

A lifestyle guide by Garth
Delikan

Souful Eating

9 PRINCIPLES TO YOUR BEST SELF

Soulful Eating with Garth Delikan © 2015

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Introduction

Is your life where you'd like it to be? I'll be the first to admit mine's not the way I planned it out! I'm very lucky; through working smarter and the right mindset, I get to work with leading entrepreneurs and help them achieve their potential.

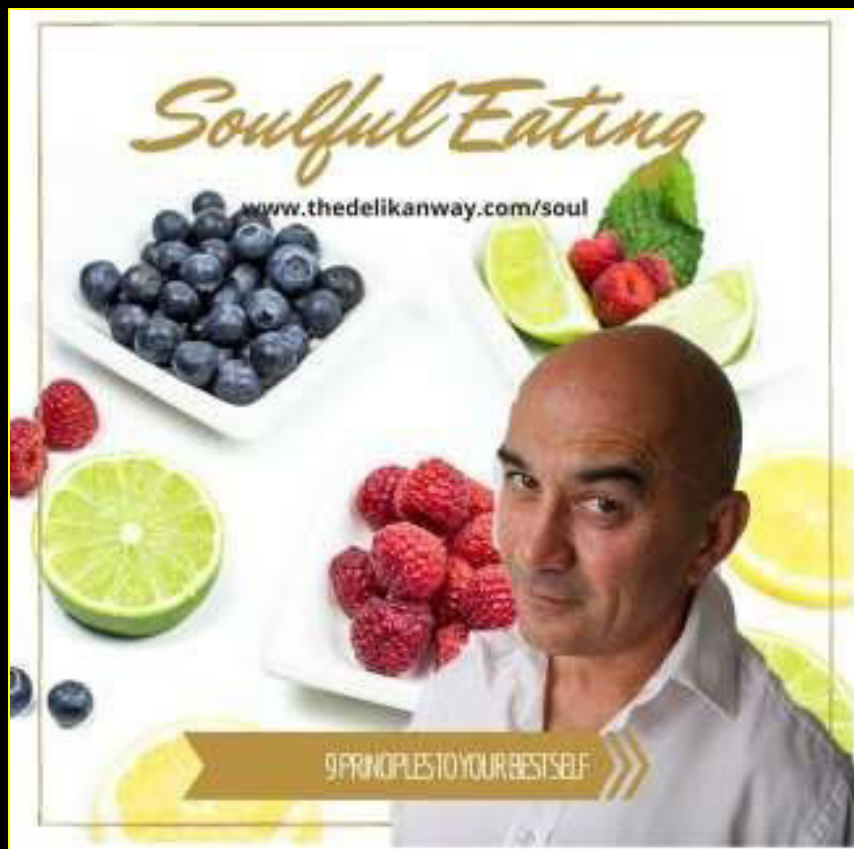
I've also been as a regular cast member on TV show, been heard on the radio and frequently booked as a corporate motivational speaker.

I'm a dad of two grown-up children. Amy is a writer and Josh is a musician. Life may not be as I'd planned, but I'm exactly who I want to be, and I've no regrets.

To help you be who you want to be I've authored this guide to Soulful Eating. This method of eating is simple to learn and has kept me lean and fit all of my life.

It's not a diet, it's the anti-diet.

Learning the 9 simple principles will re-connect your eating habits to your soul and give you the body of your dreams.



Introduction to Soulful Eating

Do you find losing weight hard? Do you ever think “I wish someone would just tell me what to eat so I could be healthy and lose weight?” Most overweight people have wished this at least once in their life.

This thought usually occurs when you’re sitting in front of the news or reading the paper and once again getting health advice that conflicts with the health advice you heard last week.

One week eggs are bad for you and cause heart disease, or contain salmonella and yet the next week they’re a great source of healthy fats and protein. Which report is right? How do you know if you’re helping or harming your body? How can you lose weight and become slimmer and healthier when it would seem even our scientists are at odds over what’s good to eat and what’s not?

These thoughts also appear when you’re overwhelmed with food choices and unable to decide what’s healthy for you and what’s not. Given the choice of cooking from scratch and filling your body with nutritious food, you choose the pre-packaged option. Not because we think it will taste better, or that it’s any better for you, but because it’s one thing to buy instead of 20 items to make one thing.

You may even have the conversations with your partner that start “what do you want for dinner?”

