

THE NUTRISTIC METHOD

Make Peace with Food

Ending the Restrict–Overeat Cycle

Let's address something deep:

Food rules.

Restriction often fuels overeating.

When something is “off limits,” it becomes more powerful.

We need to remove that power.

Step 1: Identify Your Forbidden Foods

List the foods you currently restrict, avoid, or label as “bad.”

Be honest.

These foods are not the problem.

The restriction around them is.

Step 2: Prepare Intentionally

This is not random.

This is structured exposure.

Before trying one of these foods:

- ✓ Choose a time when you are **not starving**
- ✓ Eat a balanced meal first (Protein + Fat + Fiber + optional carb)
- ✓ Make sure you feel somewhat satisfied

This reduces urgency and blood sugar crashes.

Step 3: Choose One Food

Pick one food from your list to start with.

Start with something mildly challenging—not the most triggering item.

Food I'm choosing: _____

Step 4: Give Yourself Permission

Before, during, and after eating, repeat:

“This is just food.”

“I am allowed to enjoy this.”

“Food is not good or bad.”

“Eating this does not define me.”

Permission removes the thrill of rebellion.

Step 5: Check In During

While eating, slow down.

Notice:

- Taste
- Texture
- Smell
- Enjoyment level

Ask:

Does it taste as good as I imagined?

Am I still enjoying it?

Write any observations:

Step 6: Check In After

How did you feel?

- Physically?
- Emotionally?
- Was there guilt? Relief? Neutrality?

Any surprises? _____

Step 7: Keep It Available

This is important.

Do not finish it “so it’s gone.”

Keep enough of the food in your home so your brain knows:

“I can have this again.”

When food is available,
urgency decreases.

When urgency decreases,
overeating decreases.

Step 8: Continue Gradually

Once you feel neutral around one food,
move to another from your list.

You do not need to conquer every food.

You will reach a point where
you simply know you can eat it —
without proving it.

Why This Matters

When food loses its moral label,
it loses its emotional charge.

And when emotional charge decreases,
blood sugar stabilizes more easily.

This is not about eating everything all the time.

It’s about removing fear.

Your Focus

- ✓ Choose one food
- ✓ Eat it intentionally
- ✓ Observe without judgment
- ✓ Keep it available

This is how peace replaces control.

And peace creates consistency.