

What happens when you're travelling, what does it trigger for you?

It can be challenging to eat well when you're out and when you're travelling. For some odd reason hunger is triggered when we travel and then what happens is an emotional response is triggered BECAUSE we have a panicked moment because we have switched to thoughts such as, "Oh no! I was going to eat well and now I have cravings and I just know I'm going to eat something I shouldn't." And then you follow that up with, "Well, I'm NOT going to eat those things!" More resistant emotions and more insisting that you're not going to eat it.

So with all of your good intentions there, you're still overwhelming them with your insistent thoughts about not doing this thing. Which is like trying not to think about that black car. The more you try not to think about those foods, the more you're thinking about those foods and imagining the taste and the smells and how much you want it until those thoughts have totally dominated your consciousness. And this can take place as you walk from your car to inside the building.

Remember that it's the nature of the conscious mind to lie, cheat and make excuses whenever it can and whenever it can get away with it. So this is a dominant feature of our conscious mind. It works the absolute same for everyone. And because it works that way it has become well practiced in overriding the emotional response. Which means that you may even acknowledge that an emotional response has been triggered and then your mind just steamrolls over that fact which is when it starts making excuses.

You have a tug of war going on in your mind. The carbs have been the previous feeling fix and so was wheat. Wheat contains opiates which is why it's so addictive. Gluten free still spikes your blood sugar, often higher than sugar itself. Every time your blood sugar level is spiked you have the up and down emotions. The thing which keeps your blood sugar even is protein and healthy fats. Avocado, olive oil, coconut anything, nuts. PALEO ROCKS! Paleo will balance your blood sugar and will switch your body into ketosis which means that it's burning your own fat for fuel.

Your body goes through a carbohydrate withdrawal for up to a week which will make you feel very sluggish as the remaining carbs work through your system and your brain switches to burning your own fat for fuel. Part of what makes this tiring is that it takes a lot more energy to burn your own fat than it does to use carbs as an energy source. Carbs break down really quickly which is why they spike your blood sugars. Fats break down slowly and give you a more reliable, lasting, source of energy. But while your body is going through the transition, you're coming off the equivalent of an opiate addiction. This can cause flu-like symptoms.

The food has been the emotional feeling fix and yes, you've been addicted which means that it's still a habit. Addictions are a habit. To break the habit you will experience more emotions because more emotions are going to be triggered. Then what's happening is that you're resisting the emotions, resisting the fact that others can eat those foods, and resisting the fact that they're skinny and you're not and resisting the fact that it's just not fair.

As long as you're in that state of indulging in those resistant and negative thoughts you're constantly re-triggering emotional responses. Now in the past, that's been your brain's cue to reach for a food feeling fix. Now that you're wanting to change that cycle, you're still at odds with the thoughts and the resulting emotions.

So what's happening is that you're bouncing between the resistant thoughts to the resistant feelings and then a big bounce to the food to remove the resistant thoughts and the resistant feelings. It's like you launch yourself over the top of them and reach for the fastest way YOU know to gain some semblance of relief. That's the habit we want to change.

This requires a power pause. A power pause is like a reset button. Allowing the emotional response is also like a reset button. We're going to start using both of them. Before you get to the point of no return when your actions seem to be automatic and compelling you toward food, you will notice (and as you turn your attention to noticing, you will start noticing sooner because you're creating a new habit of noticing) when you are starting to feel emotionally, mentally or physically out of sorts. This is your cue to push the reset button which will prevent you from an automatic behaviour. Achieve this by pausing whatever you are doing and switching your attention to allow the physical discomfort related to those thoughts. That's allowing the emotional response. In doing this you will stop those negative thoughts from snowballing and taking you off your game, because it works as a reset button.

As soon as you switch your attention to the physical sensations it immediately stops the thoughts. It also regulates your breathing, heart rate, blood pressure and relaxes your muscles... which is the same state you switch to when you think about having that food. When you think about having this food you're thinking about how it's going to taste and how good it's going to feel when you're eating it. You're imagining how good it's going to feel, how good it's going to taste, how satiated you're going to feel and therefore, how much better you're going to feel. Because when you're eating you're not having those thoughts! You're trying to escape from your thoughts by eating because when you're eating you're generally focused on the sensations and the act of eating.

Your hunger is to feel better. Your hunger isn't always for food, your hunger is to feel better. You eat in the hope that it will make you feel better. And so when you reach for that food to feel better, if you're still switching back to that negative thought sequence while you're eating, you can keep eating and eating and eating and you will never feel full. So when you eat to feel better, then you're relying on the food to make you feel better.

If you step back to noticing when you are first starting to feel just a little bit out of sorts, just starting to feel a little bit irritable or a little bit sad or a little bit anxious, it's just a little bit of something. If you nip it in the bud *then*, then you're not going to escalate to that point of, "I've got to have, I've absolutely got to have, I must have!" You just won't escalate to that point. That

point can happen within about five or ten seconds. But that emotional response can also complete within 3-4 seconds which results in you feeling better, faster.

The other thing you can do is give yourself permission to have that thing. "I'm just going to allow myself to have that thing if I really want it. I'm not going to fight myself anymore, if I really want to have this thing then ok, I can have it." And as you acknowledge the fact that you can have it, you start feeling better in that moment because you have stopped fighting yourself, you've stopped resisting yourself, there is no associated emotion with not being able to have that thing and then suddenly you might decide that you don't even want it.

Whenever you're fighting yourself in any way, shape or form, it's going to result in a need to feel better. And the longer you fight yourself, the more desperate that need becomes. So stop fighting yourself, you already know that it works. Get into the habit of allowing the thought that you think you don't want. When I say this, I mean allow yourself the choice of having something and it will take the pressure off you mentally, physically and emotionally.