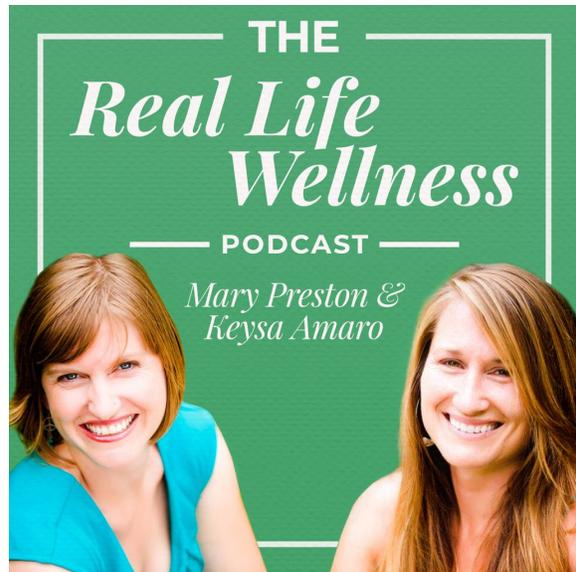


Episode 26: Villainizing Food Top 5 Tips

It seems like every week there is a new news article or scientific study that tells us not to eat a certain food in order to be healthy. Then the very next week that same food is praised for its healing properties. If you stay on top of these article and news stories, this can cause you to view certain foods as good or bad for you. This flip flop of information can cause confusion and can lead to villainizing or demonizing foods.

When we villainize food we become the victim to the food. The food has the power over us and we are helpless to its evil powers. We blame the food when we eat it. We tell ourselves that it was too tempting, that it was just there and I couldn't resist it.



Villainizing food can also lead to restricting food in a negative way. We may restrict the food because we heard that this food was unhealthy or that it will cause weight gain. When we restrict foods based on other people's opinions or commands, this will often lead to cravings and overeating. It is one thing to choose to not eat a food because it will make you sick or it causes an unwanted result, but when we are blindly following a diet, that is based on weight loss or health, we tend to not really know why we are not eating a certain type of food or why that food is bad for us. And especially if we really like this food, this will cause cravings and overeating without doing the thought work behind it.

Here, we share with you our 5 tips to help you deconstruct the habit of villainizing food and to develop a healthy relationship with food.

5 Tips for De-villainizing Food

1. **Be aware of how you view different foods:** Do you have a do not eat list? If so, why are those foods on that list? Is it because they will cause you weight gain? Is it because the diet you are currently on is telling you not to eat them? Or maybe it is because the food causes a negative reaction in your body. Be aware of why you think certain foods are bad.
2. **Write it Down:** Write down all of the food that is bad for you, or that you don't eat. Next to each food write the reason you think this food is bad for you. Look at your responses; do they come from facts, are there biological reasons you don't eat the food,

such as it causes eczema or inflammation in my joints, or is it because it will make you fat, spike your blood sugar, or increase your cholesterol?

3. **Accept your current view on food:** listen, society has been telling you about food since the day you were born. You've been inundated for years about the evils of certain foods and the miraculous properties of others. It's okay. We all have. You cannot change thoughts that you are not aware of. So, finding those thoughts is important, and accepting that those are the current reasons for eating and not eating certain foods is super important.
4. **Create new thoughts:** for every one of those food thoughts that you are having that you believe are bringing you negative results, it is worthwhile to think about alternative thoughts about them. For example, I used to believe that I was addicted to bread. Let's take a look at that thought. If I am addicted to bread, then when bread is around, I will have no choice but to eat it. I will be a fiend. I will desire it so much that it will pull me towards it and I will have no choice. Therefore, I must get rid of all bread in the house. I must not walk through the bread aisle. I must stay away from it at parties. What if bread was just cooked flour, sugar, and salt? What if it is my choice to eat it or not? I could think: bread doesn't do anything. Bread isn't that exciting. I could choose to think about other things instead, like how much I love chili. Or I could think about what I want to sew next. I could find other thoughts that are more useful.
5. **Practice new thoughts:** it is important to practice these new thoughts. If you are keen on practicing new, healthy thoughts about food, then you will have to say them over and over again, because the media will continue to tell you their message of good and bad and feed you the miracle cure for everything. YOU want to be prepared when that happens, so that you are in control of your own brain and your own thoughts.