

June 2017 Edition



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health

5 STEPS THAT WILL ALTER YOUR RELATIONSHIP WITH FOOD

BY SIMA COHEN

Nothing is more draining in life than for a woman to be obsessed with food, to be in a war with food, to worry about food or to have her life consumed by food. On the contrary, nothing is more satisfying in life than for a woman to be at peace with, and to have a healthy relationship with food, having the freedom to eat what she wants without harboring guilt.

This is easier said than done.

Let me share my story about how I completely altered my relationship with food. Transforming this relationship has helped me speed up my metabolism, get in the best shape of my life and has inspired me to create a national weight loss program that has already helped countless individuals to have a love affair with food. Thankfully, this journey has even led me to a book deal with a national publisher for my upcoming book, *Healthy Indulgence: 100 Revamped, Guilt-Free Recipes to Transform Your Life*, which is scheduled to be released in November 2017.

Here is my story.

At the age of 20, Los Angeles became my new home. I found myself attracted to the powerful vibe of the city and its fixation on physical attraction. Every billboard, every advertisement, TV show, music video, live performance and movie showcased a fascination with perfect bodies and physical form. Crazy diets, extreme plastic surgeries, and intense exercise programs were what everyone craved and what was normal to see. I wanted it too. At the time, I was young, naive, and very impressionable in my new home and I got caught up in the craziness. Obsessed with body image and trying to fit in in this new city, I tried starvation diets and extreme exercise programs that led me to think food was a curse. Eating became a forbidden and guilty activity. "Being good" was synonymous with eating nothing and eating anything was synonymous with

“Eating became a forbidden and guilty activity. “Being good” was synonymous with eating nothing, and eating anything was synonymous with feeling guilty – a complete switch from my experience with the love of food during my childhood in Israel.”

The Five Steps:

Meditation is the most important step to take in order to alter your relationship with food. Surprisingly, it does not start in the kitchen or the gym, but with the mind. It is always available to you 24/7, and does not cost a dime. How can meditation help you with your unhealthy relationship with food, you ask? Let me break it down for you. Meditation is an amazing way to create a strong connection with your body. When we meditate, we bring attention to our breathing, which brings us to a more centered state of being. Meditation teaches us to stop obsessing over the past, or worrying about what's to come. Rather, it forces us to stay in the present moment, it clears up the "fog" and all of the unnecessary chatter and chaos that are created when the mind races. It teaches us to have the mind here and now. This synchronicity fosters a strong, healthy relationship with our bodies, *mind@body* aware of physical hunger, satiety or the physical sensations of strong emotions.

It is important to note that, most of the time when we eat, we are hungry for anything but food. Rather, we are in search of love, attention, security or peace. We eat when we are happy, when we are sad, when we are scared and even when we are excited. We just eat. Meditation teaches us to eat for the right

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5 Steps That Will Alter Your Relationship With Food

By: Sima Cohen

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Let me share my story about how I completely altered my relationship with food. Transforming this relationship has helped me speed up my metabolism, get in the best shape of my life and has inspired me to create a national weight loss program that has already helped countless of individuals to have a love affair with food. Thankfully, this journey has even led me to a book deal with a national publisher for my upcoming book, *Healthy Indulgence: 100 Revamped, Guilt-Free Recipes to Transform Your Life*, which is scheduled to be released in November 2017.

Here is my story.

At the age of 20, Los Angeles became my new home. I found myself attracted to the powerful vibe of the city and its fixation on physical attraction. Every billboard, every advertisement, TV show, music video, live performance, and movie showcased feeling guilty – a complete switch from my experience with the love of food during my childhood in Israel. A fascination with perfect bodies and physical form. Crazy diets, extreme plastic surgeries, and intense exercise programs were what everyone craved and what was normal to see. I wanted it too. At the time, I was young, naïve, and very impressionable in my new home and I got caught up in the craze. Obsessed with body image and trying to fit in in this new city, I tried starvation diets and extreme exercise programs that led me to think food was a curse. Eating became a forbidden and guilty activity. “Being good” was synonymous with eating nothing, and eating anything was synonymous with feeling guilty – a complete switch from my experience with the love of food during my childhood in Israel. At that time, I had already professionally started coaching clients on weight

loss and nutrition, yet I was very stressed out about my own body image and obsession with unnecessary dieting and insane exercising routines. While I have never been obese or overweight, I still continued to struggle with my diet and body image. It was only after trying every diet on the planet, trying every new trend and after spending thousands of dollars on over promised, under delivered diets that I found 5 ways to alter my relationship with food forever. I would love nothing more than to share it with you. This has not only proven successful with myself, but with my clients.

