

Intuitive Eating

Are You Ready For A New Approach to Eating?

Take this quiz and find out.

Do you . . .

- Describe yourself as being on or off a diet?
- Feel you should count calories or limit fat grams?
- Wait to eat until you are overly hungry
- Classify foods as either “good” or “bad”
- Feel deprived when you restrict foods you enjoy?
- Feel uncomfortably full after eating, especially on special occasions or when eating out?
- Binge eat after a restrictive diet
- View exercise as primarily a means to burn calories and lose weight?

Check all that apply.

Scoring: _____

If you checked 3 or more questions, you would definitely benefit from

The Intuitive Eating Approach

Part One – Exploring

Eight weekly psychoeducational classes designed to assist individuals in identifying personal goals to become an **Intuitive eater.**

Participants will achieve the following:

- An understanding of why diets don’t work
- Learn how to reject the “diet mentality” forever
- Learn how to honor your hunger and feel satisfied
- Realize you can eat “without guilt”
- Understand the steps necessary to make peace with food, overcome emotional/ compulsive eating, and respect your body
- Comprehend the fact that exercise can be enjoyable and eating can be pleasurable

Part Two – Crystallization

An on going weekly psychoeducational group designed to assist individuals in processing and applying the components of Intuitive Eating.

Weekly groups will focus on:

- Setting goals and strategies to become an **Intuitive eater.**
- Identifying true hunger and feelings of fullness

- Legalizing previously forbidden foods
- Keeping food and feeling journals
- Body image meditations
- Nutritional education related to your personal goals
- Conscious eating exercises
- Identify and discuss weekly personal goals and defining action steps to achieve them
- Relaxation and meditation techniques that focus on improving body image and letting go of unhealthy eating patterns
- Learning to use “Holding” techniques that help decrease emotional overeating
- Designing a clarity food plan for eating that honors your body
- Processing issues of sexuality and body shame (working towards body acceptance)
- Explore the use of Spirituality in the healing process
- Work on through Exercise Resistance and learn how to incorporate fun and enjoyable movement into your daily routine.

SESSION PRICING

Part One - \$30.00 per 90 minute session

Part Two - \$40.00 per 90 minute session

REDISCOVER THE PLEASURES
OF EATING AND HAVING A
POSITIVE BODY IMAGE

Intuitive Eating

Make Peace with Food!!

- Reject the diet mentality forever
- See how your “eating personalities” define eating difficulties
- Learn to feel your feelings without using food
- Learn how to honor hunger and fullness

For more information call:

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Intuitive Eating



A Revolutionary
NON-DIET
Program that Works

PART I: EXPLORING

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Based on the Book
“Intuitive Eating”
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