

# Emily Rosen

## Healing Our Eating

### PODCAST SHOWNOTES

#### Healing Our Eating

*Our guest today is Emily Joy Rosen, the Director of the Institute for the Psychology of Eating and founder of the Institute for Conscious Sexuality and Relationship, where she oversees business development strategies, student affairs, marketing and public relations and teaches in their various offerings. With an extensive and varied background in nutritional science, counseling, natural foods, the culinary arts, conscious sex education, mind body practices, business management and marketing, Emily struggled intensely with a decade long eating disorder, and wanted to find answers to the psychology of eating.*

#### Stress

Stress is any real or imagined danger and the body's response to it. The effect of stress is real, but it can be created from a state of fear, anxiety, and self-attacking. We signal the body to store fat born from a fear of food and how it affects us. We have control over our internal dialogue, and managing it is key. Creating an awareness of our internal dialogue is first. Next we need to replace that dialogue. Taking 6-10 long, slow breaths before eating a meal can affect 40-60% of your digestion of the meal. Be present. Be aware.

#### Eating Speed

Speed eating inherently stresses out the body. The body perceives it as danger. Be the last to finish the meal and eat with slow eaters. The people you are around affect you. It doesn't have to be every meal, but if you can make one meal a day, perhaps your last meal, present, slow and conscious. A little more presence, a little more awareness, and enjoyment can make a world of difference.

#### Overeating

Using more willpower cannot work forever. When we eat, we are seeking some kind of experience separate from the eating of our food. It might be a memory of eating in childhood, pleasure, and feelings. Oftentimes people are looking to get those feelings, but they need more food to elicit the feelings. Being aware of that conversation in your head about the food you eat is important. If you enter eating stressed, you won't receive the pleasure and enjoyment you are seeking.

[Check out The Institute for the Psychology of Eating website](#)

They seek to inform people. They train and certify coaches to help others, provide lessons for the public, and offer free contact to help people break free from their eating habits.

#### Listener Question:

*Despite great results from the sugar impact diet, my skin has been breaking out and I haven't completely given up dairy--occasionally using butter, could that be the culprit?*

Just because you don't have weight issues with food doesn't mean you don't have an intolerance. Acne is a clear sign of a dairy issue. All you need to do is switch from butter to ghee. The protein is absent in ghee but present in butter.

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As always, remember:

**You are worthy. Dare to live a life that matters.**

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