

JESS MALINGOWSKI

FOOD FREEDOM COACH



Owning The Food You Eat

How to trust your body again and discover food freedom



Intro

Hey girl, thank you for downloading this guide where I am going to share with you the reasons why ditching fad diets and practicing intuitive eating is the best way to help your body thrive. I also included some practical advice that you can start applying to your daily life. I hope you enjoy!

With Love,
Jess



Part 1: My Story

From mid 2012 through mid 2016, **food completely controlled** my life. I wanted my body to look a certain way, so within those 4 years, I tried every diet imaginable and suffered from binge eating. Some phases of my disordered eating were worse than others but nonetheless, those 4 years were spent worrying too much about food and how my body looked.

This disordered eating and negative body image started out slow. At first, I was completely obsessed with the gym and eating a mainly paleo diet. Many times, I would skip social events so I could go to the gym to sweat out some more calories. My diet was pretty much a paleo diet where I was eating only lean animal proteins, fruits, and vegetables.

Eventually, my disordered eating got to a point where I was jumping on one diet only to jump off and try another. I spent much of my time experimenting with different diets such as vegan, raw, and intermittent fasting. During this phase, I was *always* counting calories and **I started developing guilty feelings around food**. If I was on a vegan diet at the time, I would feel guilty for craving animal protein. If I was trying to be super paleo, I would feel guilty for eating a slice of bread.

This guilt then turned itself into a full on binge eating disorder. When I felt guilty about eating certain foods, I would continue to eat them until I was **uncomfortably full**. My brain was completely stuck in a diet mentality and I could not get out of it for a long time. If I ate one cookie after dinner, it would easily turn into a whole sleeve. When I had pizza on a Friday, it would turn my whole weekend into eating a bunch of crap food. During many of these binge episodes, **I would barely even taste the food** because I was eating so much so quickly.

For those 4 years, I honestly believe I **missed out** on so much that life had to offer. I was completely wrapped up in looking a certain way so that I would feel worthy and beautiful. I thought that if I had the flattest stomach and the “nicest” butt, I would feel happy. However, I never reached true happiness. I felt lonely and lost because I thought I was the only one suffering from these issue. I wasn’t sure how I was going to recover.

After some therapy and going back to school for holistic health, I recovered (and still am recovering) from my disordered eating. Now that I am at a point where food is no longer in control and I completely accept my body (on most days), **I can actually enjoy everything that life has to offer**. I am way more confident in myself and no longer worry about calories or going to the gym. In fact, sometimes I won’t workout for over a week if that is what my body is telling me to do. **I eat what I want and when I want**. If I want a salad for dinner, I’ll eat a salad. If I’m craving a good burger or some pizza, I’ll eat either one without feeling guilty. **I do not restrict myself at all** and it feels really good.

I've even stepped out of my comfort zone by traveling to new places, moving to a new city, letting other people cook for me (woah), and meeting new people. **I can honestly say that none of this would have happened had food still been in control of my every decision.**

I'm not saying that I'm completely recovered - there are days where negative thoughts pop into my mind but I now choose to address them instead of falling back into the vicious cycle of bingeing and dieting.

Life is too short to be spent worrying about food and I want to help you reach your breakthrough. Continue reading on for my advice on how to break the diet/binge cycle and start living a life full of **food freedom and true happiness.**

Part 2: Dieting Does Your Body No Good

It's 2018, and diet culture is blowing up our social media accounts 24/7, especially during the start of the new year. There are ads everywhere for magical pills that help shrink your waist and new diets that promise you "the body you've always wanted". I didn't realize all these diet book authors knew **exactly** what body I wanted. They're so smart (sarcasm).

Anyways, our minds are flooded with this information and **we get wrapped up in everything that diet culture is trying to brainwash us with.** We start using words and phrases like "cheat day", "points", "I'll start on Monday", "I was good this week", "I need to get back into it", "good food", "bad food", and the list goes on and on.

The truth is, these authors have no idea how your body feels after eating paleo, vegan, raw, gluten-free, dairy-free, sugar-free, carb-free, etc. **No matter what diet book you are reading, it is not going to help you in the long run.** When you are reading words from a page about what to put into your body, **you are not truly listening to your own body** (which is super freaking smart, by the way).

Let's say you try a diet and it tells you that you can only have 2,000 calories per day. Most likely, you will stick to this for a few days or maybe even a week. You will ignore all of your body's natural hunger signals and make sure you stay within that caloric limit. The following week, you find yourself eating more and more - maybe even having a binge episode at one point. **This is your body's physiological response to restricting your calories.** When your body is not getting enough food, its natural response is to binge because it does not know when it will eat next.

Another issue I have with diets is we start to mentally label food as being “good” or “bad”. This label then gets projected onto ourselves whenever we eat something good or bad. We start saying things like “I did bad today” or “I’ve been doing so good lately”. The problem with this is, we start feeling guilty when we eat too many bad foods. **This guilt plays with our minds and our relationship with food is destroyed because we no longer see food and just food.** When food is no longer just food, we start to feel restricted and want to eat all the bad foods. Similar to the example above, this could lead us to another binge episode. When you have one bad food, you continue to eat more and more bad foods because you are thinking “why not” or because the guilt is getting to you.

There is a ton of money in the diet industry and unfortunately, I do not think it is going away anytime soon. We have to start reframing our mindset when it comes to the way we approach food and our bodies. **The authors of all those diet books do not know how your body feels - only you do.**

In my next lesson, I explain intuitive eating and how listening to your body is really the only way to thrive in this life.

