

# Minimize Food Fears and Frustrations ★Free Summary Articles. Other articles & resources are available to [private clients](#).

## ★Introduction

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

- 3a) Internal vs. External Triggers
- 3b) Why Do We Focus on Food So Much?
- 3c) Digestion Can Lead to Symptoms (regardless of what is eaten)
- 3d) Unpleasant Sensations from Stress Chemicals Can Feel Like Food Reactions
- 3e) Natural Food Compounds May Be the Trigger, Not Specific Foods
- 3f) If You Suspect a Food Trigger....

## ★6) Reduce Research and Think Critically

- 6a) Finding Your Own Balance
- 6b) Think Critically About Information
- 6c) Extreme Information Increases Suspicion about Food

## ★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) Remember What is Going Well
- 4d) There Isn't a Perfect Healthy Diet

## ★7) Incorporate More Pleasure into Your Life

- 7a) If You Eat Extremely Healthy, Consider Relaxing These Rules
- 7b) Finding More Pleasure in Your Limited Diet
- 7c) Non-Food Sources of Pleasure

## ★2) Listen to Your Body & Honor This Insight

- 2a) The Goal is To Learn More About Yourself
- 2b) Stop Labelling Your Symptoms and Following Food Restriction Lists
- 2c) You Are an Exception
- 2d) Let Go of What Your Diet Should Look Like
- 2e) Be Aware of Compulsive Eating
- 2f) Honor What You Learn – Even If It Does Not Make Sense

## ★5) Make One Change at a Time

- 5a) Decide What Changes to Try
- 5b) Write an Action Plan
- 5c) Take a Break from Your Unhelpful Habits

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

- 8a) Meal Planning
- 8b) Freezing Meals
- 8c) Vacuum Sealing
- 8d) Creative Preparation