



HOW TO START LIVING INTUITIVELY

By Calley Hewes, APRN, FNP-BC



WHERE ARE WE GOING?

- Understand intuitive eating basic principles
- Understand benefits of intuitive eating
- Understand what functional medicine is
- Understand how intuitive eating and functional medicine go hand-in-hand
- Your action step

WHO AM I?

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- Family nurse practitioner
 - Training in functional medicine
 - Experience teaching intuitive eating
- Working mom of two young kids
 - I integrate my training and skills with the need for practicality
 - Realistic solutions for busy women

WHAT IS INTUITIVE EATING?



The Japanese have the wisdom to keep **pleasure** as one of their goals of healthy living. In our fury to be thin and healthy, we often overlook one of the most basic gifts of existence—the **pleasure and satisfaction** that can be found in the eating experience.

Evelyn Tribole, MS, RD

Author, “Intuitive Eating: A Revolutionary Program that Works”

WHAT IS INTUITIVE EATING?

- The practice of listening to your body and nourishing it accordingly
- Honoring the body's innate wisdom
- Becoming aligned and one with our bodies



WHERE IT CAME FROM

- Registered dietitians Evelyn Tribole and Elyse Resch
- Sentinel work:
Intuitive Eating: A Revolutionary Program That Works
- Based on 10 guiding principles
- It is not a diet — it is a process of getting acquainted with your body and your needs
- Highly individualized and personalized

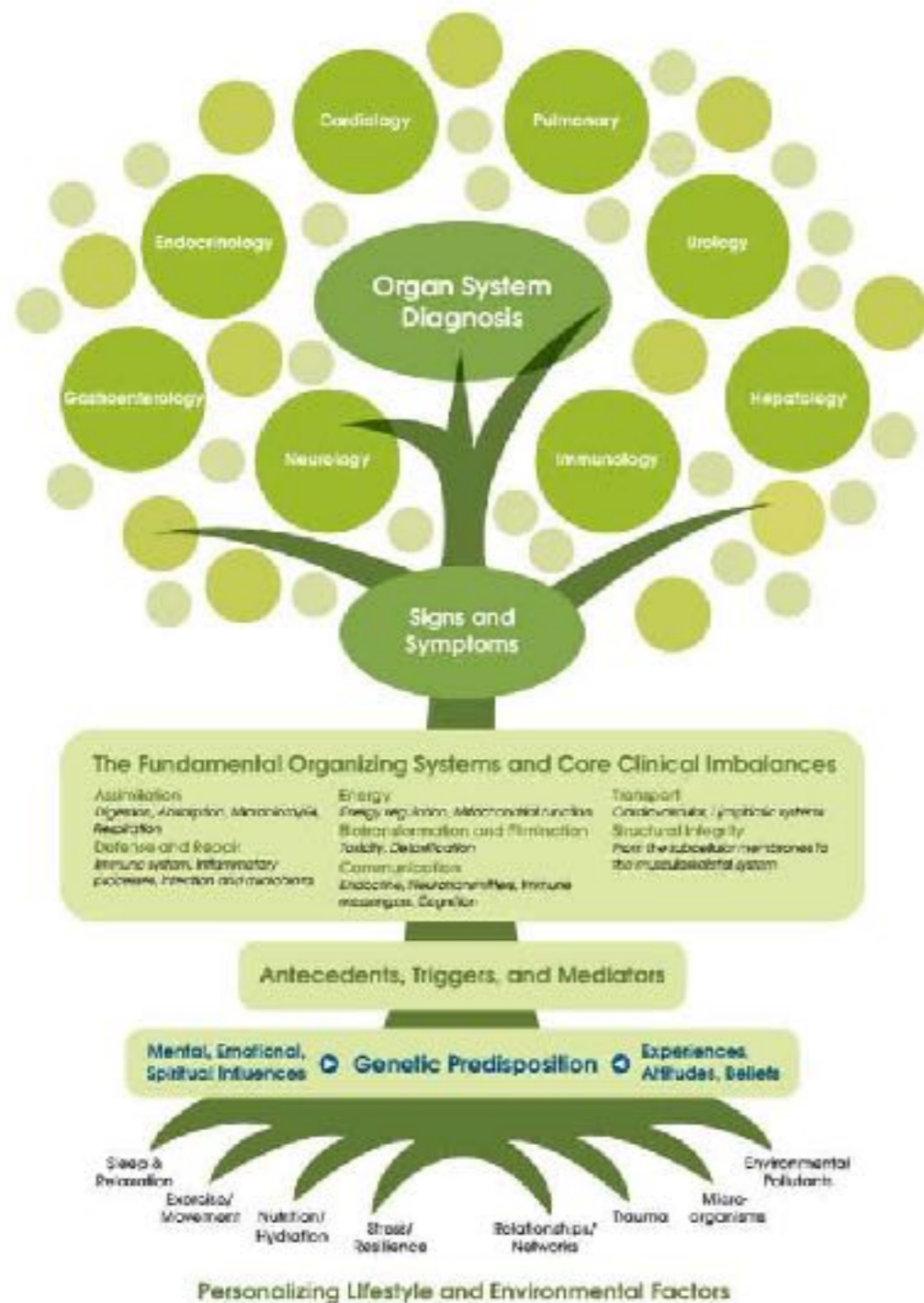
10 Guiding Principles of Intuitive Eating

