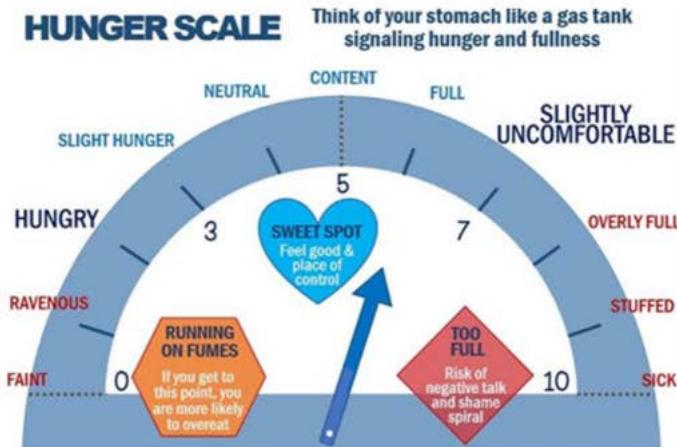


## BOOK BONUS

### Importance of mental health

# MINDFUL EATING AND INTUITIVE EATING



*The ultimate elimination diet to attain optimal health and heal your body*

### INTUITIVE EATING

This guide discusses the importance of mindful eating and intuitive eating. It also provides you worksheets to practice intuitive eating.

[www.carnivorecure.com](http://www.carnivorecure.com)

**DISCLAIMER:** The content is for educational purposes only. While I am a nutritional therapy practitioner and provide nutritional support, I am not providing medical advice. Whenever you start a new diet or protocol, always first consult with your trusted practitioner.

## Carnivore Cure Bonus

### GUIDE TO MINDFUL AND INTUITIVE EATING

The Carnivore Cure group program will work on food freedom, including learning mindful and intuitive eating.

#### Mental health (neurotransmitters and Carnivore)

#### CARNIVORE FAQ: Why I should try Carnivore?

# MENTAL HEALTH



**MENTAL-ILLNESS:** Several studies show that low cholesterol is linked to depressed mood and impulsivity. Serotonin dysfunction is implied in major depression and also with suicide.



Serotonin is a neurotransmitter that is produced in the intestines and the brain. (another reason why digestion is critical.) Serotonin cannot pass the blood brain barrier and so serotonin used in the brain must be made in the brain- A brain that is 60% fat.



Where does Serotonin come from?

Eating foods with Tryptophan (an essential amino acid) can help produce more Serotonin.

BUT you need Niacin (Vitamin B3) to help boost Tryptophan.

AND you need Vitamin B6 to convert Tryptophan to Serotonin.

Folate (Vitamin B9) also helps your body make Serotonin.

Vitamin D activates genes in the body, responsible for neurotransmitter release (e.g., Serotonin).



What foods have the Vitamin Bs and D? Carnivorous foods.

And if you eat tofu or seeds for tryptophan, or take cholesterol-lowering medicines- sorry, but without fat, most of it will not convert to serotonin. This is why statins come with the risk of depression. I wonder how many suicides are the cause of low-fat, statin taking protocols.



If you struggle with depression, up the fat and minimize carbs. I tried antidepressants but nothing worked long-term: I was following a low-fat vegetarian diet with some fish for 12 years. Since going carnivore, depression has been a thing of the past. I used to think depression is a part of my wiring. It's not and it doesn't have to be. Carnivore has so many healing powers and in the realm of mental illness, I can personally testify that it has healing powers.



