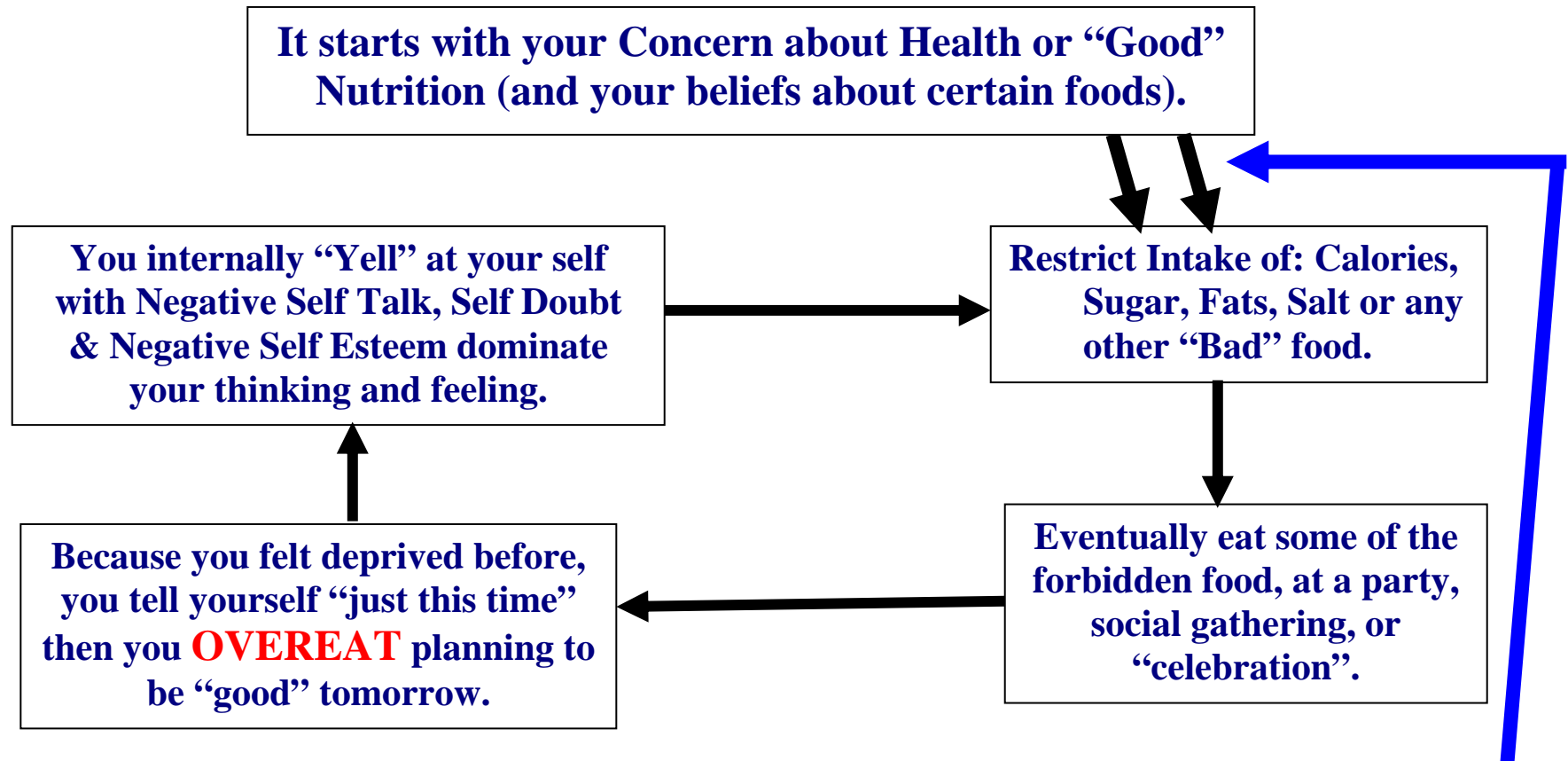


The “Health Thought” Cycle

That creates **OVEREATING**



The **Solution to interrupt this cycle** is to practice **Normalizing** all foods. Instead of labeling of food as “bad” and restricting, use Inner Body Wisdom to guide you. Ask yourself “If I eat that food how will my belly feel in 10-15 minutes” or “How did I feel the last time, after I ate that food”? Remember babies never over eat even if it is their favorite food. Why? Because they believe they will always be able to get their needs met, the food will come again when they cry because they are hungry. Translate what you are believing, thinking , feeling, or needing and get your real needs met (see: [Other Hungers](#)).

