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Am I Really Hungry?



***6th Sense Diet
Intuitive Eating***

A Fine Tuning Book

Jane Bernard

Am I Really Hungry? 6th Sense Diet : Intuitive Eating

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Am I Really Hungry? is a psychological and intuitive approach to eating and dieting. Ten tools are provided that keep you aware of your intuition. Learn how to eat when you're hungry and stop when you're not. Eating intuitively is liberating. It frees your mind from trying to control your body and puts you in sync with yourself. It's a freedom, a release and an unburdening that will change your life.

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Am I Really Hungry?

6th Sense Diet : Intuitive Eating



Introduction

*There is no use trying, said Alice;
one can't believe impossible things.*

*I dare say you haven't had much practice, said the Queen. When I
was your age, I always did it for half an hour a day. Why, sometimes
I've believed as many as six impossible things before breakfast.*

Lewis Carroll

Want to quit worrying about calories or lists of forbidden foods? The 6th Sense Diet is liberating. There's no counting calories or lists of forbidden foods, and no inner critic. Instead of calories and rules, you get 10 tools for eating intuitively. Discover solutions for weight problems and begin long term-satisfaction with yourself and your body starting with chapter 1.

Know what you want to eat by listening to your 6th sense. In chapter 14, different types of hunger are explained so it makes sense that what you need is what you want to eat. Intuition is your 6th sense. It's a grounding and arousal sense you can depend on stay clear about food choices to feel and look great

Tired of feeling guilty and frustrated around eating? No more guilt or frustration around eating because in chapter 15 you gain insights into how emotional reactions to eating interfere with real needs, and learn to use intuitive tools to put an end to confusion created by old habits.

Want to stop binging, have less bloat and fewer mood swings? Who doesn't want more energy, less bloat, fewer mood swings, to stop binging and think more clearly? In chapter 16 you'll understand how to recognize signals in your life that keep you in control.

Learn how to eat when you're hungry and stop when you're not. You won't be told what to eat- but you will learn to understand when you're hungry and when to stop. In chapter 20 find out how to end the annoying experience of being obsessed with food. This is the last diet book you'll ever have to buy.

Find new pleasure in eating without the emotional baggage of dieting. Emotional hot buttons around eating, diet and maintaining your healthy weight become a thing of the past with the intuitive tools. Chapter 22 reveals how to take the pleasure of eating to a whole new level. As you transform into being an intuitive eater being honest with yourself is the compass that eliminates confusion.

Want to learn some great new comfort food recipes that celebrity chefs cook for themselves? There's a mouth-watering mac and cheese recipe from celebrity chef Kerry Simon and a delicious diet friendly fruit and nut cobbler from Australian diet guru, Annette Sym. In chapter 27, celebrity chefs from around the world share their comfort food recipes.

Join intuitive eaters everywhere to enjoy meals, lose weight, learn about yourself and use your 6th sense to make the "impossible" possible. No more yo-yo dieting. Connect with your body in a whole new way and get rid of dieting for good!

If you're willing to stop dieting, tune into your body and start trusting your 6th sense, you're on the way to a natural and empowering transformation. I promise the journey will be satisfying and the reward, a long term reality.

Part 1: **A New Beginning** is the key to launch your success. Think of the rest of this book as a buffet. Browse the table of contents and pick what feels relevant

- Follow your intuition. Question things proactively, not defensively. Try things. The idea is to get what you need and what you want. There is no doubt you will be using your intuition and making a lot of discoveries about how amazing you are.

50% of what we know is wrong. The problem is that we don't know which 50% it is. Timothy Noakes PhD

Chapter 1 Intuition, Our 6th Sense

When it counts, people use their intuition. Just ask any policeman, doctor, fireman or member of the armed forces. They trust their intuition to know what's really happening. When it comes to intuition everyone has it. Many people use their 6 senses to stay in touch with their body and stay slim. Our senses are the way of being in direct touch with our body and our world.

As you connect with your intuition it will be like slowly releasing a pressure valve from your eating routine. You'll feel different because you'll look at eating differently. Your attitude towards your body will change.

Man your ships, and may the force be with you. ~ Star Wars, George Lucas

Your 'ships' are the 5 senses: taste, touch, seeing, hearing and smell.

The 'force' is your 6th sense: intuition.

Learn to connect with your intuition to lose weight and keep it off.

Chapter 2 Intuitive Tools

Any sufficiently advanced technology is indistinguishable from magic.

Arthur C. Clarke

Intuitive tools effortlessly support your goals for ultimate quality of life. They are a complete system 24/7 and the direct connect with what you want, need and desire. The tools are convenient, useful, save time and money and your body loves them. Does it sound like magic? Start using the tools and feel the magic.