“I don’t know? What do you want?” “I dunno.

Spaghetti?”

“Nah, carbs are bad for you.”

“Steak?”

“Too much protein. Something else?” “Salad?”

“Too many pesticides”

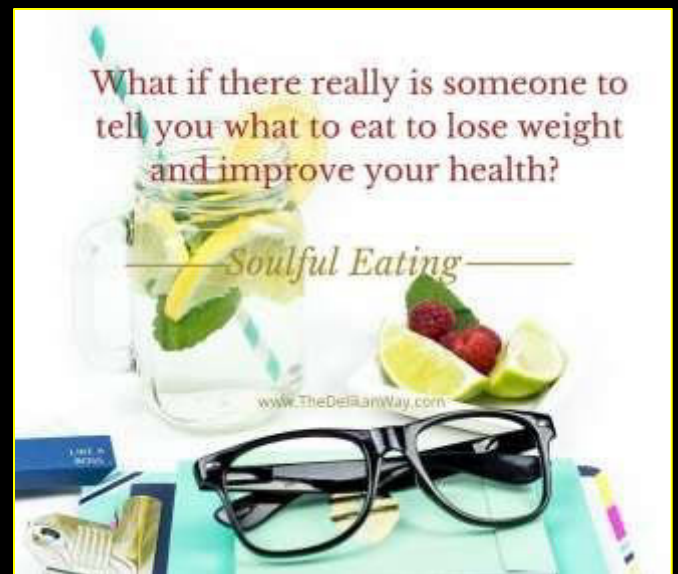
You may recognise your own variations of the *what shall we eat* conversation. Rarely do they start with “are you hungry?”.

Outsourcing your food choices to someone else seem to be a good way to shift the responsibility of choosing what you eat, why you eat it and of course, when you eat it.

If you're struggling with losing weight and dieting you will often wish there was a magic approach to eating, one where someone tells you what to eat and when to eat it.

What if there **really** is someone to tell you what to eat to lose weight and improve your health?

And what if that person was you?



I'm talking about Soulful Eating and it can change not only the way you look at food, but also how you live your life.

Soulful eating is a part of your lifestyle and not a health fad or part of the cool crowd. Soulful eating is the change that will give you the body of your dreams.

Are you ready for to start your journey?



What is Soulful Eating?

Soulful Eating is often called mindful eating, intentional eating, conscious eating or even the “anti-diet”. Why? Because it’s not a diet, but a way of life. The diet industry is worth £70 Billion a year. It’s not in the interests of the diet companies for you to lose weight and keep it off. The diet companies are in the business of making life-long customers; you.

Soulful eating is an approach to eating that embraces the simple, yet effective concept that when you listen to your body and pay attention to the sometimes subtle signs that it sends, you know what to eat, when to eat, and how much to eat to stay perfectly healthy.

Soulful eating is about taking back the responsibility for what you put into your mouth, but in turn, you eat what your soul wants and food energises you instead of leaving you feeling tired, lethargic and *hungry*.

Soulful eating is about awareness. So many of us eat unconsciously. Have you ever looked at the clock and thought “midday? Time to eat”.

You’re eating by the clock and when that happens you tend to eat what sounds good right now, or what’s nearby rather than what your body needs.

Cravings and deprivation go hand in hand with dieting and, some would think weight loss. You pay very little attention to the ingredients in the food you eat and how it impacts your immediate and long-term health.

Soulful Eating embraces nine principles that simple and effective to put into practice.

We're talking about the concept of learning to recognise when you're full and eliminating overeating. These principles can take some time to learn, recognise and embrace, yet once you make them part of your life they're easy to hold onto. They become part of who you are and how you eat.

And you'll be amazed at just how easing eating healthier can be.

- ❖ No more deprivation or yo-yo dieting.
- ❖ The vicious cycle of exhaustion and energy spikes will disappear.
- ❖ Your digestion will improve, you'll feel healthier and stronger
- ❖ Your mental clarity and function will improve, too.

There are so many subtle benefits to Soulful Eating that you'll wonder why you ever looked at food the way you did.

In this guide I'll share with you the 9 principles of Soulful Eating including:

- Rejecting the Diet Mentality.
- Valuing/recognising Hunger.
- Learning to recognise fullness
- Letting go of emotional eating.
- How to ignore the food police
- Enjoying your food
- Respecting Your Body
- Exercise as part of your lifestyle
- How to value and respect your personal health.

