

The Hackett

HOLISTIC HABITS

METHOD GUIDE TO INTUITIVE EATING



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THE HACKETT HOLISTIC HABITS METHOD

A GUIDE TO INTUITIVE EATING

I created the Hackett Holistic Habits Method after years of my own journey to health and healing my relationship with food and my body.

Intuitive Eating transformed my life and took me from disordered eating and compensatory exercise to long lasting food freedom.

The Anti-Diet Hack Program is a safe space for ongoing support and community. We know how difficult it can be to find authentic health when everyone around us – our friends, family and society as a whole are solely focused on weight loss and appearance. But YOU understand that health does not equate to weight.

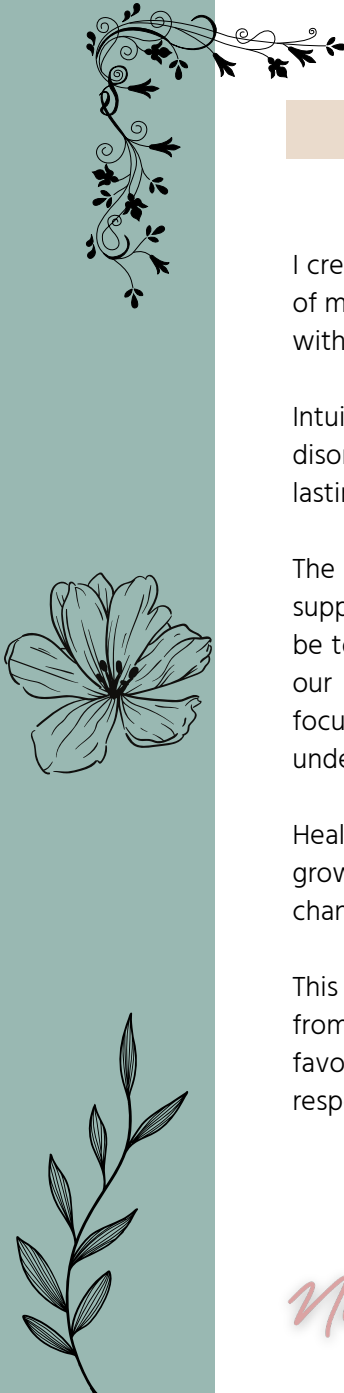
Health is our mental, physical, emotional, and spiritual growth, which is improved by sustainable behavior change.

This method & guide are here to help you break free from years of dieting and to help you embrace your favorite, fun and cultural foods as well as find body respect.

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We are all born intuitive eaters– as a baby we cry when we're hungry and stop once we eat and are comfortably full and satisfied. However, diet culture all too often comes in and disrupts our intuitive nature. Diet culture is all around us everywhere we go, in everything we watch, in everything we read.

We may have grown up with diet culture if our parents or grandparents ever dieted. We likely remember the words they used to speak to themselves, "I just need to lose a few pounds for that vacation" or "I really shouldn't eat too much of that, it'll blow my diet".

We start to see foods as "good" versus "bad" and these ideas stick in our minds forever. We no longer trust our body to tell us what we need, we push away our hunger and fullness cues all in the name of becoming thin. However, this does not need to be your lifelong narrative! With awareness, we can make a change. Once we realize this negative and skewed thinking around food, we can start a mindset shift and heal our relationship with food and our body.



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So you may be thinking, how will this help me during menopause?

Amid the transformative journey of menopause, intuitive eating offers healing from diets, aids body acceptance, and nurtures holistic well-being.

Menopausal shifts can disrupt our body connection, but understanding its impact on weight makes intuitive eating essential.

You can manage menopausal symptoms through intuitive eating's focus on plate additions and adjustments, not restrictions. This balanced approach counters harm caused by limitations, supporting the broader menopausal experience.

