

Mindful Eating



Connect to Your Body Through
Awareness

Evy Y. Parkinson

*A simple yet powerful guide to find and maintain your
unique & healthy body.*

By Evy Y. Parkinson

2nd Edition

Copyright © 2015 by Evy Y. Parkinson

The author of Mindful Eating – Connect to your Body Through Awareness - has asserted her right to be identified as the author of this work. All rights reserved. No part of this book may be used or reproduced in any manner without the prior permission in writing of the author.

- **This book is not intended as a substitute for the medical advice of physicians. The reader should regularly consult a physician in matters relating to his/her health and particularly with respect to any symptoms that may require diagnosis or medical attention.**

“I loved your book for its simple message, easy process, and plain language. The message was clear, succinct and educational.

You have done a great job of writing and putting your advanced wellbeing message out there”

*Rocky Krogfoss - Emotional Healing Therapist,
New Beginnings Therapy.
Canada*

“Your work is a source of inspiration for me and the many others that you help. This book is a work of art! It was really fantastic”

*George Bovell -Professional Swimmer & Olympic Medalist.
Trinidad & Tobago*

“As a person whom had struggled with medical issues related to her diet, I can say that I can definitely relate to what Evy Y. Parkinson wrote in her book.

The questions are great guiding tools when you feel lost. It makes you turn inwards for guidance. Especially in this culture today when we are taught by the media, teachers, bosses to always expect to be given the answers.

Evy reminds us that the questions are really what matter, in a sense that asking the right questions will help build trust and confidence that you can do it, that only you can discover what truly works for you.

Thank you for this great work”

*Andreea Carmen Peptu – Vegan, Holistic Chef & Reiki Master.
Doha, Qatar*

Contents

Introduction	6
Chapter I - I am Tired of the Weight Struggle	8
• Exercise #1	
• Exercise #2	
Chapter II - Changing Habits	13
• Exercise #3	
• Exercise #4	
Chapter III – Stop Comparing your Body to Others’	18
• Exercise #5	
Chapter IV – Appreciate your Body	20
• Exercise #6	
Chapter V – Physical Activity	23
Chapter VI – Creating your Ideal Body	26
• Exercise #7	
• Exercise #8	
Chapter VII - Letting go of Guilt	30
Chapter VIII – Integration	32
About the Author	36
References	37
Acknowledgements	38

Introduction

- *Are you tired of fighting with yourself about what to eat and what not to eat?*
- *Do you feel guilty when you eat something that you know is not good for you?*
- *Have you followed diets that haven't worked?*
- *Have you developed physical conditions because of overweight or underweight?*
- *Are you tired of not feeling well in your body?*
- *Do you have a healthy body weight, but you are constantly worrying about diet, weight, exercising and self-image?*
- *Do you want to learn how to connect with your body and start appreciating it more?*
- *Do you want to find out what subconscious thoughts and emotions are keeping you from making **lasting** changes?*
- *Do you want to feel healthy and content in your body?*

If your answer is yes to any of these questions, then you will receive benefits and results from the following guide.

This book has been written because of personal experience and realizing how many people have been fighting the same battle for so long. The decision was to make lasting changes because I was tired of the “weight struggle”. I felt too much energy was being wasted on the subject.

Not feeling happy with your body and having issues with your eating habits, whether they are mild or chronic, will affect your whole life. Your mood, your level of motivation, your relationships and most importantly your overall health, which is the main intention of the changes.

This book takes you step by step in the process of learning how to connect and communicate with your body from a **holistic perspective**.

It supports you in your unique process to find a healthy weight where you feel content, and the book gives you the self-help tools to maintain that weight.

By learning and applying the steps in a consistent way, you will be able to find the harmony between your body weight, body image and how you feel inside.

You will create and maintain a healthier lifestyle that supports your unique needs, free of the constant struggle. You will feel good and comfortable “in your skin”.

If you change your perspective from choosing your unique body because of looks and image to choosing it primarily because of health, then you will see lasting results.

The idea and intention of this book is to guide you and assist you through the process by giving you tools and helping you to have a better understanding of your mind-body connection, combined with nutritional and exercise tips.

This book has been written in simple language to reach and benefit as many readers as possible. It shows simple techniques, ideas and perspectives for you to practice and find your own mind-body connection and thus your own unique and healthy body.

Even though these are tools everyone can use, let’s not forget that each individual will have her/his own experience to draw on since we all have our unique perspective and specific set of emotions to work with.

Because each person makes changes at their own speed and in their own way, whenever you are ready to start following the book as a practical program, I recommend that you focus on and practice **each chapter** for **at least one week** before starting the next one.

By the end of the book, you will know how much time you need for each one and which ones you need to revisit more than others until you see changes.

This book is about helping you to help yourself in the process of finding your unique body through awareness.

Chapter I

I am Tired of the Weight Struggle

The first step for you to transform your body is to make the decision and commit to it.