We'll also talk about the challenges of Soulful Eating, the benefits of it and how to get started. The getting started section also shares tips and tricks to help you fully embrace Soulful Eating into your diet and your lifestyle.

Ready to change how you think about food?

The Principles of Soulful Eating

Soulful Eating

9 PRINCIPLES TO YOUR BEST SELF >>>

- Rejecting the Diet Mentality.
- Valuing/recognising Hunger.
- Learning to recognise fullness
- Letting go of emotional eating.
- How to ignore the food police
 - Enjoying your food
 - Respecting Your Body
 - Exercise as part of your lifestyle
- How to value and respect your personal health before something happens.

The principles of Soulful Eating are the foundation on which this approach to food is founded.

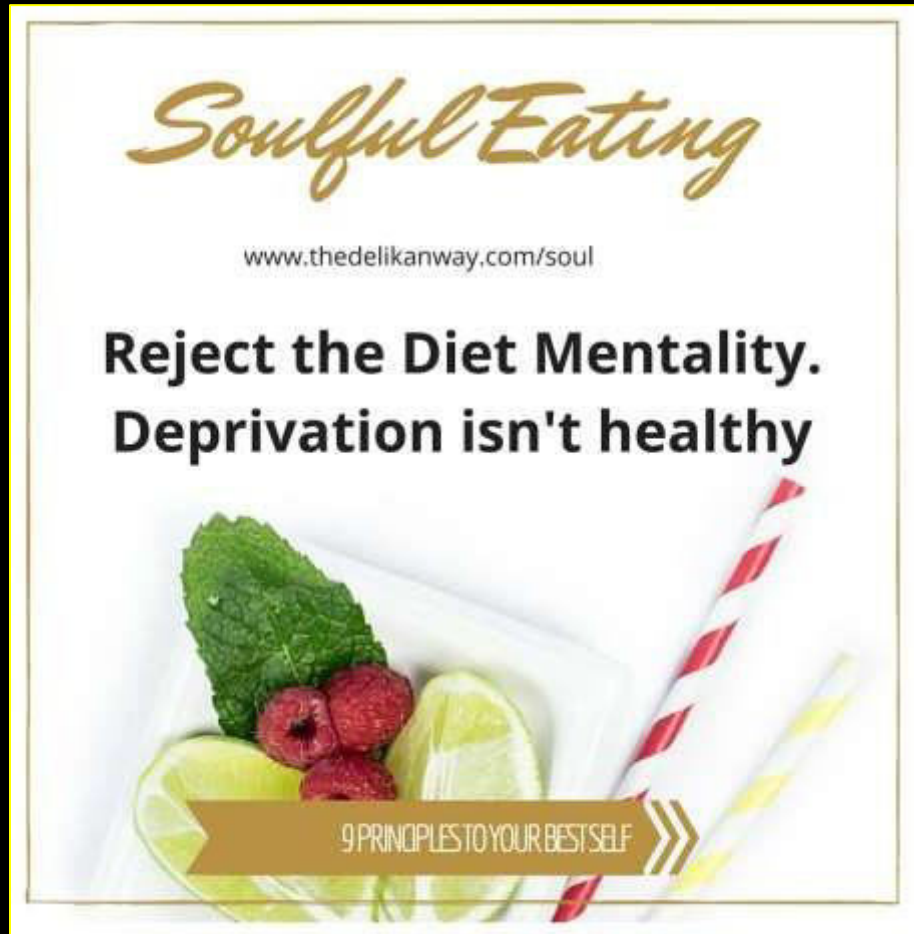
For far too long you've struggled with food, with your weight, and with your health and they're all connected.

Somewhere along the way you were pushed from your soulful, natural path and onto the path of believing that deprivation and dieting are positive things, that enjoying your food and eating healthy were impossible to do at the same time.

Healthy food, and organic eating has a terrible reputation for being expensive, tasting bland and simply being too much work. Does that sound familiar to you? It's something I hear every day when I talk about soulful eating.

Soulful eating is simple in its approach and you can integrate into your lifestyle slowly and steadily so that before you realise it, you, your family and the people around you will be nourished effectively!

Rejecting the Diet Mentality



How many times have you dieted and how many diets have you tried? The statistics are staggering. It's estimated that by the time a woman is 45 years old, she's dieted 61 times. The age of "dieters" is getting younger and younger, too. It's not uncommon to find an 8-year-old on a diet.

