

# THE LIES WE BELIEVE

They run our eating and disconnect us from our body/inner wisdom.

## LEARNED EATING AND BODY SIZE MESSAGES

### FAMILY/CULTURAL LEARNED EATING MESSAGES

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| <ul style="list-style-type: none"><li><input type="checkbox"/> Eat "square" meals</li><li><input type="checkbox"/> Clean your plate</li><li><input type="checkbox"/> Don't spoil your appetite</li><li><input type="checkbox"/> Limit certain foods because they are "bad"</li><li><input type="checkbox"/> A family who eats together stays together</li><li><input type="checkbox"/> Wait until your father/mother/husband get's home before you eat, no matter how hungry you are now.</li></ul> | <ul style="list-style-type: none"><li><input type="checkbox"/> Think of starving children in China, Somalia, etc. , so clear your plate.</li><li><input type="checkbox"/> Eat food <u>for</u> Grandma, Uncle Ted, etc.</li><li><input type="checkbox"/> Certain foods for certain times of the day</li><li><input type="checkbox"/> Eat what's good for you before you eat what's good</li><li><input type="checkbox"/> Take all you want but eat all you take</li></ul> |
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**THE BELLY IS THE BOSS**, it can't lie or trick you. It always signals the TRUTH. The mind and old messages we believe can trick us, disconnecting us from our own guidance system within. Learning what you were taught to believe and discerning the purpose of the belief while comparing it to what the belly tells us is the way back to our inner guidance, belly wisdom.

### CULTURAL/MEDIA/MEDICAL -- FOOD AND BODY SIZE MESSAGES (These are forms of OPPRESSION or mental abuse)

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| <ul style="list-style-type: none"><li><input type="checkbox"/> Eating is greedy and self indulgent</li><li><input type="checkbox"/> Appetite is the enemy and must be controlled</li><li><input type="checkbox"/> All people can lose weight and keep it off if they try hard enough</li><li><input type="checkbox"/> Exercise is the best way to manage stress</li><li><input type="checkbox"/> Fat is bad and all overweight people should diet and lose weight</li></ul> | <ul style="list-style-type: none"><li><input type="checkbox"/> Everyone should closely monitor the amount of fat and cholesterol in their diet</li><li><input type="checkbox"/> People should use exercise to help manage their weight and eating</li><li><input type="checkbox"/> Thin people get sick less and live longer than fat people</li><li><input type="checkbox"/> Some foods are evil</li></ul> |
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**NOTE:** Stop for a moment and reflect on your ideal for physical beauty in a person of your gender. What image do you carry in your mind's eye? See if you can discover where your ideal came from. Consider how you measure up to it, and whether it is even remotely within your grasp to measure up to it, given your natural resources.

-The American Society, as well as many a growing number of others now, encourages the pursuit of thinness as a way to achieve greater social power, control and status.

-Beliefs in the medical community & the general public about diet & body size. The stigma of obesity is re-enforced with misinformation from the medical community. See book: *Big Fat Lies* by Dr. Glazer

-The media misinformation, or what people see on television, the internet, newspapers and magazines has become the single most pervasive source of Lifestyle & Health Information for Americans!

-We live in a culture that is constantly chasing the false god of materialism and achievement. It is no Surprise then that many people are facing depression, chronic fatigue syndrome, and burnout.

Excerpted From Book-*We Are Driven: The Compulsive Behaviors America Applauds*