

# How Intuitive Eating Can Help You Be Healthier, Happier, Stronger and More Resilient

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Certified Intuitive Eating Counselor

# What you'll learn...

- Diet culture in a nutshell & why we need Intuitive Eating
- What Intuitive Eating is...and isn't
- 10 principles of Intuitive Eating
- Practical ways to encourage Intuitive Eating with clients

# About Me

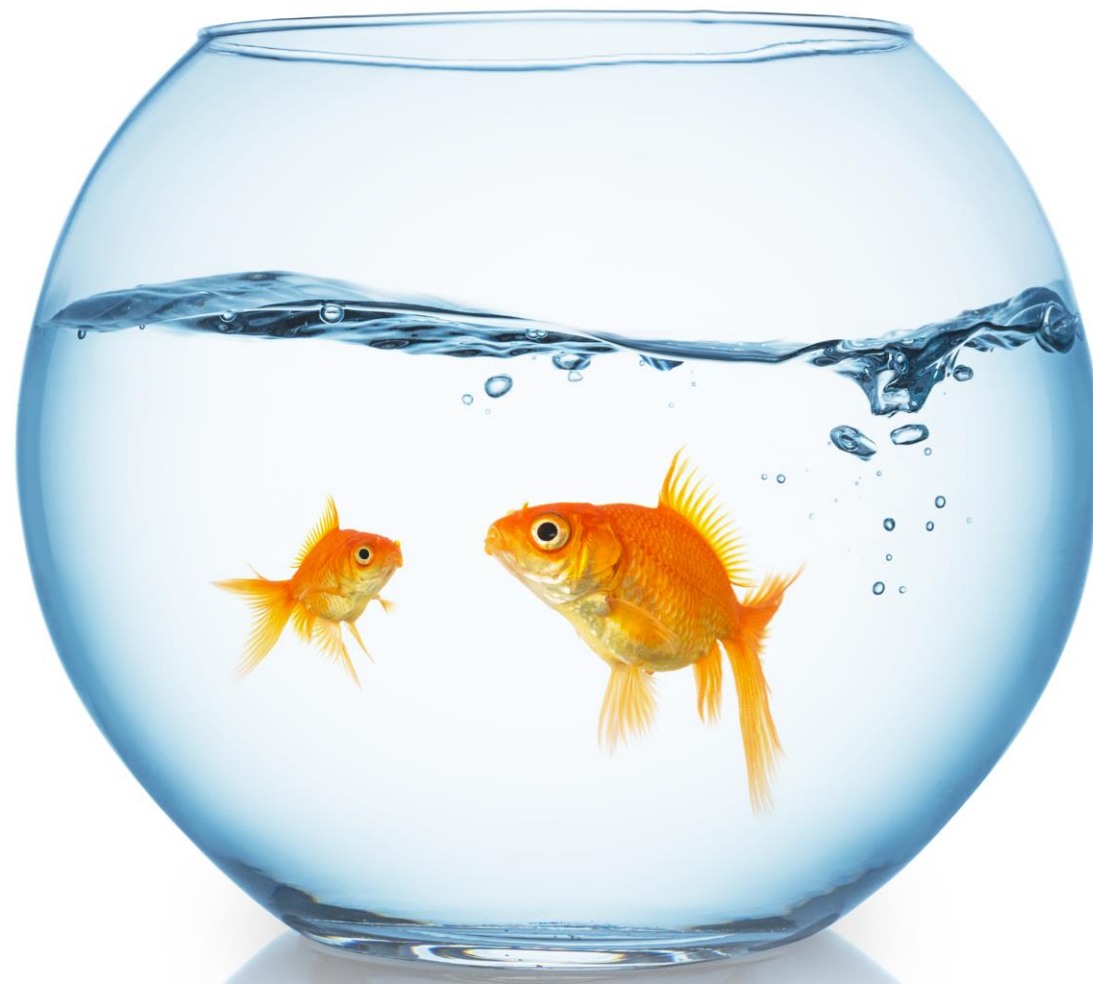
- Certified Intuitive Eating Counselor
- Nutritional Therapy Practitioner
- Working in nutrition space for 8 years
- Inside-out, holistic approach to health
- [stephgaudreau.com](http://stephgaudreau.com)