Dieting isn't gender specific. Both men and women are struggling with their weight. The diet mentality will tell you to cut your calories, to stop eating specific foods, and they'll require you to count, measure, and track everything you put into your mouth. Soulful Eating asks you to forget all about this approach and never diet again.

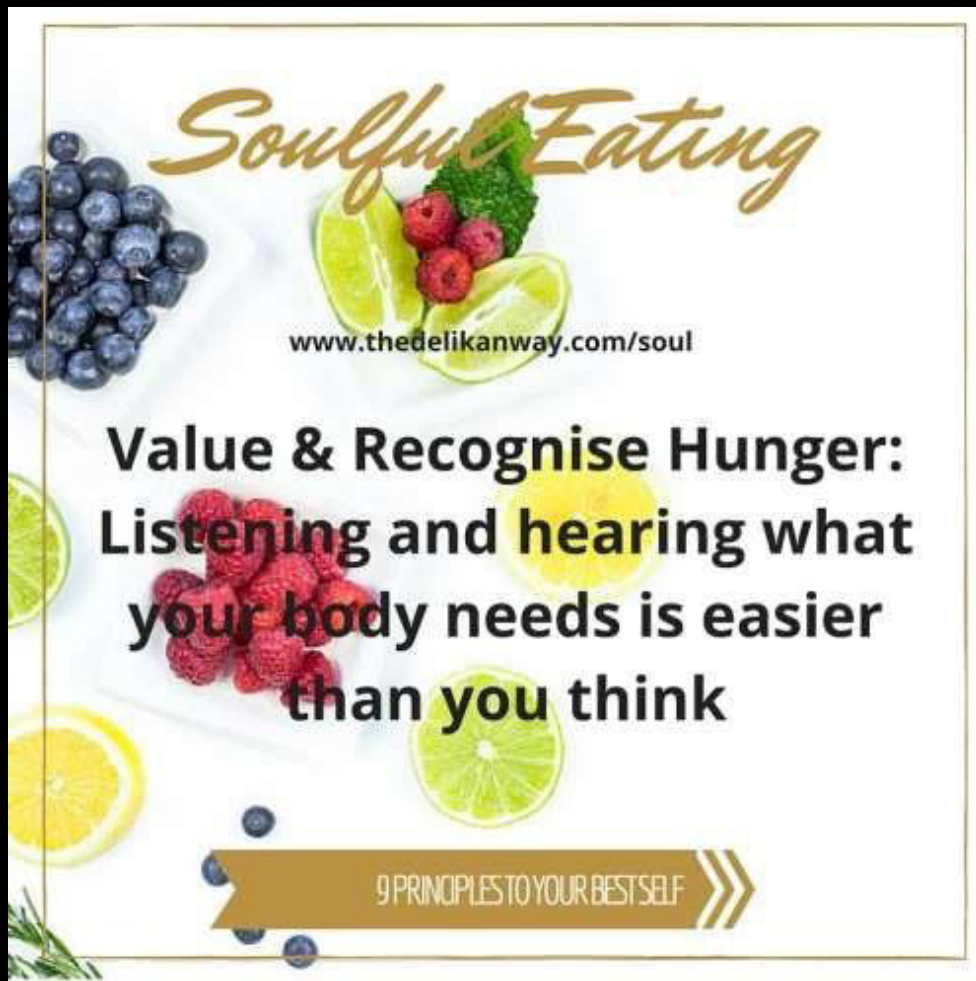
Soulful Eating means you'll start paying attention to what foods make you feel healthy, strong, and energetic.

You'll start eating when you're hungry and stopping when you're full.

To make Soulful Eating part of your life, it's time to let go of the concept that there is a diet somewhere that will work for you.

There isn't. Dieting doesn't work. Eat to live and enjoy feeling energised.

Value and Recognise Hunger



There are many signs that your body gives you about the food that you put into it. For example, you might get a headache when you drink wine or you might get bloated when you have dairy. These signs are valuable because they tell you what you're eating isn't agreeing with your unique body and systems.

Hunger is another sign and it's a valuable one. **How often do you actually wait until you experience hunger before you eat?** And how often do you find yourself ignoring your hunger signs until you're so famished that you eat the closest and most convenient option, which is usually junk food?

