

HOW TO **NOT** EAT CHOCOLATE CAKE

I know. **Bingeing on food secretly in the corner of the kitchen is hell**, especially when you're nervous your boyfriend/roommate/sister/mother might walk in and catch you eating your weight in Hershey's Kisses. You may be thinking: *What is wrong with me? Will I be screwed up around food forever?* **GOD HELP ME GET A GRIP!** Or something along those lines.

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I know this sentiment pretty well. And I have A LOT to say about it -- way more than I can fit into this little PDF. So, I've designed this "how to" as a starter guide -- **my 5 best quickie tips for getting your shit together** when you're in a food coma and don't know what the hell else to do. And if you want to have a deeper conversation about how to **change the way you think about food permanently**, get in touch with me or check out my blog at **ISABELFOXENDUKE.COM**. This topic is my jam.

1.

Let yourself have chocolate cake, and **sit the f*** down**. Enjoy, savor and for God's sake, CHEW! If I were you, not only would I sit my ass in a chair but I would put that warm, chewy, chocolate goodness on a really attractive dish and maybe garnish it with some berries, or whipped cream like it was the QUEEN of all the cakes in the land. Why would you waste such a treat eating so fast you barely remember it happened? Oh right, because you've been trained to think you're wrong and cake is an evil, Satan, sinner magnet. Well, guess what? Food taunts us way less when we actually honor it as the life-sustaining force that it is. Being a weird loner curled up on the kitchen floor **guarding our baked goods is a reaction to two things: deprivation and shame.**

2.

Pay attention to your food when you're eating, and your life when you're living. And breathe -- like yogic, Ujjayi breath style-- as often as necessary if that helps you stay grounded in the reality of what's happening at any given moment. Ritualizing and honoring food is a mechanism to help us **PAY ATTENTION**. Isn't it funny how we obsess about food all day and night, but when actually eating try to make sure the act is as fleeting and unnoticeable as possible? If we don't pay attention to the food we're eating, it will keep calling our names at the most inappropriate times. Like when we're at a dinner party trying to enjoy the company of friends, but all we can think about is the single spring roll everyone seems to be just LEAVING THERE UNATTENDED?! When you're at a dinner party with friends that you love, and notice yourself fixating on the lone spring roll, take a deep breathe, and get back into REAL LIFE. **The spring roll has nothing to say to you.**

3.

Get dressed, even when you're alone in your apartment (**wearing really sexy loungewear that makes you feel like a B.A.M.F. counts**).

Remember: **when we feel like we look like shit, we stay in and eat cake...and anything else that isn't nailed down.** It's a lot easier to feel good about ourselves when we put in the effort to swipe on some mascara and wear clothes without a rubber band in the waistline. Today, put in the effort. Get your hair did, and pretend that you're very busy and important. I don't care if you're 300 pounds. Own it. Or at the very least, brush your teeth and paint your nails a really cool color.

4.

Do something physical — or anything that reminds you that **you have a body that feels things.** This might include dancing in your room alone, or rubbing yourself down with really expensive lotion. **Or sex of any kind...duh.** This serves two primary functions: First, it reminds us to *slow down* and pay attention to our bodies' needs (hunger and thirst being particularly helpful cues to notice). Second, movement reminds us that we are actual living mammals. Would you treat a child or a pet with all that stuffing, starving, and/or self-criticism you subject yourself to on a regular basis? **Say NO.**

5.

Take your power back. That is, **don't let food (or fat) boss you around.** Ever. Don't ever decline a dinner invitation because you can't eat what's on the menu, and don't let your skinny jeans tell you not to go out tonight. You're going out tonight. And you're getting down with your bad self. **This is a really, reallyyyy important one.** Most of us eat out of boredom or because we can't stand our lives as they currently exist. While a lot of feelings are out of our control, we actually have a little power over this sentiment **regardless of our current weight.** Your life can be awesome no matter what you weigh. If we don't know that, truly and deeply, in our core, it is very difficult for food to lose its grip.



So, chew on these for a while and see how you feel. I know you might be thinking “umm...where’s the DIET tip here?” but if you’re feeling anything like I used to back in my diet and binge-eating days, you may be ready for a drastic change in thinking. And if you want to talk more, email me or schedule a consultation through my website. (Consultations are on me).

Love, *Isabel*

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