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ENJOY FOOD WITHOUT THE GUILT!

Nardia Norman explores the power of words on your health.



I want you to picture a cupcake. A big, round chocolatey cupcake with thick, luscious looking pink icing that drips off the sides. You can smell the delicious aroma of sweet chocolate and you can almost taste the spongy light cake as you imagine biting into it.

Now, I want you to think of the first word/s that came to mind as you were imagining it – what was the word? Did you think something along the lines of ‘yummy and delicious’ or was it more along the lines of ‘treat, bad, naughty, not healthy, guilty pleasure, sin’?

If you are like many women, chances are you used the latter words to describe the cupcake. I am also going to make an assumption that if you did so, then there were feelings attached to those thoughts.

So often we unwittingly put labels on our food which, unfortunately, means we attach judgment to it; and by default, judgment to ourselves. If you label a food

as ‘naughty’ and then you eat that ‘naughty’ food, all of a sudden you also feel ‘naughty’ (and probably guilty or ‘bad’) for eating it.

The more this happens the more judgment you place on yourself and, thus, a negative relationship with food is created. Every time you eat you feel you are ‘good’ or ‘bad’ depending on what you have consumed (and so the slippery slope to food obsession and an unhealthy relationship with food can begin)

But guess what? Food cannot be good, bad, naughty, healthy, dirty or clean! Food is food and only serves to provide our body with energy and nutrients. And that’s it! If food were ‘naughty’ I would expect it to run around misbehaving. If food were ‘dirty’ I would expect it to be covered in mud. If it were ‘clean’ then I would expect it to have a good scrub in the shower with mint bodywash!

In order to experience true freedom that

comes with having a healthy relationship with food, it is important to see it for what it is – nourishment for your body. Obviously, some are more nourishing than others and, as such, you can view foods as sitting on a spectrum.

At one end of the spectrum are those that are conducive to helping you achieve optimum health, while at the other end you’ll find foods that are not (one could argue they are those which could be disease-promoting). They are not ‘good’ or ‘bad’ foods but, simply, more nourishing or less nourishing.

It can be argued that these are ‘just words’ but the truth is, these words are exceptionally powerful, especially if they have the power to change how you feel about yourself.

So, next time you go to eat, be mindful of what your internal monologue is saying. You have the power to change how you feel about food, and how it makes you feel about yourself. **OH!**