Dr. Worden's Intuitive Eating Segment Transcript

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Introduction to Intuitive Eating

Why Diets Fail and Food Relationships Matter

Meet Dr. Denise Warden

What Intuitive Eating Means

Listening to Hunger and Fullness Signals

Slowing Down and Eating Mindfully

Breathing, Hydration, and Conscious Choices

Practical Tips for Healthier Eating

and leading into our next conversation and leading into our next conversation here this wednesday morning here this wednesday morning eat when you're hungry stop when you're eat when you're hungry stop when you're full is that what he was singing about full is that what he was singing about seems like an easy concept to manage seems like an easy concept to manage your diet and your weight it's called your diet and your weight it's called intuitive eating can you trust your gut intuitive eating can you trust your gut tess is joining us this morning turns tess is joining us this morning turns out out out more people ditching diets tests for more people ditching diets tests for just just just following their intuition but how do you following their intuition but how do you do it exactly i don't know about you i do it exactly i don't know about you i was thinking about this i'm like i'd was thinking about this i'm like i'd always want to eat because that's what i always want to eat because that's what i feel like i'm constantly thinking feel like i'm constantly thinking about right you know this method starts about right you know this method starts though when we change though when we change our relationship with food and one of our relationship with food and one of the benefits of this the benefits of this is that we don't have to really feel is that we don't have to really feel like we have to restrict like we have to restrict what we eat and what we put into our what we eat and what we put into our diet so to talk a little bit more about diet so to talk a little bit more about this is dr denise warden this is dr denise warden she is with the arizona naturopathic she is with the arizona naturopathic medical association medical association dr warden thanks so much for joining us dr warden thanks so much for joining us on this morning thank you on this morning thank you thank you all right intuitive eating it thank you all right intuitive eating it sounds exactly sounds exactly like it is right when you feel like it like it is right when you feel like it that's right and i think you hit the that's right and i think you hit the nail on the head when you said it's nail on the head when you said it's about our relationship with food about our relationship with food we've forgotten in the old days we used we've forgotten in the old days we used to sit down with families we would take to sit down with families we would take a moment a moment it would be either blessing the food or it would be either blessing the food or saying a prayer saying a prayer gratitude for that food how it got there gratitude for that food how it got there onto that plate from the sunshine onto that plate from the sunshine to the farmer who grew it to it picked to the farmer who grew it to it picked to the person who prepared it to the person who prepared it we don't think about that anymore we we don't think about that anymore we just grab that food just grab that food and shove it into our face and just try and shove it into our face and just try to nourish to nourish some kind of underlying either real some kind of underlying either real hunger hunger hunger or just a an emotional need that we have or just a an emotional need that we have and i think if we start taking just a and i think if we start taking just a moment moment moment the intention of what is the intention the intention of what is the intention of that food hippocrates said food is of that food hippocrates said food is our medicine our medicine and we've forgotten that it is our major and we've forgotten that it is our major fuel it is our nourishment fuel it is our nourishment and we've got to take just a moment to and we've got to take just a moment to think about think about what's in front of you and how it got what's in front of you and how it got there and be in gratitude for it there and be in gratitude for it you're so right because i feel like when you're so right because i feel like when so many of us are on the go we're just so many of us are on the go we're just rushing we know we have to eat grab rushing we know we have to eat grab something which leads to bad

choices something which leads to bad choices so talk about the benefits of intuitive so talk about the benefits of intuitive eating for us eating for us right so you know if we take that moment right so you know if we take that moment it allows the hormones in the body that it allows the hormones in the body that once the stomach is starting to get full once the stomach is starting to get full it sends a signal back up to say it sends a signal back up to say i'm full if we eat too fast we don't get i'm full if we eat too fast we don't get that signal we've eaten past the point that signal we've eaten past the point and then you're full and you're and then you're full and you're miserable miserable miserable you didn't get the signal so we've not you didn't get the signal so we've not we've learned to not listen to our we've learned to not listen to our bodies when we bodies when we start doing that then that hormone tells start doing that then that hormone tells us we're full it also says us we're full it also says store fat don't store fat so the store fat don't store fat so the autonomic nervous system autonomic nervous system is either fight or flight or rest and is either fight or flight or rest and digest digest digest if we're in rest and digest because if we're in rest and digest because everything's okay and we're eating in everything's okay and we're eating in the right the right frame of mind our body knows how to frame of mind our body knows how to digest the food and do what it's digest the food and do what it's supposed to do with it but if we're supposed to do with it but if we're running on the go we're telling our body running on the go we're telling our body there's a bear there's a bear i need fuel and it says okay i'm going i need fuel and it says okay i'm going to use what i need but i'm also going to to use what i need but i'm also going to store some extra fat and i don't know if store some extra fat and i don't know if you're like most of us you're like most of us we don't want that extra fat uh there to we don't want that extra fat uh there to run i'm with you there run i'm with you there the bear so the bear so if we're thinking about this we do have if we're thinking about this we do have to take that moment to step back to take that moment to step back i guess like you mentioned to think i guess like you mentioned to think about what we're gonna eat or about what we're gonna eat or how we're even feeling how do we get how we're even feeling how do we get started easier said than done always how started easier said than done always how do you would you suggest someone get do you would you suggest someone get started started started right easy literally take a couple of right easy literally take a couple of deep breaths deep breaths be in that moment what are you about to be in that moment what are you about to eat is it going to heal you eat is it going to heal you or hurt you whether you're about to eat or hurt you whether you're about to eat it or you're about to order it or you're about to order take just a conscious moment to say this take just a conscious moment to say this is the right thing for me to choose is the right thing for me to choose instead of let me just grab something instead of let me just grab something that's my favorite and i'll worry about that's my favorite and i'll worry about it later it later the other thing is we need to slow down the other thing is we need to slow down and chew and chew each bite on average should be about 32 each bite on average should be about 32 chews how many people chew five or six chews how many people chew five or six times and swallow it now you've asked times and swallow it now you've asked your body to do all kinds of things and your body to do all kinds of things and stress stress stress we're not chewing enough we're not we're not chewing enough we're not spending enough time and we're spending enough time and we're definitely not in that parasympathetic definitely not in that parasympathetic rest or digest so the simplest rule rest or digest so the simplest rule take one minute or 30 seconds take a few take one minute or 30 seconds take a few breaths breaths breaths and literally consciously choose what and literally consciously choose what you want that food for you want that food for you also need to think am i actually you also need to think am i actually hungry or am i thirsty hungry or am i thirsty so most of the time you're probably so most of the time you're probably thirsty not hungry thirsty not hungry okay so take a little drink of water okay so take a little drink of water wait just a minute and say am i actually wait just a minute and say am i actually hungry still hungry or am i not hungry still hungry or am i not and enjoy and usually you'll know the and enjoy and usually you'll know the difference right you'll know the difference right you'll know the difference if you're you'll you'll know difference if you're you'll you'll know if you're tapped into what you really if you're tapped into what you really need to do think about need to do think about um enjoying the meal with a company or um enjoying the meal with a company or if it's you if it's you read a book do something to get yourself read a book do something to get yourself into that relaxed state into that relaxed state it only takes maybe it's just a breath i it only takes maybe it's just a breath i love love love all these tips and as everyone makes the all these tips and as everyone makes the decision to try to be healthier however decision to try to be healthier however that may look for you this is certainly that may look for you this is certainly one way hopefully that that can make a one way hopefully that that can make a difference thank you so much for difference thank you so much for your insight into this dr warden with your insight into this dr warden with the arizona naturopathic medical the arizona naturopathic medical association we appreciate your time have association we appreciate your time have a great day thank you a great day thank you