The ten tools are easy to use because you already have them. They work with your body, mind and emotions to keep priorities clear about body goals and eating. Using them connects with the intuitive pleasure being in control when you eat. Achieving and maintaining a healthy weight has never been easier.

Learn tools you can trust to stay in control when you eat.

Chaps. 3-12 reveal benefits of using them.

Chapter 3 Curiosity

Curiosity: Curiosity helps you stay clear about what you want.

Ask the tough questions.

- What makes me feel good?
- When am I afraid?
- Who do I trust?

Physically what do you want?

- To be the biggest "loser"
- To be your optimum physical weight

- To be healthy
- To be prepared for a sport
- To feel great
- To feel fit
- To beat illness
- To change your life
- To ENJOY what you have in your life

Using curiosity to stay in touch with your body and heart, activates intuitive connections. Discoveries snowball and you'll be amazed at your natural insights.

Questioning is a way of maintaining control. Curiosity helps you notice what feels good.

Chapter 4 Prudence

Prudence is eating by comparing options based on what you want from your meal for your body. It keeps you feeling balanced by showing that you have options. You always have a choice. When you feel balanced you feel control.

The idea of choice challenges a dieter because-

Classic dieting takes control of eating by removing choices. The result is you put food into your body without relating to your hunger. This is a disconnect from your body. Unfortunately when you disconnect from your body you abuse it.

Chapter 5 Tenacity

Tenacity is a commitment you make to yourself and until it becomes habit, tenacity requires regular re-booting. It's an "intuitive muscle" and challenges are a form of building strength like a working out. Like all the intuitive tools, this ultimately becomes natural.

Use tenacity to connect directly with your ideal healthy body image. That's the body you'll feed. Imagine how much energy you will have because you make prudent choices and you'll feel confident. Tenacity works with this vision. It works with your dreams.

Tenacity connects with protective intuitive boundaries.

Chapter 6 Dignity

Sometimes your joy is the source of your smile and sometimes your smile is the source of your joy. Thich Nhat Hanh

Dignity is an attitude of self-respect. It is a tool that works with curiosity to maintain eating priorities. Dignity is not flashy but it is very powerful. It is not found in what you do, but in how you do it. Angelina Jolie as a mother has dignity; the 'octoplet mom' does not.

Personal dignity is an intuitive power tool.

Chapter 7 Determination

When confronted with eating challenges, determination kicks in to give insights that guide choices. For example, remember that oversized piece of birthday cake with the buttery icing on it and the jelly inside or the second brownie or bread and butter and potatoes? These sorts of challenges to self control are easier to deal with when you use determination.

Before putting food in your mouth, determine:

- Is this going to give me energy?
- Is this going to make me feel good about my self?
- Is this smart to eat? Does it contain stuff my body won't respond to well?
- Is this what I want?
- Is this sabotage?
- Is this an emotional choice?

Determination's always available to help power through stressful eating situations.

Chapter 8 Patience

Patience is a stress buster. It's a tool of allowing, flexibility and acknowledging effort. Our lives are busy. We're often on auto drive, multi-tasking, under the gun and generally stressed and so the idea of taking time to have patience may seem not relevant to your priorities. You may think, 'I don't have time to use this tool.' In fact nothing could be farther from the truth. Using patience when you eat is your intuitive key for reducing stress. Patience prevents abusive eating.

Using patience keeps eating priorities clear.

Chapter 9 Foresight

Foresight keeps you clear about the present, which helps you stay emotionally grounded around eating. Foresight is looking ahead at the consequences of what you're about to do. For example, foresight is looking both ways before you cross the street.

Foresight prepares you for the unexpected.

Chapter 10 Self-Discipline

Intuitive eaters use self-discipline as a tool to overcome disappointment. It's an intuitive way of giving yourself support and guidance. This guidance provides the stability we all need to cope with the zigzag path of life.

Self-discipline is a kind of self-respect. It is not a way of criticizing. Think of self-discipline like a railing along a steep flight of stairs. You hold on to the railing to keep balanced as you navigate the way. Use this tool to stay on your eating path.

Chapter 11 Courage

Courage propels you through obstacles strewn along your path. It's a kind of intuitive glue that holds you together when times get rough.

- Every change you make is an act of courage. This includes changing your approach to eating, changing your ideas or changing your habits.
- It takes courage to believe in yourself and not cave to peer pressure to eat or do or be who you are not.
- It takes courage to resist temptation created by old emotional habits and to stand strong for your choices. Ah yes, here again is that incredibly delectable piece of birthday cake and this time it's sitting with a bowl of butter pecan ice cream. It takes courage, determination and prudence to honor yourself. It's courage that helps you stick to your resolve.

Courage is an incomparable energy you are born with.