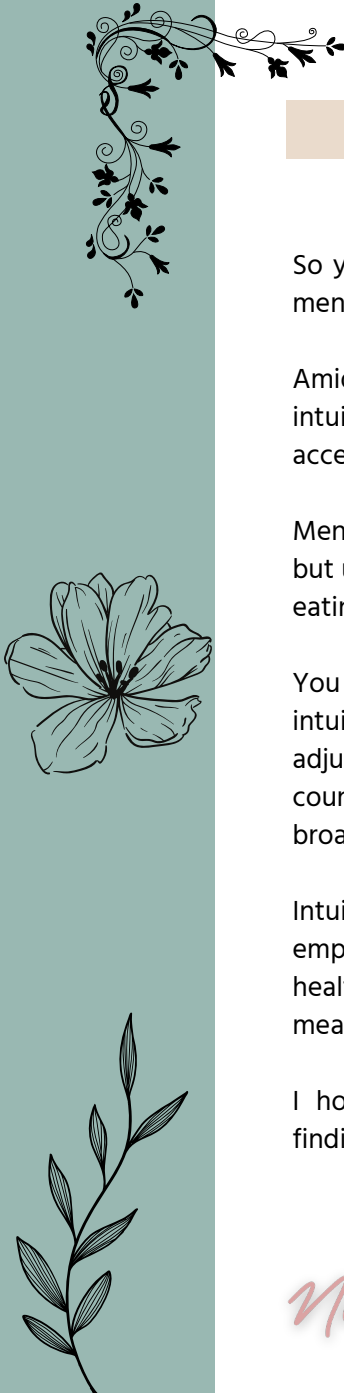
Intuitive eating moves beyond weight obsession, emphasizing self-care, nutritious eating, and holistic health. It's important to avoid restrictive calorie measures as our aging bodies demand more nutrients.

I hope you can embrace food harmoniously, while finding joy and energy within it.

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Stress and emotional eating heighten with hormonal changes. So Intuitive eating replaces emotional food dependence with mindfulness, journaling, and relaxation techniques.

Self-compassion also underpins intuitive eating. Its body-positive philosophy counters menopausal body image concerns, encouraging self-acceptance and celebrating body functionality.

Intuitive eating bolsters self-esteem by granting control and self-trust. It teaches you to tune into body signals and choosing nourishing foods ultimately renews confidence.

Lastly, Intuitive eating encourages a diverse, label-free diet, helping maintain health and energy during menopause.

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INTUITIVE EATING

also has some
pretty awesome
evidence based
health benefits:

- Less preoccupation with food
- Higher HDL (the good cholesterol)
- Lower triglycerides
- Better body image
- Less emotional eating
- More satisfaction with life
- Higher intake of fruits & vegetables



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So I need to ditch the diets, how come?

Diets are meant to FAIL, but that doesn't mean you are a failure. They promise you weight loss, then make you restrict and follow rigid rules that are not sustainable.

When you are no longer able to keep up the extreme expectations, you end up gaining back the weight. Research is very clear that 95% of diets fail within 1-2 years. Don't fall for the diet culture trap.

What does honor my hunger mean?

Honoring your hunger means fueling your body with adequate calories, carbs, protein, fats and vegetables. Not being afraid of carbs or any foods because food is energy.

When we restrict or deprive ourselves of food it backfires and causes our body to react by increasing our primal hunger, which can lead to a binge. Learning to listen to your hunger signals will be one way to prevent binges.

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Make Peace with food

There are no "good" or "bad" foods. ALL FOODS FIT! Yes, ALL! Even donuts and chips and burgers. When we give ourselves unconditional permission to eat all the foods, we stop the constant obsessing and preoccupation with food. Cravings and thoughts around that food will start to diminish over time, trust me!

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Challenge the food police

You know that voice in your head questioning you, “you sure you should eat that?” or “You SHOULD eat a salad”.

Well that’s the food police showing up and making you feel guilty for eating what you truly want. We need to mentally allow ourselves to eat and letting go of these thoughts is the only way to make peace with food.

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Discover the satisfaction factor

Food is not just calories and macronutrients. Food is meant to taste good and be enjoyable.

Food should be pleasurable. We can enjoy ALL foods, regardless of their nutrition content.

Cope with your feelings without food
Using food to soothe and heal you is only normal and natural. Our family traditions and cultures use food to celebrate or to grieve together.

However, if we constantly use food instead of addressing the issue at hand and working through our emotions, we will end up numbing and covering up things for too long.

Other ways we can cope with emotions without food include calling a friend, taking a bath, going on a walk, exercising, journaling, going to bed early, seeing a therapist, cuddling with your fur babies.

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Respect your fullness

Refer to the graphic below. If you respect when you are comfortably full, you can better learn to trust yourself and heal your relationship with food.

If you eat until you are uncomfortably full or even sick, then you have negative feelings about food. If you eat until you are comfortable and satisfied, then you have a positive association with food.

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HUNGER ^{and} FULLNESS SCALE

PRINCIPLE

01

You're on empty & will eat anything. Dizzy, nauseous

PRINCIPLE

02

Extremely hungry - stomach empty, headache, moody

PRINCIPLE

03

Very hungry - stomach growling, energy low

PRINCIPLE

04

Hungry - stomach slightly empty, ready to eat

PRINCIPLE

05

Neutral - neither hungry nor full

PRINCIPLE

06

Satisfied - mild fullness, could likely eat more

PRINCIPLE

07

Comfortably full - feeling content & satisfied. Hunger gone for hours

PRINCIPLE

08

A little too full - you don't want anything else

PRINCIPLE

09

Stuffed & uncomfortable

PRINCIPLE

10

Painfully full - physically sick, may feel nauseous

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Cope with Your Emotions with Kindness

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Respect your body

Bodies come in all sorts of shapes, sizes and colors.

