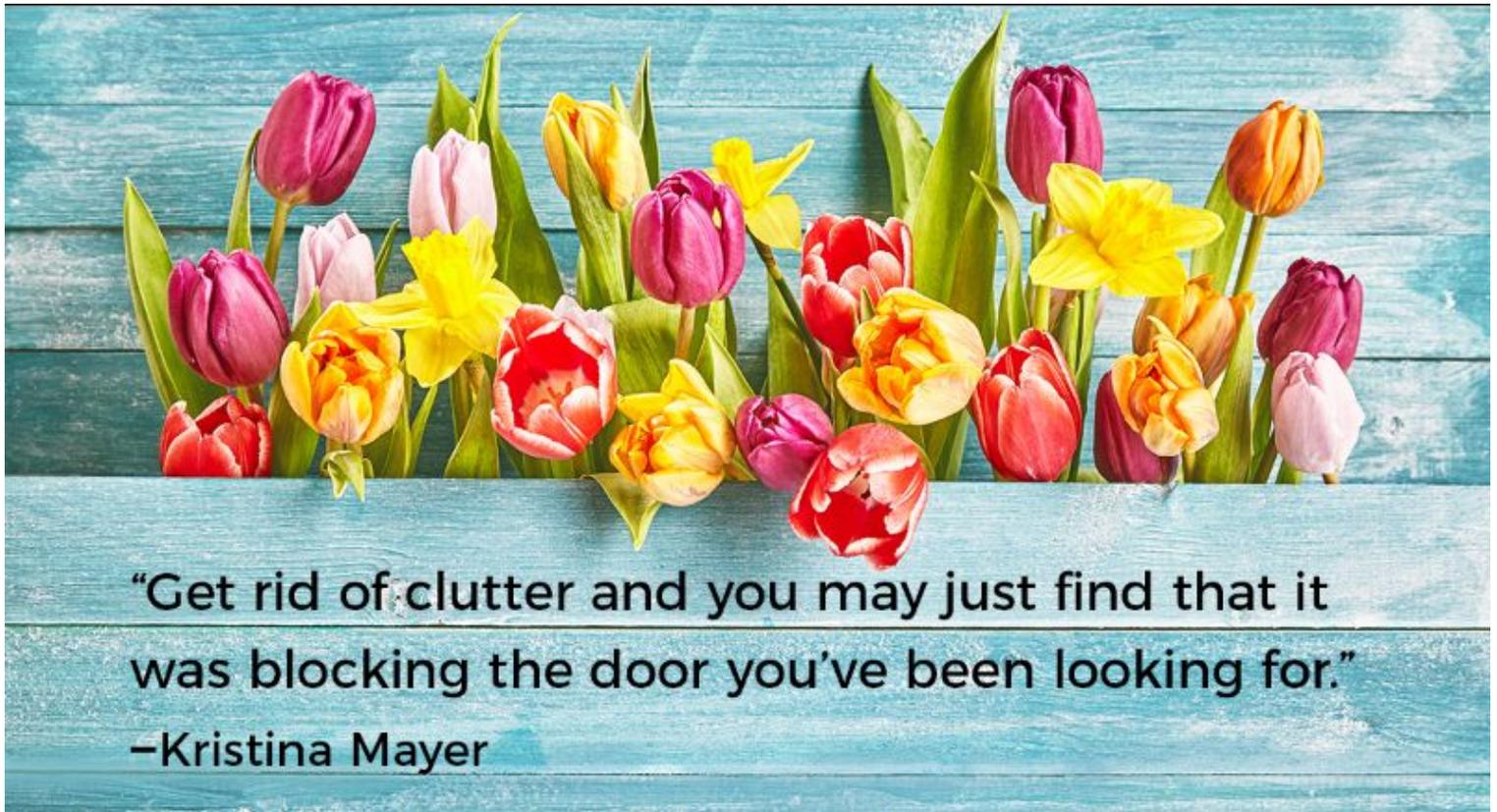




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Hi <<First Name>>,



It's that time of the year again to start thinking about spring cleaning, which means some serious decluttering and reorganization. Don't think for a second that I am talking about cleaning our homes. I am suggesting that we clear our minds, bodies, hearts and souls of a whole lot of misinformation.

CLUTTER ITEM #1 - *Diet culture.* We are constantly bombarded with messages like "Try this plan", "Lose ____ pounds in ____ weeks". We all know that diets don't work. While it is possible to lose weight by following a restrictive diet, most people put back the weight they lost plus some. When will our society begin to doubt the wisdom of dieting rather than the resolve of dieters?

CLUTTER ITEM #2 - *All bodies should look a certain way.* This misconception, led by advertising and media,

below their natural body weight which is both uncomfortable and unsustainable.

CLUTTER ITEM #3 - *"Exercise will help you lose weight."* Movement and exercise do boost our energy level and enhance our well being. The fact is, however, that exercise is not a weight loss tool; we can't use exercise to punish ourselves for overeating or exercise in order to reward ourselves with food.

CLUTTER ITEM #4 - *"Eat less, and exercise more."* We have the innate body wisdom that tells us what, when and how much we want to eat. We just need to tune in and listen to it.

What may be blocking the door to our optimal well-being is the clutter of the messages from our culture and our own self-limiting thoughts. Let's welcome spring and open the door to the light and clarity ahead.

Clutter vs. Clarity

Are your thoughts on your side? Does your relationship with food and your body size conjure up negative thoughts and feelings? Thinking ineffective thoughts is a habit, and habits can be changed through awareness and practice.

Thoughts that create CLUTTER:	Thoughts that encourage CLARITY:
Limiting	Encouraging
Scarcity	Abundance
Self-defeating	Affirming
Powerless	Powerful
Outdated	Forward
Judgemental	Unconditional
Shaming	Accepting
Ineffective	Effective
Perfectionistic	Realistic
Critical	Gentle

Mindful Eating for Bariatric Surgery

I'm excited to share the news that I have expanded my Mindful Eating Program to bariatric surgery patients. Bariatric surgical procedures cause weight loss by restricting the amount of food the stomach can hold. Before and after surgery, mindful eating skills can help patients deal with behavioral issues that will improve the

I have already started 1:1 Coaching sessions. In June, I will be a guest speaker at the Bariatric Surgery Support Group at NewYork-Presbyterian / Weill Cornell Medical Center. Please reach out if you or a loved one need help with this.

Wishing you all a sweet start to spring,

Susan

Book a Complimentary Discovery Call

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