

Manage Food Sensitivity Fears & Frustrations

**Free, Downloadable
Articles**

★ **Free Summary Articles.** Additional articles & resources are available to private clients.

★ Introduction

★ 3) Listen to Your Body & Honor This Insight

- 3a) Tools to Help Identify Food Triggers
- 3b) The Goal is To Learn More About Yourself
- 3c) Honor What You Learn – Even If It Does Not Make Sense
- 3d) Stop Labelling Your Symptoms and Following Food Restriction Lists

★ 6) Reintroduce Foods to Expand Your Diet

- 6a) To Expand or Not to Expand – that is the question
- 6b) Food Challenges or Gradual Reintroduction

★ 9) Make One Change at a Time

- 9a) Decide What Changes to Try
- 9b) Write an Action Plan

★ 1) Nurture an Observant-Responsive Mindset

- 1a) Stress Makes Food Sensitivity Worse
- 1b) Difficult Emotions are Common in Food Sensitivity
- 1c) Pause, Observe Realistically and Respond
- 1d) Mindful Practices Nurture an Observant-Responsive Mindset

★ 4) Let Go of Finding Your Exact Triggers or Perfect Diet

- 4a) Reasons Why Food Sensitivity Reactions Can be Inconsistent
- 4b) Symptom-Free May Not Be Realistic
- 4c) There Isn't a Perfect Healthy Diet

★ 7) Plan Your Meals & Reduce “What am I going to eat?”

- 7a) Meal Planning
- 7b) Freezing Meals
- 7d) Creative Preparation
- 7e) Let Go of What Your Diet Should Look Like

★ 10) Reduce Research and Think Critically

- 10a) Find Your Balance
- 10b) Think Critically About Information
- 10c) Extreme Information Increases Suspicion about Food

★ 2) Minimize Fear of Eating

- 2a) Different Types of Fear
- 2b) Reducing Stress, Reduces Fear!
- 2c) The Only Way Out is Through
- 2d) Mindfulness or Distraction
- 2e) Orthorexia
- 2f) Consider Speaking with a Psychologist

★ 5) Ask Yourself, “Is This Symptom a Food Trigger?”

- 6a) Internal vs. External Triggers
- 6b) Why Do We Focus on Food So Much?
- 6c) Digestion Can Lead to Symptoms (regardless of what is eaten)
- 6d) Unpleasant Sensations from Stress Chemicals Can Feel Like Food Reactions

★ 8) Incorporate More Pleasure into Your Life

- 8b) Finding More Pleasure in Your Limited Diet
- 8c) Non-Food Sources of Pleasure
- 8d) Take a Break from Unhelpful Habits
- 8e) Notice What is Going Well