Part 3: Intuitive Eating Will Help You Thrive

If you follow me on social media or have read my blog, you will see that I preach intuitive eating and food freedom. First, let’s focus on how you can become an intuitive eater.

I feel as though the term “intuitive eating” is getting more popular, but it can be very confusing at first. For anyone who has been a chronic dieter, intuitive eating is scary. When you diet, you listen to what is in the diet book and make a plan based on that. **Intuitive eating is scary because there is no plan** and we are made to actually listen to our bodies and go with what feels right. This is a huge change and a huge step to take in your life - so give yourself a break if you are currently experiencing frustration when it comes to intuitive eating.

Intuitive eating in a nutshell is listening to your body and honoring whatever it is telling you. It sounds simple but trust me, I know it is not an easy feat. I’ve listed below some key elements of intuitive eating so you can continue moving away from the diet mentality.

1. Hunger signals

Start noticing how your body feels when it is actually hungry. Signals could include the following: Empty feeling in the stomach, a rumbling stomach, headaches, light-headedness, irritability, or lack of concentration

2. Portion sizes

Play around with your portion sizes. If you feel full (but not super full) after a meal, that is good! If you still feel hungry, make note of it and increase your portion size. Some days, your body might need more food than others. Keep this in mind and do not think your portion sizes have to be exactly the same every single day.

3. Cravings

Notice what your body is craving, when, and why. There is nothing to feel ashamed of if your body is craving something. The key is to listen to this craving and not ignore it. Below are some reasons you may be craving certain foods. Check in with your body to see if any of these explain your cravings. Remember to also honor them.

Lack of primary food - dissatisfaction in a relationship, feeling uninspired in your job, lack of a spiritual practice, no self-care routine

Lack of water - dehydration can feel like hunger - drink a glass of water and see how you feel

Yin-yang imbalance - certain foods are more yin while others are more yang - for example, if you are eating a lot of raw food, you might start craving cooked, warm foods

Seasonal - our bodies crave different foods during different seasons - for example, in the winter you may be craving a lot of warming foods such as soup and meat whereas in the summer you may be craving cooling foods such as fruit and raw foods

Hormonal - ladies, you know what I'm talking about with this one - honor your cravings when your hormones are fluctuating (hello, dark chocolate!)

4. Food allergies

It is especially important to note if you are allergic to any foods. The most common food allergens include eggs, soy, corn, dairy, and gluten. Below are reactions that could indicate a food allergy.

Swelling in the face, tongue, throat, and lips

Wheezing or difficulty breathing

Red and itchy skin/hives

Vomiting and/or diarrhea

5. Food sensitivities

It is also important to note any food sensitivities you may have. Below are reactions that could indicate a food sensitivity.

Brain fog

Anxiety/depression

Gas, nausea, bloating, cramping, diarrhea, constipation

Headaches

Low energy

Insomnia
Skin disorders
Joint and muscle pain

I would encourage you to keep a food diary on your phone. Write down what you eat throughout the day and how it makes your body feel. Make this an easy task by using simple words to describe how you are feeling - good, bad, tired, energized, etc. Once you keep track for a week or so, read over your list and make note of what foods make you feel great and what ones do not. **This doesn't necessarily mean you have to stay away from foods that make you feel kinda bad - it just means that now you are aware of these foods and can make a conscious decision when you want to eat them.**

A very important note to remember - nobody eats just for fuel. There is nobody who eats simply because they are hungry. Remember this and know that **emotional eating is okay**. If your emotional eating is out of hand, it is time to seek professional help - but if you emotionally eat from time to time, do not beat yourself up!

Part 4: Food Freedom

Once you become more of an intuitive eater, you will start experiencing what I like to call "**food freedom**". No, this is not the same food freedom you see associated with other diets. **When you have complete food freedom, you are no longer reliant on any diet rules.** You eat what you want, when you want and feel zero guilt.

When you become more attuned with how your body feels, your choices then reflect that awareness. You may discover that your body is sensitive to gluten - instead of thinking "I can't eat that", you start thinking "I can eat gluten when I want, but only when I feel like dealing with being bloated".

This is the beauty of food freedom - you are not restricting yourself to any rules and **food is no longer the enemy**. You can start actually experiencing life because your mind is no longer constantly revolving around food.

When I was struggling with my disordered eating, I wish someone would've told me any of the following. I will leave you with these words of inspiration and want to remind you that **you too, will experience food freedom soon.**

"Take care of your body by choosing foods that it wants instead of starving it."
"Eat the freaking cookie."

"Don't compare yourself to anyone."

"You are not a failure if you binge on sweets. You will heal with time."

"Life can only be lived once so don't waste it by worrying about food."

Ways To Keep In Touch

Sign up for my free bi-weekly **newsletter** [here](#). In my newsletter, I share bits of my personal story and advice around food freedom and body love.

If you are in need of someone to discuss these issues with, contact me [here](#). We can set up a **consultation** to go over your struggles and discover new breakthroughs together. Initial consultations are always free!

I'm always spreading food freedom and body love on my **Instagram** account, @JessMalingowski. Click [here](#) for your daily inspiration!

Thank you for reading! Wish you all of the **food freedom and happiness** as you go about your day.

Love & good vibes,
Jess



DITCH THE DIET. LOVE YOSELF.