is one of the major **causes of overeating.**

It can seem scary to think of having foods around that you historically binged on or labeled as forbidden. Remember you have your constant guide with you, your inner belly wisdom.

AND in the beginning of this process always say out loud to yourself.....

*I will eat this food 100,000 times in my life time, does my belly want it now? Do I even have belly hunger or is it one of the **Other Hungers**?*

Once you convince yourself that you will never again face famine or deprivation from your long list of forbidden foods, you will gradually lose the desire to stuff yourself with these foods, they become common place. Over a span of several weeks you will automatically vary your intake and eat from a variety of foods...even healthy ones!

Remember.....

Scarcity = Anxiety
Surplus = Calming
Forbidden = Craving + binging
Sometimes Enough is Not Enough
(to have around to convince yourself it is legal)!

Normalized Legalized foods(all foods are equal) = calm around food all the time!

Note: This is a transitional eating time. The goal is to practice and believe that you can eat what your body is hungry for, whenever it is hungry for it. What your body truly wants will naturally change from time to time WHEN ALL FOODS ARE EQUAL.

Once you prove to yourself that you will never again face famine or deprival, you will gradually lose the desire to stuff yourself with favorite foods, it would never occur to you, just like it never occurs to a toddler even when they are eating their favorite foods.



OVEREATING is actually the healthy model to break out of prison. It is your attempt to take back control and end deprivation. Yet it is unnecessary if all foods are legal and equal unless you are trying to feed one of the **other hungers**.

The goal is to practice and believe that you can eat what your body is hungry for whenever it is hungry for it. What your body truly wants will naturally change from time to time WHEN ALL FOODS ARE EQUAL.

Like your signature your hunger patterns are unique and may vary from day to day. Over a span of weeks, you will automatically vary your intake and eat from a variety of foods....even healthy ones if you are adding enough variety and always trying new foods.