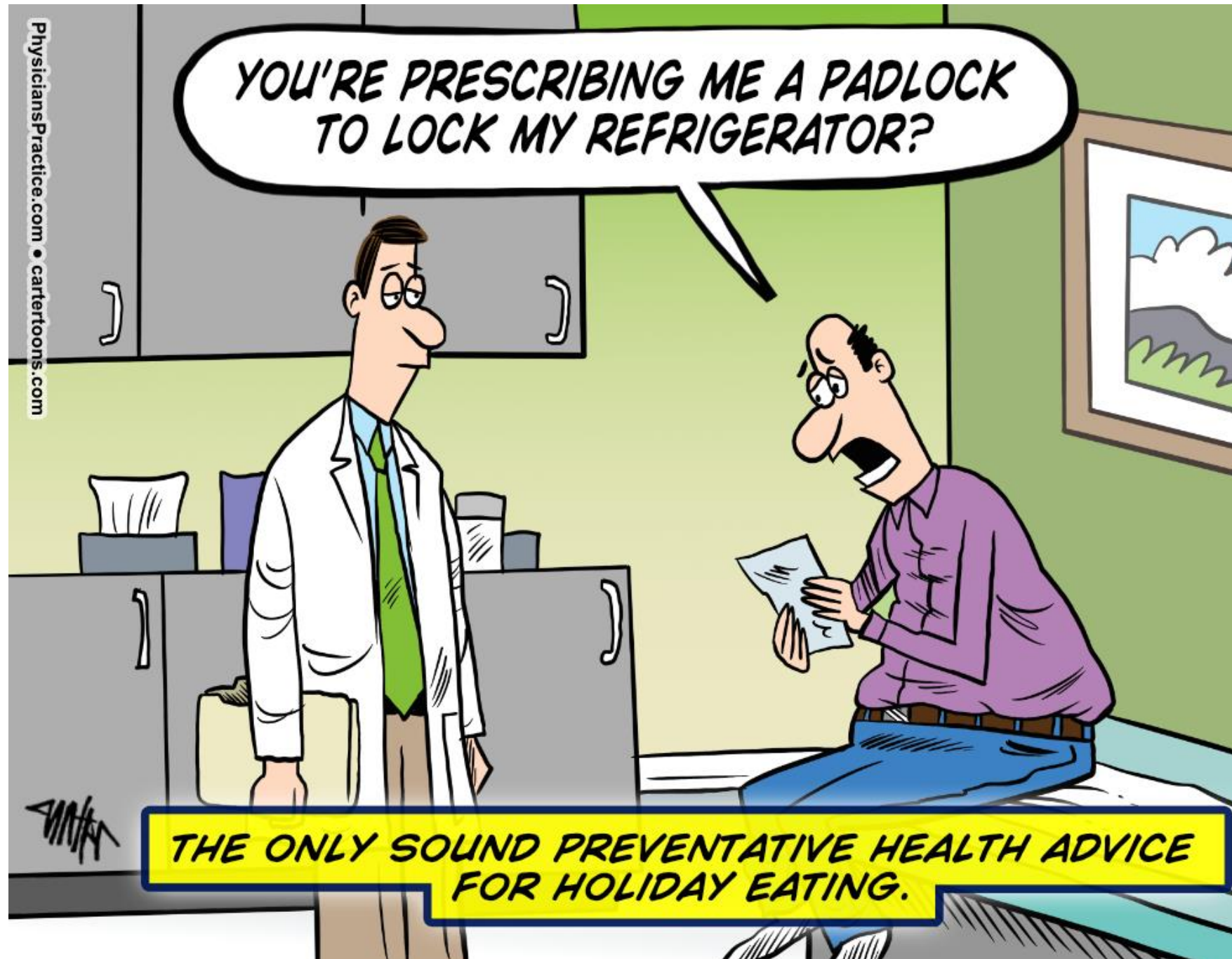
Liz Lemon, cold-brew, cats, lifting weights, knitting...a few of my favorite things

# Diet Culture





# In a Nutshell



# Long-Term Dieting Outcomes

- Weight back on in 2-5 years for most
- Some gain back more than what they lost
- Poorer health outcomes
- Fear of food
- Guilt and shame
- Confusion about what to eat



# Eating Disorders

- At least 30 million people of all ages and genders suffer from an ED in the US.
- Eating disorders have the highest mortality rate of any mental illness.
- 13% of women over age 50 engage in ED behavior.