If you are really tired of the constant weight struggle, the medical conditions you may have developed, or if you are tired of not liking how you feel in your body and how it looks, then you are ready for change.

Understand that making the decision implies that you will have to make certain changes in your overall habits. Which will be challenging. These changes have a psychological and subconscious emotional effect on you, which is why many people stop before seeing the desired results.

That is exactly what this book is about. To guide you through those hard moments. To help you to develop that consistency that you need to keep going until you see results!

Even if you are not in an extreme position where your over-weight or under-weight is affecting your health in a destructive way, you can still go through big psychological and emotional challenges just by trying to change old habits for new ones to create a more harmonious lifestyle.

It is important to understand that it is ok and normal to feel strong emotions on this subject. We pay special attention to them because they are affecting your actions in a subconscious way.

After you have decided to find and maintain your ideal and healthy body, you need to look at how you feel about it. Just feel and observe the thoughts that come with that decision and the feelings that come with those thoughts.

There may be resistance, a degree of fear, doubt, insecurity and negative thoughts making you feel overwhelmed or held back.

At this point, you need to be honest with yourself and allow those feelings to come out so that you can recognize them for what they are.

Observe the emotions and negative thoughts connected to this subject, which are exactly what are keeping you away from having and maintaining your ideal healthy body.

First of all, identify your thoughts and emotions from the perspective of “**you ARE NOT your thoughts and emotions**”.

Observe them and feel them, but they are not you. Detach from them so you can look at them, and as you look at them, without judgment, they lose power over you.

Identify them. Acknowledge them. Feel them - and let them pass.

Now, while you do this, **breathe...**

Which takes us to the most basic and important exercise of the whole program: **Breathing.**

Breathing is a tool that we have at our disposal 24 hours a day from the time we are born until we die. “It is supposed to be natural” and yes, we are breathing all the time. However, it is the awareness and the connection to the breathing that have been forgotten, which is exactly what you need to do to reconnect with your body.

The beauty of this “exercise” is that you can access it at any time in any place. You have your mind to remind you to bring your attention to your body and then you have your lungs to do the breathing. Then you have the attention to observe and feel your breathing.

You can repeat this exercise as many times as you want, the more the better. You can do it while you drive or walk or while you eat. Anywhere at any time.

Now, *how do you breathe?*

The way you breathe is very important. The deeper and slower you breathe the better.

What happens to adults in today’s fast-paced world is that they breathe faster and shallower. This way of breathing indicates stress and fear. The way you breathe when you activate your fight or flight response.

Today, most people are walking around ready to have a fight or flight reaction as if they are in constant danger (stressed out) thus releasing the stress hormones adrenaline, noradrenalin and cortisol.

This response causes your muscles to tighten up, hyper-ventilation, higher heart rate, suppression of immune system functions, which all affect your levels of cholesterol and much more.

Besides the physiological changes, you are also disconnected from your body. The disconnection causes mis-communication and lack of awareness when choosing what to eat and how much to eat.

Exercise #1

Breathe, bringing your attention to your stomach, AS IF you are breathing with your stomach. This will make your breathing deeper, with the intention of filling your lungs completely.

The air comes in through your nose and throat into your lungs making your chest area expand. Bring the air down from your chest into your abdomen as you relax the muscles of that area, filling your lungs even more.

When you practice this type of breathing, it becomes deeper and slower after a while.

When you haven't breathed in this way for a long time, it might feel strange and sometimes uncomfortable, as if you are forcing it. The idea is to allow it to happen, with awareness, and with the intention of breathing as if you were breathing with your stomach, even if it feels strange at the beginning.

It will become more natural as you practice. Do not force it. Relax and use your attention to allow the breathing to become deeper.

This is the first exercise that is going to start reconnecting you with your body and yourself.

Practice the exercise as much as you can. Remember the beauty of it is that you can do it anywhere at any time.

Breathe slowly, deeply, relaxed and be aware of each breath.

Exercise #2

This exercise is linked to the first exercise and it is to **Relax**.

The combination of deep, correct breathing and relaxing your muscles will help you to release and manage stress in a healthier way. It will also influence HOW you eat and the amount of food you eat.

During the day, bring your attention to your whole body. You can check each area and identify how your muscles feel in that moment.

Check if there is any area that is tense. Maybe you will find that your jaw is clenched, or one hand is making a tight fist, or you feel one leg is tense or shaking.

When you realize what is happening, just let go of the tension and relax the area.

You will practice exercise #1 and #2 together as much as you can every day. You can do it anywhere at any time.

The practice will help you to learn how to relax. It will help you to lower those stress effects in the body which I mentioned before. It will help you to connect and communicate with your body, which is the way we are able to identify what type of food and what quantity of food we need for our unique body.

*Practicing these two exercises while you spend time in Nature,
is great support for the release of anxiety, worries and stress -
which are major causes of eating disorders -.*

