



HOW INTUITIVE EATING PRINCIPLES APPLY TO EATING DISORDERS

CORE PRINCIPLE	ANOREXIA NERVOSA	BULIMIA NERVOSA/BINGE EATING DISORDER
1. Reject the Diet Mentality	Restricting is a core issue and can be deadly.	Restricting does not work and triggers primal hunger, which can lead to binge eating.
2. Honour your Hunger	Weight restoration is essential. The mind cannot think and function properly. You are likely caught in an obsessional cycle of thinking and worrying about food, and have difficulty making a decision. Your body and brain need calories to function. Your therapist will work with you to create a way of eating that feels safe to you.	Eat regularly – this means 3 meals and 2 to 3 snacks. Eating regularly will help you get in touch with gentle hunger, rather than the extremes that often occur with chaotic eating. Ultimately, you will trust your own hunger signals even if they deviate slightly from this plan.
3. Make Peace with Food	Take risks, add new foods, when ready. Do this gradually with baby steps.	Take risks, try “fear” foods, when ready and not vulnerable. (Vulnerable includes overhungry, overstressed, or experiencing some other feeling state).
4. Challenge the Food Police	Challenge the thoughts and beliefs around food. Take the morality, judgement, and rigidity out of eating.	Challenge the thoughts and beliefs around food. Take the morality and judgement out of eating.
5. Feel your Fullness	You can’t rely on your fullness signals during the beginning phases of recovery, as your body likely feels prematurely full, due to slower digestion.	A transition away from experiencing the extreme fullness that is experienced with binge eating. Once regular eating is established, gentle fullness will begin to resonate. Note, if you are withdrawing from purging, especially from

		laxatives, you may temporarily feel bloated, which will distort the feeling of fullness.
6. Discover the Satisfaction Factor	Frequently, there are fears or resistance to experiencing the pleasure from eating (as well as other pleasures of life).	If satisfying foods and eating experiences are included regularly, there will be less impetus to binge.
7. Cope with Emotions without Using Food	Often emotionally shut down. Food restriction, food rituals and obsessional thinking are the coping tools of life. With renourishment, you will be more prepared to deal with feelings that emerge.	Binge eating, purging, excessive exercise are used as coping mechanisms. Can begin to take a time-out from these behaviours to start experiencing and dealing with feelings.
8. Respect Your Body	Heal the body image distortion.	Respect the here and now body. Accept your set-point (or natural) body weight.
9. Exercise	Will likely need to stop, or limit, exercising.	Exercise can be abused as a compensatory behaviour. Moderate exercise can help manage stress and anxiety.
10. Honour Your Health	Learning to remove the rigidity of nutrition – where there is a strict adherence to “nutritional principles,” regardless of their source. Recognize that the body needs: Essential fats Carbohydrates Protein Variety of foods Adequate energy	Learning to remove the rigidity of nutrition. There is a strict belief as to what constitutes healthy eating, and if this belief is violated, purging consequences can ensue (if bulimic). Recognize the body needs: Essential fats Carbohydrates Protein Variety of foods Adequate energy