1. Reject the Diet Mentality
2. Honor Your Hunger
3. Make Peace with Food
4. Challenge the Food Police
5. Respect Your Fullness
6. Discover the Satisfaction Factor
7. Honor Your Feelings Without Using Food
8. Respect Your Body
9. Exercise - Feel the Difference
10. Honor Your Health

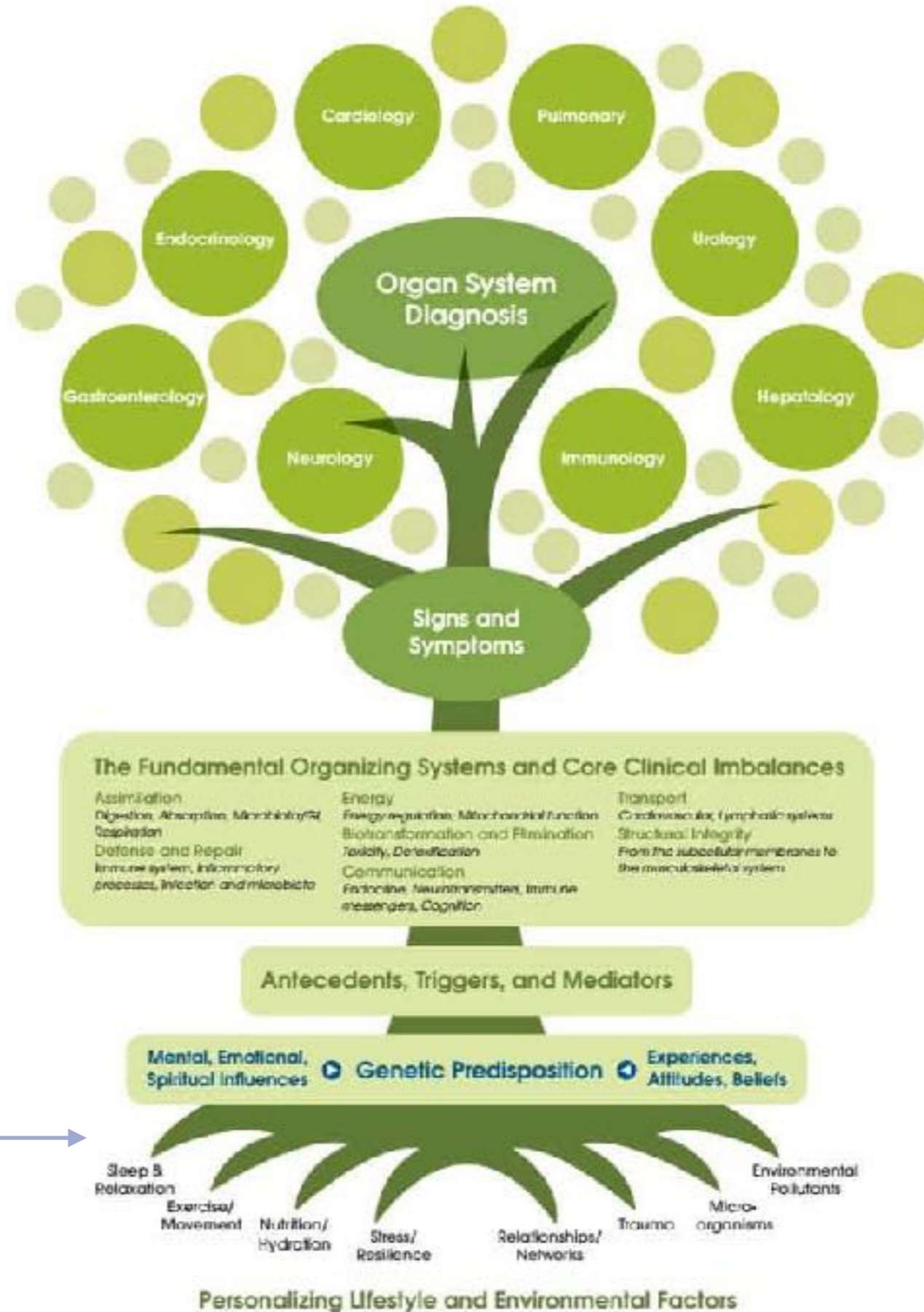
WHAT IS FUNCTIONAL MEDICINE?

FUNCTIONAL MEDICINE

- Using food as medicine
- Focuses on the body as a whole rather than in parts
- Holistic health with heavy emphasis on healthy lifestyle as prevention
- Treat the root cause, not just the symptoms of a condition



Western medicine



Functional medicine & intuitive living

SO WHAT DOES THIS MEAN?

INTEGRATING FUNCTIONAL MEDICINE AND INTUITIVE EATING

- Focus on addressing root causes
- Teach you & your body how to get on the same team
- Improve self-confidence & self-esteem — leads to better relationships, boundaries, and interrupts trauma cycle
- Teach self-evaluation skills that will translate into continuous self-improvement (in the way that matters!) :)
- Build healthy habits that work in your life
- Teach how to adapt lifestyle to life's changes - a lifetime of health and well-being!
- All this leads to better overall health!



YOUR ACTION STEP

Stop restricting and follow
your food cravings
without guilt

- Know that overeating play foods is normal at first. This won't last forever.
- It's all part of the process as you return to balance from restriction
- See the video on Habituation for more on this topic