Chapter 12 The 10th Tool

This 10th tool is revealed in Chapter 18. The first 9 must be chewed, swallowed and digested first. Nutritionists say that until you process food by digesting it, your body cannot absorb benefit from eating. It's time to learn to enjoy and master the art of eating. Then you will be ready to digest the mystery tool.

Chapter 13 Transformational Eating / The Shift

It takes a lot of courage to release the familiar and seemingly secure, to embrace the new. But there is no real security in what is no longer meaningful. There is more security in the adventurous and exciting, for in movement there is life, and in change there is power. Alan Cohen

Transformation means a thorough or dramatic change. It's radical to stop thinking of yourself as a 'dieter'. This transformation is you de-programming and re-routing your thinking. With practice you go from feeling restrained by diet plans and calorie requirements to trusting your own judgment.

Transforming from being a dieter to an intuitive eater is big. It's like being a caterpillar and becoming a butterfly.

Chapter 14 Hunger What is it? How can I recognize it? What does it mean?

*Before you take another step, step back into yourself.
If you can govern yourself and be your own master, yours is the whole wide world and
everything within it. Paul Fleming*

Intuition connects your whole being: body, mind, and heart. A fancy word for this way of looking at the whole picture of who you are is “holistic”. The word: holistic sounds like the word: whole. Intuition is the natural (w)holistic intrapersonal link that connects your mental, emotional and physical needs so that you can know what you are hungry for.

There are 4 kinds of hunger. All are easily confused with physical hunger. Knowing why you feel hungry and what you are hungry for is as important as realizing when you are hungry.

Chapter 15 Frustration

Frustration is an intuitive message. The purpose is to create action. Just like you see without looking and hear without listening you experience frustration automatically. This confused unpleasant feeling signals a need for change. Sometimes it's a gentle persistent tap on the shoulder and sometimes it's a slap across the face.

Feeling frustrated around eating is a signal to use your senses and intuitive tools to reconnect with your whole self. Doing this resets priorities and begins momentum to overcome what is causing the frustration.

Chapter 16 Understanding Change

As children we expect our bodies to change all of the time so accept and deal with it naturally. In fact right now your body is still evolving. Every cell is in a constant state of re-newel. Every two weeks the skin is new, every five days the lining of your stomach is replaced, and your liver, which filters all of the poisons and drugs you consume is new every year.

All regeneration requires nourishment. Different organs body have different nutritional needs. For this reason it's natural for your appetite and food choices to vary.

Diet habits are like training wheels. They put you off balance and restrict your freedom. Changing from a mindset of dieting to intuitive eating is like going from riding a bike with training wheels to a two-wheeler. Training wheels give the habit of not being balanced, and they restrict biking freedom by slowing you down and making it clear that you are not capable of riding on your own. Give up training wheels with courage and tenacity to ride on two wheels.

Patience and self-discipline get you through bumps and bruises of experience and courage helps overcome fear of mastering two wheels. Ultimately you find intuitive balance and become a free easy rider.

Chapter 17 Create Your Plan

It's the possibility of having a dream come true that makes life interesting. Paulo Coelho

An eating plan is a strategy for success. Every meal is a fork in the road of the journey of life and without a plan we go in circles repeating self-defeating choices. There are cues and the point is to recognize them. Intuitive tools recognize and maintain inner balance so eating when you're hungry and stopping when you're full becomes automatic.

Having a plan is a way of focusing. Focus is the magnifying glass in the intuitive tool chest that makes things stand out you might otherwise gloss over. When you gloss over things they haunt you. That haunting feeling is the 6th sense nudging to keep the momentum of this transformation happening.

Chapter 18 The Mystery Tool

Depending on your 6th sense creates new eating patterns and empowering habits. According to research, this creates new pathways in your brain.¹ Instead of banging your head against the wall to kill old habits, you're in sync with long-term priorities. This natural advantage is the result of using your intuition. The tool that makes it ultimately possible is Grace.

Chapter 19 Falling Off The Wagon

The best laid plans of men and mice often go awry. Robert Burns

IT'S OKAY to fall off the wagon, but it's not okay to fall into a black hole.

My cousin Linda made a special dinner including homemade bread for her stepson and his wife. The next day she went to her job at a nursery school. There was a birthday party and they were serving her favorite cookies. Finding the cookies emotionally irresistible, Linda ate four and polished them off with a brownie. The emotional bookmark was comfort. This is falling off the wagon. So what? Life is full of surprises and throws curve balls with glee. It happens to everyone.

Falling off the wagon is a bump in the road; losing control is a black hole that stings.

Chapter 20 Stress

In our fast paced world so much is happening it's not surprising that we don't remember if we remembered to eat lunch, or even what we ate. We're stressed; we feel conflicted. Quite possibly we're getting messages from that little voice and inner dialogue non-stop at the same time; so we tune both out.