Paying attention to your body and becoming aware of the early signs of hunger help you begin to embrace food as the solution rather than the enemy.

Learning To Recognise Fullness



How often do you find yourself pushing away from the table feeling like you've eaten too much? Maybe you've even had to unbutton the top button on your trousers. It's happened to everyone and it happens for a number of reasons. We just talked about ignoring hunger signals. When you do this your blood sugar drops dramatically and your body needs fuel to function.

You become exhausted and suddenly the fastest calories feel like the best calories. Fast calories often contain a lot of sugar. It might be a starchy carb like a bag of chips or a handful of cookies. You're so hungry that you consume ten times what you really wanted or needed and then you're stuffed.

Soulless eating also causes problems. It's easy to eat too much when you're not paying attention to what you're doing. Learning to recognise fullness helps you stop eating before you feel awful. Balancing signs of fullness with signs of hunger is half the challenge. Master these two skills and Soulful Eating will become second nature.

Letting Go Of Emotional Eating



What do you eat when you're stressed out? What about when you're sad? Sugary foods and/ or salty foods are often the food of choice. Some people head straight for a bag of crisps or a tub of ice cream.

Emotions often make eating decisions, and unfortunately when you focus on your emotions and let them rule your choices, you're not paying attention to what your body is telling you.

Learn to be more aware of your emotions and how they impact your behavior.

You'll be able to recognise your emotions for what they are. That doesn't mean you don't feel them. Emotions are signals that other things are going on in your life. However, they shouldn't be part of your eating process. You shouldn't eat to make yourself feel better, or eat to change your feelings in some way. Your body should be your best reference.

Emotional eating is the biggest cause of obesity, and it's the hardest to change. You should look into tapping, hypnotherapy and positive visualisations to help you overcome emotional eating.

Ignoring The Food Police



Exactly how many people do you need in your life telling you what you can and cannot eat? Don't eat fat. Eat fat. Watch your calories. Stay away from meat. Eat meat. It seems that everyone has an opinion on what to eat, and they want to share it with you.

And the food police aren't just external voices telling you what you can and cannot eat.

You have your very own internal food police as well. This is the voice that tells you you've been good so you can have a cookie or you've been bad so you have to run an extra mile today. This voice is negative and it's often quite dumb. Food isn't a reward and exercise isn't a punishment.

And that friend that's the member of the food police? She's dangerous. She'll tell you exactly what you want to hear

- You're fine as you are (you know you're not)
- One slice of pizza won't matter (it does if you don't want it)
- Another glass of wine? Liquid calories don't count (yes they do, and again, if you don't want it, don't have it)

- Have chocolate cake, you deserve it (you know what you deserve and don't, and if you don't want it – say no)

When friends and relatives do this, it is almost always because they're scared that you losing weight will impact upon them. It's never about what's right for you, but always about control over you, and your relationship.

I understand that saying no is tough. But to protect your body and soul you must say no if you cannot say 100% that you are hungry, that you want to eat this and that it will nourish and energise you.

Sometimes the best thing you can do is to confront the people who are trying to sabotage you. This is why commercial businesses in the weight loss industry have support groups.

It's not enough to try and eat healthier, you need other people who understand, and to help you with this you're most welcome to join the Soulful Living community on Facebook:

<https://www.facebook.com/groups/soulfullifestyle/>

Too much of any food probably isn't great for you and most of anything in moderation is just fine – even cookies and ice cream.

Start ignoring these negative voices inside your head and outside influences, as well. When you crave a crisp, fresh apple, you know that your soul is speaking to you.

