

CHANGE your Food Fuel your LIFE

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Food is so important to your health

Food is one of those things we do that can sometimes be almost unconscious — like breathing or sleeping. We do it because we need to. It sustains us and keeps us alive.

What would your life look like if you ate because you truly enjoy what you are eating? How would you feel in your life if you ate because you enjoyed the experience of eating? *So many of us eat to feed our addictions and cravings*, and we sometimes lose sight of the healing potential of eating well. Eating well involves choosing healthy foods. It means slowing down and experiencing your food as you chew slowly and savor each flavor. To eat well means using your food as medicine rather than using it as a quick fix. Choose foods that are balancing for your body rather than foods that create cravings. You have a unique physiology and no amount of book-reading, formulas, or testing will ever tell you which foods are best for YOU. They can provide valuable guidance; but in the end, it comes back to what works best in your body.

There is so much biased information regarding nutrition in the media. Be careful to obtain your information from sources that truly care about your health and do not have hidden agendas or just really good marketing. Read studies that are executed by legitimate organizations, not ones that are funded by organizations with hidden motives. As consumers we need to be extremely discerning from whom we receive our information. After you gain a solid education about nutrition, it is your job to listen to your body's cues and clues to let you know what is working or not. For example, if you become bloated after eating grains, your body may not be in a state that is equipped to digest grains. If you experience heartburn after drinking milk or eating cheese, your body may not be able to digest dairy efficiently. If you feel energetic after eating, you probably just ate a meal that had a balancing effect in your body. If you feel lethargic after eating, the way you ate or what you ate was not right for you. If your skin is clear and you have regular bowel movements, your gut is most likely healthy and what you are eating is working for you right now. Your body is extremely intelligent and will let you know when what you are doing is not working for you. Your job is to become an intuitive eater—LISTEN to your body's cues and clues and adjust your food accordingly.

In most cases, when you change your diet slowly and deliberately, you cleanse naturally and increase your energy. Start by adding better choices like vegetables, healthy proteins and fats rather than depriving yourself and taking things out of your menu. Gradually, your body will respond and desire the better choices. Changing what and how you eat can seem challenging, but with the right information and the type of support that works for you, you will fuel your life and achieve health!



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