Stress hits us emotionally and our reaction is physical.

Learn to end stress around eating.

Chapter 21 Bondage

Intuition is a natural bond between your senses, mind and heart. It is a connector that keeps channels open. Bonds make sense when we're aware of them. You have healthy bonds with friends, family, responsibilities and pleasures in your life. These create a sense of control and stability that feels like balance. Any healthy bond is a strong intuitive connection.

Slave to The Scale

When something you do manipulates your emotions so you become dependent on it for self-validation- this is bondage. You're in the matrix. The bathroom scale has become a way people judge their self worth. When you decide you can have desert today because of what it says on a scale, you have lost connection with your body. You're treating yourself from the neck down as a piece of meat to be weighed. Not a very attractive image.

Learn to end common challenges that sabotage your eating.

Chapter 22 : Hedonism and Sensuality

If we had a better understanding of the signals our bodies send to our brains, might we take more pleasure from them
N. Y. Academy of Sciences

The movie 9 ½ Weeks there is a scene in front of a refrigerator where Mickey Rourke feeds Kim Basinger strawberries and honey, which says in much more than words that eating is sexy. Often in movies and in literature, sensual eating is a prelude to an erotic scene. 6th sense eating brings out the intuitive hedonist in each of us. The traditional definition of hedonism is the pursuit of sensual pleasures as the highest good. An intuitive hedonist indulges in sensual pleasures, but she is not an extremist.

The intuitive eater is privately exquisitely appreciative of her Life. She enjoys eating. It's sexy to have a healthy appetite and it's sexy to enjoy eating. Why not connect with your inner intuitive hedonist?

Chapter 23 : Satisfaction

Arriving at one goal is the starting point to another.' John Dewey

Satisfaction is a feeling of achievement. It's a process, not a state of being. As you practice using intuitive tools, sound-bites of satisfaction happen. You don't know how the adventure will turn out, but do know you'll learn about yourself and what you need to have the best quality life, and that's satisfying. Use your imagination and plan to succeed. Satisfaction comes with effort and commitment.

It's time to be satisfied with yourself and your body.

Chapter 24 Media and Fashion

I don't design clothes, I design dreams. Ralph Lauren

Fashion and the desire to look and be attractive is part of being human. Fashion and media have huge impact on the way we see our bodies. Media clearly leads us to believe that image is the same as self worth. Mass media is powerful and expert at manipulating emotions. In Aesop's fable "The Wolf in Sheep's Clothing", the moral is "Appearances are deceptive." When we disconnect from intuition we forget this.

Learn how fashion and dieting are connected and what style is now.

Chapter 25 The Lucky Ones

Today all over our world children and adults will die from starvation. Extreme hunger is a reality of our time. It has been said that as long as there is hunger in the world, there cannot be peace. I believe this.

The war against hunger is truly mankind's war of liberation.

John F. Kennedy

We are the Lucky Ones. While on our planet people must obsess about eating to stay alive, we have food from nearly every culture at our finger-tips. It is glorious, from pizza to fried rice, hotdogs to sausage, spaghetti to curried shrimp, an English muffin to a baguette we have choices. Our variety is priceless. No matter what the season, there is always ice cream and no matter what the reason we can eat turkey or we can eat cake.

Turn obsessing about food and eating into a positive and productive part of your life by tuning into food needs of others. Chap. 25 lists URL's of organizations world-wide that feed the hungry you can contribute to for FREE with a click, or participate with in person and be part of making our world a better place for all.

Chapter 26 Beauty and Balance

Beauty is multi-dimensional and not just skin deep. It comes through you. As you connect with who you are inside and strive to live to your fullest potential, you achieve lasting beauty by living your truth. Truth is a link to inner harmony. Beauty, like satisfaction is a process, not a destination. Even the most beautiful people in the world work at being beautiful.

Learn how eating intuitively makes you beautiful.

Chapter 27 Comfort Food for Chefs

Some food memories are emotional bookmarks we associate with home or contentment. These are commonly called, 'comfort food'. Comfort food memories are like time capsules. You mostly carry them as smells or tastes, like popcorn at the movies, chicken soup, homemade cookies, homemade meatloaf or left-over mac and cheese. Some are especially comforting like getting a bowl of ice cream as part of a celebration or Sunday morning pancakes.

International celebrity chefs share their private 'comfort food' recipes.

Chapter 28 The Emperor's New Diet

The naked truth is, right now you may not be happy with your body. Right now, you may seek a quick fix. There is no quick fix, but there is a fix, and it's a safe private place inside of you. Pull the trigger and use your intuitive tools. Intuition is your personal trainer. Take advantage of it. The intuitive tools are equipment to get you in shape. They can feel pretty heavy in the beginning. But the weight stays off.

Intuitive eating is not a quick fix. It's the answer.