



Conscious Eating:

.....A Workbook for accessing your inner guidance for nourishing yourself.

Why is it that when I ask my clients about the foods they eat, they very often aren't truthful? Are they actually purposely telling me just what they think I would like to hear they eat, or are they in denial about what they really do eat? In my consultation I ask form if a client eats fried foods, for example. I get the answer "never", but then later they admit to ordering French fries at a fast food restaurant several times a week. This doesn't help me help them.

I would rather hear "yes, I eat fried foods and I am not about to give them up." Well fine, we can work from there, I could recommend taking a digestive enzyme with these foods to help break them down better, or the client could take extra antioxidants to try to balance the damage done by eating foods make with heated oils, or I would recommend doing a liver cleanse a little more often.

Just from my experiences from doing a cleanse or a fast, I have realized just how often we pop something in our mouth without even thinking. When doing a cleanse, you realize this because you are often only eating raw foods & will catch yourself grabbing a little piece of cheese as someone else is making dinner, or picking up a cracker from sample foods at the store.

This workbook is designed to help you realize why you eat what you eat, and decide what will work for you at this time. You don't need to show it to anyone, this is for YOU. Maybe you will uncover some long forgotten reasons for your current food choices. Maybe every time you were upset your mother gave you a big bowl of ice cream. Now you eat ice cream every night because it is a comfort food.

As you work through this workbook, the questions are designed to spark some thought as to why you eat certain foods, your attitudes towards foods, how often you eat things that don't agree with you, and how often you eat foods that you know you "shouldn't" be eating.

Doing the work in this course can help you on the road to nourishing yourself consciously, to make better food choices, and if you choose to do a consultation with me following this course, we can begin on a better level.

Work through this course at your own pace. The only part you should do daily is the food diary page, filling in what you have eaten all day, and then using the lined spaces below, completely fill in with whatever comes to mind about the foods you ate, don't worry about it making sense, just write what you feel. For example :

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I started off with such a healthy breakfast, but then had 3 cups of coffee and a chocolate bar for a
snack. I think I ate a fairly balanced dinner, but ate large helpings. Tomorrow I will try adding
some raw vegetables for a snack, and make my lunch ahead of time, so I can be sure I have time
to eat. At least I know I eat a healthy breakfast & can feel good about that.....

I have included 30 Daily Food Journal Pages. This will give you a list of a full month's worth of foods that you have eaten. This should give you a very comprehensive look at the foods you generally tend to eat under a wide variety of different circumstances, and will help you work through the lessons in this workbook.

What we should be looking at here is not eating the "perfect" diet, but to gain a sense of balance in the foods we eat & the foods we want to eat.....to nourish ourselves more Consciously.



DATE: _____

BREAKFAST	LUNCH	DINNER	SNACKS

FOOD JOURNAL

How much water did you drink today?