[anad.org](http://anad.org)

# What to Do Instead?

- Focus on health-promoting behaviors
- Question & challenge diet culture
- Introduce facets of Intuitive Eating (IE)

# Why IE

# Why IE?

- Provides a framework to explore non-diet eating
- Increases body trust
- Build a bridge between internal body signals and external health practices
- Food/eating is increasingly moralized and dogmatic

# Why IE?

- Supported by increasing body of research (120+ studies)
- Better physical, mental & emotional health outcomes

## Benefits > 100 Studies

Intuitive Eaters	
↓ Binge Eating	↑ Self esteem
↓ Thin idealization	↑ Wellbeing
↑ Variety of Foods	↓ Triglycerides
↑ Body Appreciation	↑ HDL
↑ Body Trust	↓ Disordered Eating
↑ Enjoys Eating	↑ Proactive Coping
↑ Body Cue Awareness	↑ Optimism
↑ Interoceptive Awareness	↑ Glycemic Control
Improved Outcomes: Eating disorder treatment; QOL cancer patients; eating disorder behaviors QOL	

Anderson et al 2015; Augustus-Horvath & Tylka, 2011; Avalos & Tylka 2006; Burnette 2019; Bruce & Ricciardelli 2016; Camilleri et al 2016; Craven et al 2019; Denny et al 2013; Dockendorff 2011; Herbert et al 2013; Homan & Tylka 2018. Lee et al 2019; Madden et al 2012; Quansah et al 2019; Richards et al 2017; Schaefer & Magnuson 2014; Schoenfeld & Webb 2013; Smith & Hawks 2006; Tribole 2017; Tylka 2006, Tylka 2010, Tylka 2011; Tylka 2013; Tylka & Wilcox 2006; Tylka et al 2015; Tylka & Homan 2015; Van Dyke & Drinkwater 2013; Webb & Hardin 2016; and Wheeler et al 2015.



Source: E. Tribole



# Rules & Guidelines?

- What happens when you break “the” rules around food?
- What happens when you break your own rules around food?
- Health is holistic...do food rules & guidelines cause mental or emotional stress, anxiety, or strain?

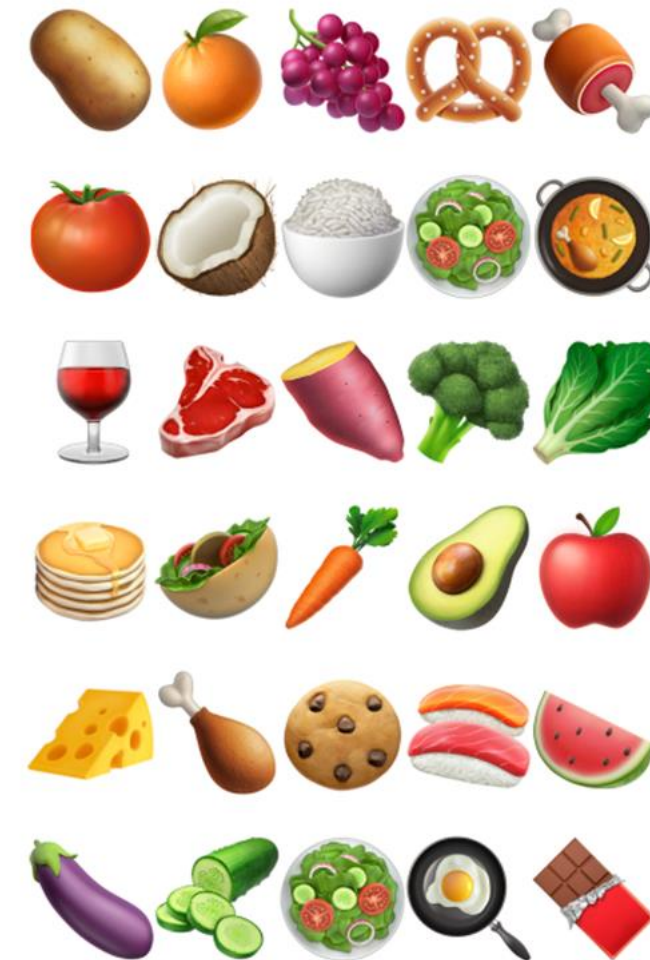
*All questions to ask!*

# What IE is...and isn't

## what people think IE looks like



## what IE is actually like



# 10 Principles of IE

1. Reject the diet mentality
2. Honor your hunger
3. Make peace with food
4. Challenge the food police
5. Feel your fullness

# 10 Principles of IE

- 6. Discover the satisfaction factor
- 7. Cope with your emotions without using food
- 8. Respect your body
- 9. Exercise - feel the difference
- 10. Honor your health with gentle nutrition



# 10 Principles of IE

- A framework, not a diet (though often co-opted as one)
- A process that looks different for everyone
- A journey of active discovery
- Non-judgmental curiosity
- Self-compassion is key
- Includes aspects of CBT
  - Examine all-or-nothing, rigid thinking