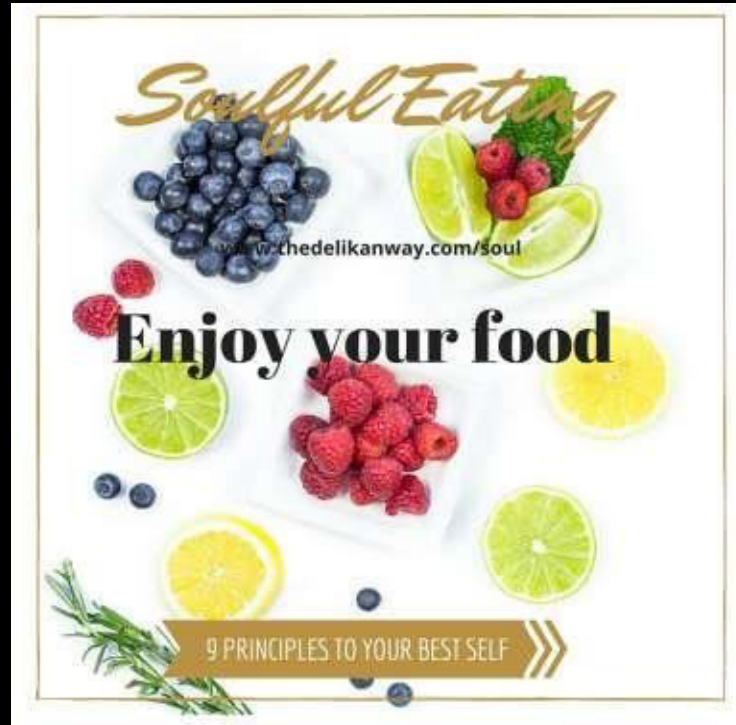
Enjoy Your Food.

Food as fuel isn't a popular concept, but you wouldn't overfill your car with petrol. Food is so much more than fuel;

- It's part of our culture
- It's a part of how we celebrate, spend time with friends and family,
- And it's often how we connect with one another.

Soulful Eating is about more than being aware of what your body wants and needs, it's also about appreciating food and enjoying it.

We spend so much time feeling bad about what we eat that it ruins the relationship with food. It becomes the enemy rather than the life giving fuel that it is.



Take the time to savour what you eat. Take your time

- What does the food smell like?
- What's the first sensation as you put a bite into your mouth?
- Can you chew the piece 10 to 20 times before you swallow?
- Have you put the fork down as you chew?
- When you've swallowed, do you feel full?
- If you feel full do you stop eating?

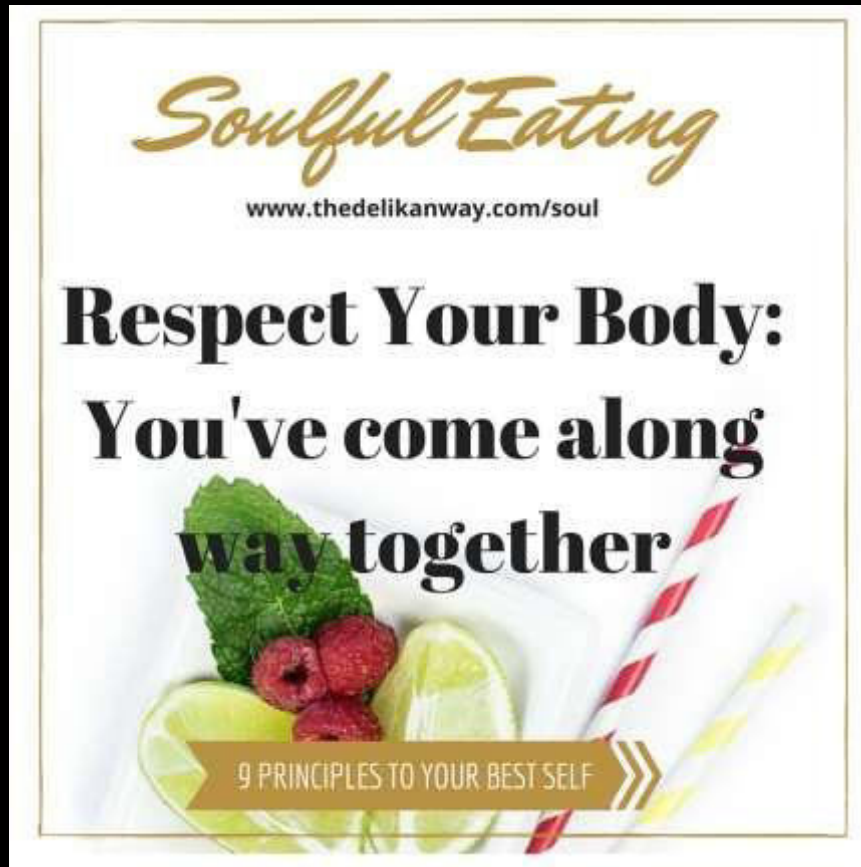
This is all very simple, and that's the beauty of soulful eating; nothing is forbidden but you can only eat if your body wants it.

You'll quickly find within days of eating soulfully, your body will re-energise and you'll be able to identify the differences between real hunger and emotional hunger.

