



CHANGING YOUR RELATIONSHIP WITH FOOD

This one was. Food. We all need it. We all want it. But, how many people actually think about their relationship with food? It isn't a person. But, no matter who you are, people have strong feelings about the food they eat. And, don't eat. This week, Rena Reiser will talk about a whole new way to relate to food.

Can you tell me a little about your background?

I grew up in Toronto, Canada. I have been in Israel for 10.5 years. I first came when I was single for a summer program. When it was over, I got offered a job as a madricha at Neve, and, I jumped at the opportunity. So, I stayed. I was introduced to my husband that year, and, we just never left.

How did you get started in nutrition and food?

Growing up, my mother was very into healthy food. She only used whole wheat pasta, we didn't eat a lot of processed food, that kind of thing. This was very important for me to bring into my home when I got married. When I met my husband, we discussed my desire to keep the food in our house healthy. He agreed.

I was really into it, and, I got to be known as "the lady who knows about healthy eating." People would come to me and ask me questions and advice.

So, that is how it got started?

At one point in my life, I went to see a holistic doctor, and he gave me some strict recommendations regarding what I should eat, in what proportion and how much. After following his plan for a few months, I lost a lot of weight. I became very gaunt and pale, I had no energy. I

felt worse than before I had gone on the diet. And, this diet created a host of other issues, but, I kept following what he told me to do. Since I was losing weight, I thought that I must be getting healthier, so, even though I felt awful, I assumed that eventually I would feel better. And, he was a well known and respected doctor in the field, so, he must know what he was talking about.

Is this the diet you tell others to follow?

Oh, no! I had taken the health thing too far. I was not in a healthy place at all.

When did realize you were obsessed with food?

It was Succos time, and, I was at my cousin's house. She is a big baker, and, there were a ton of cakes and cookies she had made. I felt like I couldn't eat any of them. Then, suddenly I found myself eating everything. It was this binge, I felt like I couldn't stop. It was totally not healthy.

It was only after that I realized that my relationship with food had taken a wrong turn, and, it wasn't good.

What happened next?

While I was happy with my physical appearance, I felt awful inside (at this point, I was the same size I was when I was 16). I had no energy, and, I slowly came to the realization that looking this way, and, feeling this way was not bringing true happiness, nor, was it helping

work on my personal development. If anything, I was wasting time on this obsession with food and my body size.

That is when I discovered Intuitive Eating.

What is that?

Before I can explain Intuitive Eating, I need to explain where society has gone wrong.

Our bodies naturally know what we need. If we take the time to listen to what our bodies are telling us, we will naturally eat the amounts and types of foods our bodies need and want. However, that is not how most people see food. Most people see food in terms of how it is going to make their bodies look. We need to focus on how it will make our bodies feel.

After this binge on Succos, I took a step back and asked myself, "who had I become?" I had always been in touch with myself, and, I came to realization that I had lost that focus.

Society, in general, has us focus on the external, how we look and how others see us. So, if we think of food in terms of how it will affect our looks, then, we lose the voice of the internal which tells us what will make us feel good, which is our intuition.

So, what's your diet plan?

I don't do "diets," people have stopped saying 'dier' and they say 'healthy food plan', it's the same thing, and, it

CHAIM BRAUN

Quality
Phone Service
@ Discounted
Rates!

**UNLIMITED CALLS
IN THE
USA & CANADA**

\$47.99

PER MONTH
TAXES INCLUDED, WITH AUTOPAY
STANDARD RATES OF \$49.99 WILL
APPLY AFTER 12 MONTHS

**UNLIMITED LOCAL
& REGIONAL CALLS**

\$36.49

PER MONTH
TAXES INCLUDED, WITH AUTOPAY
STANDARD RATES OF \$39.49 WILL
APPLY AFTER 12 MONTHS

**PREPAY & DIAL
ACCESS #**

1¢

ISRAEL LANDLINE

ISRAEL CELL	2.9¢
UK LANDLINE	1.2¢
UK CELL	4.5¢
USA & CANADA	1.5¢

**Now also
available
to FIOS
customers**



**Authorized
Dealer for
Optimum
Online**

732.905.6700

855.905.6700 | FAX 732.886.5755

Ask about our
special low priced
**PAYPHONE CALLING
CARD PLAN**

**People feel empowered
because they're learning
to trust their bodies.**

doesn't work. Diets and healthy food plans feed into this unhealthy relationship with food. They take away our own innate sense of what we need. If we listen to our bodies, then we will know when we are full or hungry or thirsty. And for what.

This is especially an issue for those who are perfectionists. These food plans feed into our obsession with eating, and, we lose touch with ourselves.

So, tell me about Intuitive Eating.

I got trained in the program, and, now I help others learn how to listen to themselves. Basically, I help women relearn what food is all about. Why we need to eat, what our bodies want and need, and, the difference between the two.

I created a 100-day program. It's a really helpful tool for people, I have a series of audio recordings and a set of worksheets that go along with them. I meet with my clients every other week for a phone session where I coach them and talk to them about how they are doing. I call it "Mind over Munchies."

Sounds great! So, you create plans for each client?

No, I talk to each person and help them relearn their

relationship with food. We talk about focusing inward and, listening to our bodies, which Hashem designed to be truly wiser than any diet out there.

What is great about Intuitive Eating, is people start to see a change in their relationship to food right away. People feel empowered because they're learning to trust their bodies.

You can go to a simcha or a Shabbos meal, and, cakes, cookies or any other type of food can be presented to you, and, it is no longer scary. You can make the choices you want, and, feel good about them.

It isn't about depriving someone of a treat. It's about learning how to eat what you enjoy, according to your body's signals, and without guilt.

Just like Hashem intended.

If you or someone you know has a story to share, please contact frumit@lakerwoodsopper.com.