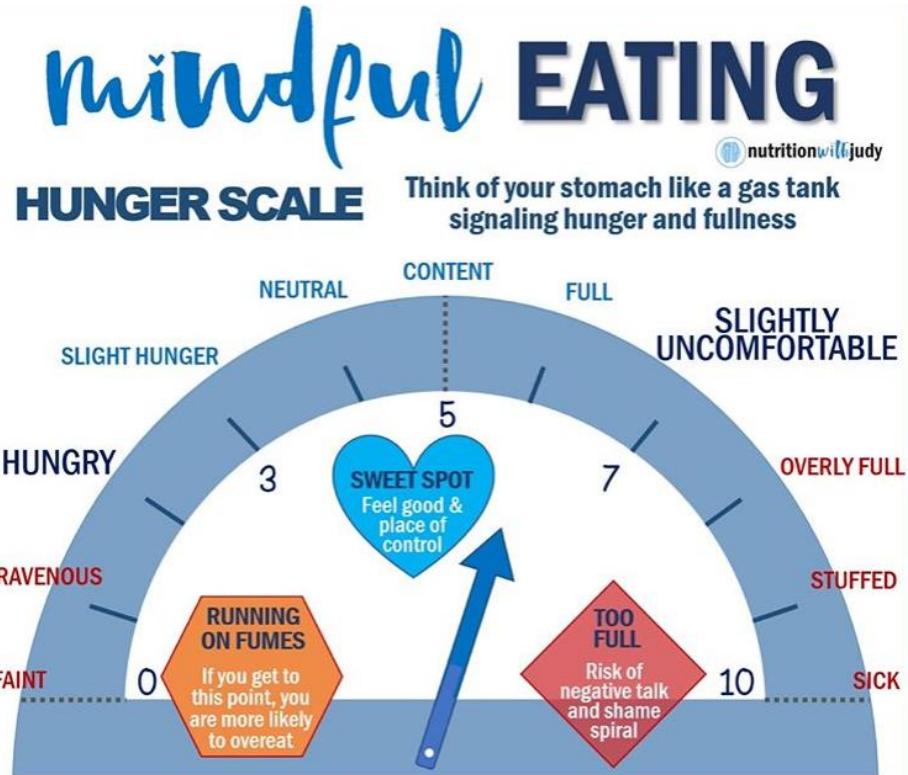
Work with your healthcare provider if you are on meds. Incorporate a carnivore diet and see if there are ways to ease off medications. Meds only suppress symptoms- they will never heal the problem.

But meat? Meat really does heal. ❤️

[www.nutritionwithjudy.com](http://www.nutritionwithjudy.com)

## Mindful Eating

- Use the Hunger Scale to fill out Food and Mood journal and/or the Mindful/ Intuitive Eating guide



 Before eating, gauge where you are on the hunger scale. When you consider finishing eating, gauge where you are on the hunger scale

[www.nutritionwithjudy.com](http://www.nutritionwithjudy.com)



Take note of your hunger. The ideal is to eat when you are between 3 (Slight Hunger) and 4 (Neutral). Ideally, you should stop eating when you are at a 5 (Content) or 6 (Full). Warning signs are 2 (Hungry) and 7 (Slightly Uncomfortable). This takes practice. Before you begin eating, think about how hungry you are. Then eat.

Chew your food and be mindful. Be present with your food. Stop thinking of what you have to do after you eat. How does your food taste? Ideally, chewing 30x per bite is ideal. Yes. 30X. The smaller you breakdown your food, the easier on your digestive system. How does the steak taste? Taste the flavors. Be present with your food.

Listen to your stomach. Are you getting comfortable? Are you done with the beef but can eat some cheese or bacon? Maybe it's a signal that you're done. If you don't feel full, try limiting the variety in your meal. Limit processed meats. Eat a sufficient amount and if you need more butter, cheese, bacon or seasonings, you might just be full.

- Before you choose what to eat, try to become aware of what your body needs. Are you really hungry, or are you thirsty?
- Set a timer for 20 minutes, and take the full time to eat a normal-sized meal.
- Try eating with your non-dominant hand. If you are right-handed, hold your fork in your left.
- Try using chopsticks to eat, if you don't normally use them.
- Eat silently for five minutes. Think about everything that it took to produce your meal, from the sun's rays to the farmer to the grocer to the cook.
- Take small bites and chew well. Close your eyes, and focus on the sensory experience of tasting, chewing, and swallowing.
- Before opening the fridge or cabinet, take a breath and ask yourself, "Am I really hungry?" If the answer is no, do something else, like reading or going on a short walk.

John Kabat-Zinn, a scientist, writer, and meditation teacher, uses this famous "Raisin Consciousness" exercise with his clients to introduce the concept of mindfulness:

*Sit comfortably in a chair. Place a raisin in your hand. Examine the raisin as if you had never seen it before. Imagine it as its "plump self" growing on the vine surrounded by nature. As you look at the raisin, become conscious of what you see: the shape, texture, color, size. Is it hard or soft? Bring the raisin to your nose and smell it. Are you anticipating eating the raisin? Is it difficult not to just pop it in your mouth? How does the raisin feel? How small it is in your hand? Place the raisin in your mouth. Become aware of what your tongue is doing. Bite ever so lightly into the raisin. Feel its squishiness. Chew three times and then stop. Describe the flavor of the raisin. What is the texture? As you complete chewing, swallow the raisin. Sit quietly, breathing, aware of what you are sensing.*

Paying close attention to your senses and your body's reaction to the raisin may reveal insight into your relationship with eating and food.

## Awareness Checklist



- Am I sitting?
- Eating fast or slow?
- Mindlessly munching or noticing each bite?
- Asking "How hungry am I?" on a scale from one to ten.
- Multitasking or truly focused on my meal?
- Rumbling stomach or bored, stressed, tired anxious etc.?

