

## **Breaking Free: From stuffing and starving.**

You might be reading this because you struggle with the way you eat or the amount of food that you eat. Perhaps you also struggle with being over or underweight as a consequence. I am sure people over the years have given you unwanted advice. What people perhaps haven't recognised is the hassle and pain of struggling with food, eating and weight. What they haven't done is to encourage you to be more aware and allowing of your physical and emotional needs and to protect yourself from judgements and unwanted advice.

I hope that the following points do not appear to be advice! My intention is to write some things down that may help you whilst you are thinking about this struggle with food, eating and physical form. Here are some thoughts.

1. I wish there was a quick magic answer to the struggle with food, physical form and weight. However I have yet to find a quick fix answer. I wonder if there really is a diet or a technique that will help everybody. If there is I have yet to find it!!!! I believe being able to gradually break free from stuffing and starving may take more than the ultimate diet or putting on the right amount of weight. It might take some consistent time, care and attention.
2. What if your eating or non-eating was a symptom of something else? Do you do whatever you do around food when you are stressed? Upset or angry? Or perhaps there is a time of day when you particularly want food. Some people eat, for example; when they are trying to avoid doing something or feeling something.
3. We all have a good reason for doing what we do around food. This might sound strange but I am a firm believer that there is a reason behind everything that we do.
4. Very young children know when they are hungry and they know how to stop eating when they are not hungry. Innately our bodies tend to know when we are hungry and when we are not. Diets, dieting and consistent under or overeating inhibit this knowledge. The good news is that we can get it back. Our body can be our ally in this struggle given time and attention.
5. It's a shame that society seems so fixated on size, weight and body shape. The images we are given about desirable body shape in the media are not all that realistic. How many people do you see in the street with perfect figures? Why do we believe the messages people, experts and families give us about size, shape and eating? Surely our body is our own to do what we like with? Especially as we know the risks of being over or under weight.

So these are a few (comforting?) thoughts. If you want to call me to talk more about these things please do so. If you want some help to break free from stuffing and (or) starving call or contact me. I may be able to help. If I can't I might know someone who can!  
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