The 5 Steps:

Meditation is the most important step to take in order to alter your relationship with food. Surprisingly, it does not start in the kitchen or the gym, but with the mind. It is always available to you 365 days a year, 24/7, and does not cost a dime. How can meditation help you with your unhealthy relationship with food, you ask? Let me break it down for you: Meditation is an amazing way to create a strong connection with your body. When we meditate, we bring attention to our breathing, which brings us to a more centered state of being. Meditation teaches us to stop obsessing over the past, or worrying about what’s to come. Rather, it forces us to stay in the present moment. It clears up the “fog” and all of the unnecessary chatter and chaos that are created when the mind rules. It teaches us to have the mind here and now. This synchronicity fosters a strong, healthy relationship with our bodies, making us more aware of physical hunger, satiety or the physical manifestations of strong emotions. It is important to note that, most of the time when we eat, we are hungry for anything but food. Rather, we are in search of love, attention, security or peace. We eat when we are happy, when we are sad, when we are scared and even when we are excited. We just eat. Meditation teaches us to eat for the right reasons, and that the real peace and love that we are looking for can only come from within. It comes from the deepest place inside, where self-love and respect dwell - never from external sources.

Control your appetite. When appetite arises, listen to your body by asking, “what am I really hungry for?” If the answer is, “I’m so hurt from this relationship, nothing good is happening in my life, I can’t do any-

thing because I can never win” - or any other negative thought like these - then please, stop thinking negatively. Instead, bring yourself to your center, take a deep breath and ask yourself what you are really hungry for. After you recognize the underlying causes for your appetite, write them down. If you truly care about altering your relationship with food, I suggest that you take this task seriously, listen to your answers and make a plan to act differently, in a more positive and healthy way, when these impulses come.

Don't reward yourself with food. Food is here to give you fuel, to give you energy and to allow your body to function at maximum performance every day. Food is not here to reward or punish us. Whenever you feel an unnecessary and unhealthy craving coming your way, remember that food is to be used for fuel, not for punishment or reward.

Learn how to stabilize your blood sugar with food to avoid cravings and binge eating. I've designed something called a “PCF combo.” This acronym stands for “Power Proteins, Complex Carbs, and Friendly Fats.” It was designed to stabilize blood sugar by combining foods in healthy combinations. Follow my PCF combination for every meal (except for dinner where you substitute carbs for vegetables) and you will stabilize your blood sugar, activate your body's natural fat burning power, and be on the road to the healthiest you've ever been. The PCF food plan has benefits of regulating metabolism, blood sugar levels, and hormonal balance. Protein is vital to the satisfaction of your body after you eat, and for the restoration and building of your body's cells, tissues, and organs. Carbohydrates are necessary for your body in a different but equally crucial way. They can be broken down into simple and complex carbs. The former can provide your body with quick bursts of energy (e.g. orange juice), while the latter will provide your body with long-lasting energy (e.g. sweet potato). Friendly fats give your body the type of fat it needs. The key is to find ingredients that have the friendly fat, Leptin (e.g. fish, coconut, coconut oil, avocados, extra virgin olive oil, and nuts). By combining carbs, proteins, and friendly fats, you will fuel your body optimally, achieve your weight loss goals and keep up an energy level that sustains you for long periods of time.

Never say never. For instance, don't tell yourself, “I'm never eating bread or chocolate.” The more you tell your brain that you can't have something, the more you will want it and you will go to great lengths to get it. Just remember you can eat your cravings with substitutions or in moderation. Mind over matter, self-control, and a consistent meditation practice will help you get through it. In conclusion, apply these 5 steps to your lifestyle and I promise you that your relationship with food will transform forever. Nothing is more satisfying than having peace with food, having peace with your body and having peace within your soul. Remember you have a free will to make the decision right now to make healthy choices.

I dare you to transform yourself.

Face The Current

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