



Taming Emotional and Social Eating Gremlins

So You Can Live in a Body You Love

With

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Celebrate A New You After the Cleanse!

- **Lighter** Body
- **Flatter** Tummy
- **Greater** Energy
- **Clearer** Mind

But wait....can it last?



Excuses for Veering Off Course

- **The holidays**
- Your **birthday**
- **Friends in town**
- Your sister's **birthday**
- **A special party**
- The President's **birthday!**
- Vacation



And the list goes on (and on and on)!!!

The Gremlins That Threaten Your Health

- Emotional Eating
- Social Eating
- Being Busy
- Lack of Focus!



You Know You're An Emotional Eater If You...

Experience an **uncontrollable urge** to eat even when not hungry



You Know You're An Emotional Eater If You...

Eat foods that soothe an **emotional wound** without regard to actual nourishment



You Know You're An Emotional Eater If You...

Eat for entertainment



You Know It's Out Of Control When...

You find yourself so distraught, frustrated, upset, angry, or hurt, that **you just want it to stop!** So you reach for a candy bar, ice cream, chocolate chip cookies, or whatever happen to be closest at the moment.



And It All Began So Innocently....



Toxic Emotions Can Lead To Emotional Eating

- Sadness
- **Hate**
- Shame
- **Jealousy**
- Hopelessness

- ✓ Self-righteousness
- ✓ **Worry**
- ✓ Greed
- ✓ **Anger**
- ✓ Guilt



EMOTIONAL EATING STRATEGY

Reprogram the pattern:

- Identify triggers
- Establish strategies for handling
- Create new neural pathways in your brain
- Rinse and repeat!
- Break free

**It may not be easy,
But it is doable and worth it!**



EMOTIONAL EATING STRATEGY

Identify the triggers:

- List foods that soothe your emotional pain.
- **Identify the foods you find addictive.**
- Explore the circumstances that trigger emotional eating.
- **Name the emotions most likely to trigger you to soothe yourself with food.**



EMOTIONAL EATING STRATEGY

Recall what prompted your most recent emotional eating episode:

- ✓ Was it fear? Frustration?
- ✓ Was it anger? Despair?
- ✓ Was it insecurity? Loneliness?
- ✓ Was it feeling like you're just not good enough?
- ✓ Or did someone say something that made you feel like a small child who couldn't do anything right?



The Sad Truth About Emotional Eating

**Food can
distract you
for a little
while**

As soon as you finish eating, the original hurt resurfaces, accompanied by a feeling of guilt or self-remorse.

**You might
add to your
original upset**

You caved and did what you told yourself you weren't going to do anymore, and you criticize yourself.

**Reaching for
food defies
your best
judgment**

When you're in the middle of one of these emotional eating episodes, it doesn't matter how much logic you apply.

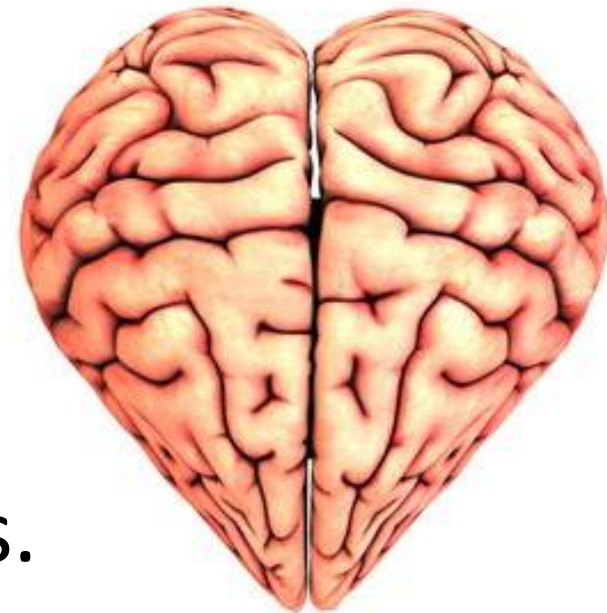
Get Out of Your Lizard Brain

- *Portable Anchor System*
- Shifts you into relaxed mode.
- **Relaxed brains make logical comparisons and informed choices.**
- Lizards can't compare and contrast, but high level thinking humans can.



Creating New Neural Pathways in Your Brain

- Do something just a little different.
- Pause just long enough to start a dialogue with yourself.
- Ask yourself honest questions.
- Intercept at first sign of danger.



Comforting Actions to Replace Comforting Food

- Hot bath with lavender oil
- Meditative music
- Inspirational speaker
- Call a friend
- Journal to express and release your feelings
- Lose yourself in a favorite hobby
- Focus on your breathing
- Express gratitude
- Visualize a time and place that brought you pleasure



Emotional Eating Worksheet

Spend some time in quiet contemplation and fill in all the blanks.

- Identify the feelings, circumstances, or problems that trigger you to eat emotionally.
- Name the foods that you generally eat as a result.
- How do you feel physically after eating these foods?
- How do you feel emotionally after eating these foods?
- What does eating these foods keep you from achieving in the long term?
- Does eating these foods solve the problem that triggered your emotional eating?
- What you can do instead to soothe the negative emotions?
- As a result of doing the alternate activity, how do you feel?

Personal Emotional Eating Strategy Statement

When I feel (*emotions*) _____,

it drives me to eat (*foods*) _____.

I usually end up feeling (*emotions*) _____

and I have the symptoms of (*physical symptoms*) _____

which keeps me from achieving (*goals*) _____.

Instead of reaching for the (*foods listed above*) _____,

I can (*enjoyable activities*) _____,

and as a result I will feel (*emotions and physical*) _____

_____.

Social Eating Strategy

- **Eat before you go out**
- Bring food along
- **Connect with your vision before the event**
- Envision yourself staying true to you
- **Carry your emotional eating strategy**
- Learn the language of non-violent communication to...



LET YOUR NEEDS BE KNOWN

Strategies for Busy People

- **Prepare in advance during time off**
- Make or buy living foods crackers for a portable meal
- **Always carry food or green drinks with you**
- Carry individual serving sizes of protein powder and green powder
- **Keep a bag of seeds or nuts in your purse, backpack, or briefcase**
- Grocery stores are your best “fast food” on the run: avocados, cherry tomatoes, pre-cut veggies



It All Starts With Vision

- **Create** your vision
 - **Connect** with your vision
 - **Fall in love** with your vision
 - **Remember** your vision
-every single day!