# Sticking Points



# Sticking Points & Common Fears

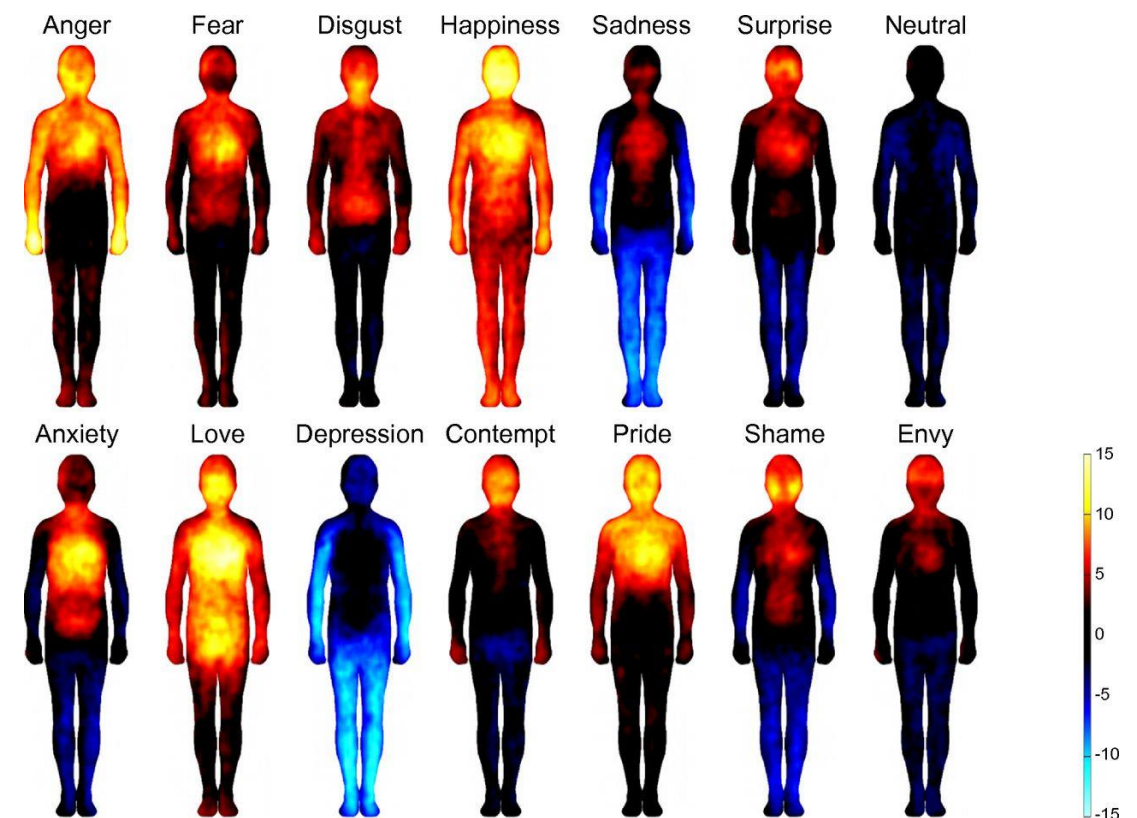
- Making peace with food = bingeing?
- IE makes it okay to be unhealthy
- Uncontrollable weight gain
- There's no sound, evidence-based nutrition principles in IE

*All incorrect! Nuance is important.*

# Practical Ways to Incorporate IE

# How to Use IE

- Build skills by practicing
- Awareness of body signs & signals - interoception
  - Do you have to pee?
  - Emotions - how do you feel & where do you feel it?
  - Fullness & satiety
  - Checking in while eating



Nummenaa et al (2015)



# How to Use IE

- Questioning beliefs, judgments & conclusions about food
- Developing more flexible thinking
- Noticing when food is used to cope
- Engaging in self-care, including eating
- Practicing eating without distractions
- Slowing down
- Learning which foods have staying power & make you feel good
- Movement practice that you enjoy

# Client Learnings

“I ate what I wanted, but only if I really wanted it (like, some of the desserts are just so so) and tried really hard to focus on how hungry I was, and notice when I was full. *I found one bite of pumpkin pie stolen from my niece was enough.*”

- Jen P.

# Client Learnings

“I’ve never been that in tune with what I’m feeling or why. I appreciate the focus on checking in with myself as it’s really made a difference for me. ...in just the few short weeks we’ve been meeting I feel like I’m able to better recognize the way I’m feeling on a daily basis with how it relates to my cycle. If I focus on how I’m feeling, and where I’m feeling it, I feel like it gives me power over the bad feeling and makes me appreciate the good feelings. *With practice, I’ve been able to feel other things besides the ever present stress and anxiety.* This is a real game-changer for me and seems like such a simple thing to not have been doing for myself.”

- Lindsay E.

# Stay in Touch

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- The Core 4 book
- Harder to Kill Radio