The idea that we should all fit a thin societal ideal is preposterous.

The idea that bodies are trends is a very real thing and it's insane. It's all for marketing and further feeds into the 72 billion dollar diet industry.

Every single body deserves respect, period. Even if you don't LOVE every part of your body YET, you can still treat it with respect.

Respecting your body is crucial to healing your relationship with food.

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Exercise - Joyful Movement

I have a lot more to say about this in the following pages, but exercise (or movement) SHOULD be enjoyable.

Exercise is a privilege, not a punishment.

We get to celebrate our body by moving it. You don't have to go to the gym if that doesn't sound good to you. You don't have to ever run, if that's not your thing. But we do need to move our bodies.

You can hike, walk the dog, jump on a trampoline, dance in your living room in your underwear, play a sport (pickle ball is all the rage), take a class, bike, swim, and on and on.

Try out a variety of exercises until you find what makes you FEEL your best and you truly enjoy.

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What is Gentle Nutrition?

This is principle #10 for a reason. A lot of you probably know the calories in more foods than even I do.

Some of you know how many points a food item has or whether it is green, yellow or red.

Until we can throw those beliefs out the window, we cannot fully heal our relationship with food.

Let's focus on foods that provide us energy, help our digestion and provide satisfaction. Most importantly, can we eat without guilt or shame.

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INTUITIVE MOVEMENT

Intuitive movement is the idea that we can connect with our bodies and move in ways that feel good to us, without the pressure of having to conform to a certain workout routine or regimen.

This principle is all about focusing on how exercise makes you feel, both physically and mentally, rather than adhering to strict rules or expectations.

The conventional approach to exercise can often be infused with external pressures such as appearance, weight loss, or performance goals.

This can lead to a cycle of frustration and disappointment when we fail to meet our expectations or reach our desired outcomes.

Intuitive movement, on the other hand, is about focusing on the internal sensations of movement and learning to appreciate them for what they are, without trying to change or improve anything.

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INTUITIVE MOVEMENT

The goal of intuitive movement is to allow us to rediscover the joy and pleasure of physical activity.

Also, to develop a healthier relationship with exercise. This means that we can listen to our bodies, and choose to move in ways that feel good to us.

Whether that's through dancing, yoga, hiking, playing pickleball or simply taking a walk. We can also experiment with different types of movement, and find what feels most satisfying for our bodies and minds.

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BENEFITS OF INTUITIVE MOVEMENT

One of the key benefits of intuitive movement is that it can help us to break free from the constraints of strict exercise routines. Also, to develop a more flexible and adaptable approach to physical activity.

It's about finding what works for you, and not feeling guilty for not adhering to a certain regimen. When we're able to move in a way that feels good, it can have a positive impact on our overall well-being.

It reduces stress and promotes a sense of calm and relaxation. Intuitive movement is a unique and empowering approach to exercise that encourages us to connect with our bodies and move in ways that feel good to us.

By embracing this principle, we can break free from the pressures of conventional exercise and develop a more positive relationship with physical activity. So, go ahead and give it a try. Allow yourself to experiment, listen to your body, and enjoy the experience of moving in a way that feels natural and intuitive to you.

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QUESTIONS TO CONSIDER

Are you ready to give up dieting for good?

What does health mean to you?



What are 3 non-weight loss goals you hope to achieve to improve your health?

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STARTING YOUR JOURNEY TO INTUITIVE EATING

Intuitive eating is about finding food freedom. We do, however, need to think about what we might want to eat when we notice our hunger.

A couple of questions to ask yourself as you pack meals/snacks include:

What foods typically satisfy me?



And for how long in what amounts? For example an apple may satisfy me for 45 minutes versus an apple with peanut butter or an apple with string cheese is 75 minutes.?

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STARTING YOUR JOURNEY TO INTUITIVE EATING

What are some go to satisfying snacks to have on hand/ in your purse or desk at work, in case you forget to meal prep or just run out of time?

What restaurants do you have nearby that you enjoy eating at?



Please know that you are learning and will over and underestimate your hunger and fullness and how much you will need sometimes. Be compassionate and trust that your body will adjust for any mistakes you felt like you made.

**WANT MORE SUPPORT?
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