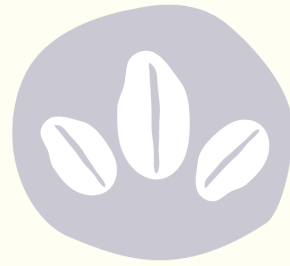


# INTUITIVE EATING PRINCIPLES



## 1 Reject the Diet Mentality

### Honor Your Hunger 2

## 3 Make Peace with Food

### Challenge the Food Police 4

## 5 Feel Your Fullness

### Discover the Satisfaction Factor 6

## 7 Cope with Your Feelings Without Using Food

### Respect Your Body 8

## 9 Exercise: Feel the Difference

### Honor Your Health: Gentle Nutrition 10

The truth is that dieting doesn't work. Instead, it often leaves us preoccupied with food rules and obsessed with maintaining a specific number on the scale.

Ditch the diets *for good!*

Embrace **Intuitive Eating**--a flexible style of eating where you primarily follow your internal sensations of hunger and fullness to gauge when, how, and what to eat. Intuitive Eating shows respect, trust, and love towards your body. Transform your life and develop a healthier relationship with food and yourself while following these principles.

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