

Why we need a mindful eating practice

Interventions

Bariatric Surgery
Changing diet for medical reasons
Exercise Program
Yoga
Pills for weight loss
Weight Watchers
Nutrisystem
Nutritional Counseling

None of these interventions directly address the influence of your mind

Inside your mind

Emotional Eating: bored, sad, angry, frustrated, lonely, upset, stressed, tired
Stress Eating
Family conditioning “Finish everything on your plate!”
Family culture
6 false hungers - nose, mouth, eye, mind ear, heart
State of distraction
Negative thinking
Self-judgment and criticism
Autopilot

Interventions get jammed up, forgotten, lost, derailed, minimized, confused by the influence of your mind

Results

Results for many people are diminished in a short period of time when dieting.
2/3 of adults are overweight
1/3 of adults are obese
80% of new year’s resolutions fail by February
90-95% of diets fail