[www.eatingmindfully.com](http://www.eatingmindfully.com)  
Susan Albers @2012



**Mindful eating** is a process of paying attention (on purpose), to your actual eating experience, without judgment.

Eating mindfully is not about what you eat, but HOW and WHY you eat. It is not about judging your choices or yourself but instead focuses on the HERE and NOW of eating. By paying close attention to taste, textures, and sensations, you can savor each bite and get more enjoyment out of your food. You will be in tune with your bodily reactions, helping you to eat just the right amount and type of food that you need at that time. Here is an example of the unconscious eating most of us do:

Mindful eating is about recreating that “first bite” delight in each bite of your food. When your mind is disengaged from eating, you are not satisfied and seek out more food, even when you are full. When you connect with your eating experience, reflect on the source of the food, those who prepared it, those eating around you, and the sensations in your body, you will feel more satisfied regardless of what or how much you are eating. Mindful eating can make anyone’s eating healthier and more nurturing, regardless of weight or nutritional status.

**Intuitive Eating** is a broader philosophy, which includes physical activity for the sake of feeling good, rejecting the dieting mentality, using nutrition information without judgment, and respecting your body, regardless of how you feel about its shape.

Intuitive eating includes:

- Eat for Physical Rather than Emotional Reasons
- Rely on Internal Hunger and Satiety Cues
- Unconditional Permission to Eat

Intuitive Eating is a form of attunement of mind, body and food. There are studies, which have validated Intuitive Eating as a healthful way to live and use in the treatment of binge eating disorder.

### Mindful Eating Strategies:

- Take five deep breaths prior to each meal.
- Sit down while eating.
- Place your food on an attractive plate or bowl.
- Eat slowly and taste each bite.
- Take small bites.
- Honor your hunger cues, and do not fear hunger.
- Pay attention to satiety cues.
- Once you begin to feel satisfied, stop eating.
- Eat without distraction.
- Carry foods with you that you like and that support your health, in the event that you become hungry when you are out.
- Sip warm tea or water prior to a meal to calm your body.



## Mindful Eating Meal Journal

THIS WEEK'S GOALS:

DATE:

AFFIRMATION:

MEAL OR SNACK										
INTENTION:										
HUNGER SCALE PRE-MEAL	1	2	3	4	5	6	7	8	9	10
PRE: WHAT'S INFLUENCING YOUR HUNGER/FULLNESS? (THOUGHTS, FEELINGS?)										
HUNGER SCALE POST-MEAL	1	2	3	4	5	6	7	8	9	10
POST: WHAT'S INFLUENCING YOUR HUNGER OR FULLNESS? (THOUGHTS, FEELINGS?)										

I ate at a pace that allowed me to enjoy the food and complete my meal in an appropriate time: YES NO

I feel satiated: YES NO

I challenged myself in the following ways:

---

---

I practiced mindful eating in the following ways:

---

---

I practiced intuitive eating in the following ways:

---

---

Any eating disorder thoughts or behaviors influencing your meal? YES NO

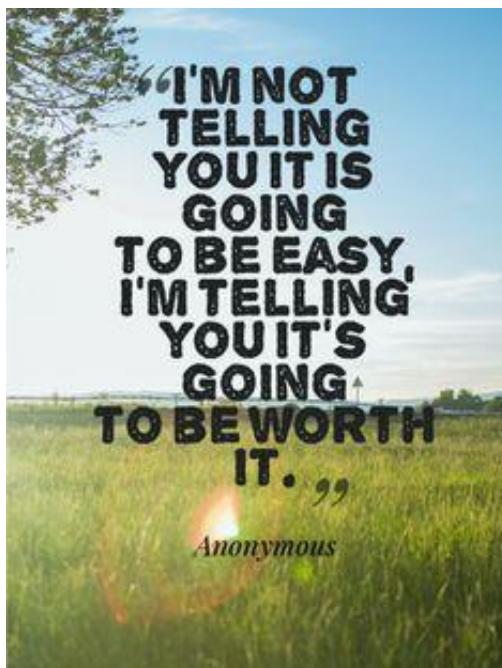
---

---



## Closing

Mental health and healing your relationship with food is critical to optimal health. No perfect diet is going to beat out disordered eating. Heal your relationship with food. Mindful eating and intuitive eating can bring more awareness to your meals and help you to finally heal.



In ❤️ and health,



Judy Cho

[judy@nutritionwithjudy.com](mailto:judy@nutritionwithjudy.com)

[Nutrition with Judy Website](#)

[Carnivore Cure Website](#)

[NwJ YouTube](#)

[NwJ Instagram](#) | [Carnivore Cure Instagram](#)

[NwJ Facebook](#)