Respect Your Body

Do you ever think about what your body does for you? It protects you. It moves you from one point to another. It dances and smiles and skips and runs and so much more.

Your body is amazing. Whatever it looks like and whatever package you came in, that package is simply astounding.



It is constantly working super hard to keep you alive and functioning on a high level. Fuel it well and treat it with kindness. Learning to respect your body and all that it does for you shifts your relationship with it.

Instead of it being something that you dislike, or despise, it becomes a part of you that you're grateful for and we tend to take great care of things and people that we're grateful for. Be grateful for your body. You wouldn't be here without it. Treat it with loving kindness and feed it well.

Exercise

How often do you hear someone say, "I'm gonna have to work off that meal."? Or "I'm going to have to...fill in the blank... to make up for eating that.... fill in the blank...."? It happens all the time. People have a punishment/reward relationship with exercise and food. Both should be pleasurable and part of how you take care of yourself. If

exercise is a punishment, a chore, and something that you do because you should, then it's not the right exercise for you.

Your body was designed to move. That's first and foremost. Move it. It wasn't meant to sit at a desk all day or on a couch or in a car. It is meant to move. Walk, jog, roller skate, dance, jump, swim, do whatever you want to do that feels good and makes you smile.

If you love to bend and twist and feel the power and stillness in your body then try yoga. If feeling strong and empowered makes you feel alive then try weight lifting. If you thrive on variety, consider CrossFit. Love to dance? Zumba might be in your future or check out a tango or ballroom dancing class. Love the water? Go swimming.

And if walking is your thing, then you'll be glad to know that walking is one of the best exercises that you can do.

Start gently and make it part of your routine.

Value and Respect Your Personal Health

Finally, when you shift your mindset about your body and your health, when you stop fighting it and begin to listen to it and work with it, you'll find a new respect for your health.

Many people find themselves blaming their body and their health.

They feel like a victim and that being healthy is a battle. When you're able to stop battling with yourself and work to listen to your body, you will find that eating healthy and losing weight becomes easier.

Okay, so if all you have to do is ignore diets, fads, and negative talk and thoughts about food and embrace your body, listen to it, and stay positive about your health and well-being, then why isn't everyone eating this way? The truth is that it can be difficult. Over the years you've probably established some pretty entrenched thoughts and feelings about food.

For example, do you believe that you have to have breakfast and that skipping breakfast is bad for your health? Many people, including nutritionists and physicians, believe this to be true. But what if your body feels better if you don't eat breakfast?

What if your body feels better if you exercise first and maybe eat a few hours later? Which is better? Which is right? Soulful Eating says that you listen to your body and you skip breakfast but that may go against everything you've ever learned and have been told to believe.

And this is a simple example. Many other thoughts and fears about food aren't so easy to identify and deal with. So before we talk about how to embrace Soulful Eating, let's talk about some challenges to Soulful Eating.

Challenges to Soulful Eating

While Soulful Eating is easy to understand, it's not always easy to implement. However, understanding the challenges beforehand can help you be aware of them. And ultimately Soulful Eating is about awareness.

1. Fear

One of the primary goals for Soulful Eating is to give yourself permission to eat anything. Yes, anything. If you want French fries drizzled with chocolate syrup and topped with bacon, then you are supposed to be comfortable, and not feel guilty, eating that.

There is a lot of fear around giving yourself permission eat anything. Getting past this fear begins with recognising it and questioning it. What are you afraid of and why are you fearful? What's the worst that can happen, and is your fear realistic?

2. Preconceived Myths Or Beliefs About Food

What do you believe about food? Do you believe that cookies are bad and carrots are good? Do you believe that fat makes you fat? What about calories? Are they all created equally? We all have beliefs about food that we've grown up with.

We adopt them over time and don't often question whether they're really true. Start writing down what you believe about food, eating, and health. Then start exploring why you have those beliefs and whether they're true. You may find that most of your negative or limiting beliefs about food aren't really true, which is liberating.

3. Emotional Eating

People tend to have emotional triggers that elicit certain behaviors. Some people shop when they're stressed or sad. Other people eat. They eat when they're stressed. They eat when they're sad or overwhelmed or angry. Think about when you eat and what emotional triggers may be involved with your food choices.

For example, after you get yelled at by your boss, do you hit the fast food drive-through on the way home? