

Gut Feelings: Building a Healthy Relationship with Food

Is your diet failing despite your best efforts?

Discover how the gut-brain axis plays a crucial role in your eating habits and overall well-being. In this session, we will delve into the relationship between your gut and brain, uncovering the reasons why traditional diets often fail. By understanding this powerful connection, you can take the first step towards a healthier, more balanced lifestyle.

We'll explore the science behind the gut-brain axis, explaining how your gut health influences your mood, cravings, and even your mental health. Learn why quick-fix diets don't address the root causes of unhealthy eating patterns and how they can lead to a cycle of failure and frustration.

Learning Objectives

- Discovering the gut-brain axis, and your relationship with food
- Understanding why diets fail
- Tips to build a healthy relationship with food — Mindful eating and more!

Content Outline

The Gut-Brain Axis, And Your Relationship With Food

- What is the Gut-Brain Axis
- The Ripple Effect: The Relationship between Gut Health and Mental Health
- Signs of an Unhealthy and Healthy Relationship with Food
- Diets vs. Lifestyle Changes
- Signs You're becoming Healthier that aren't Weight Loss

Why Diets Fail?

- The Proximity Effect & The Buffey Effect
- Emotional Stimulus
- Delicious Foods

Building a Health Relationship with Food – Mindful Eating and More!

- Emotional Eating Coping Strategy
 - Physical vs. Emotional Hunger
- Practise Mindful Eating
- Mind Your Language
- Building a Long-term Lifestyle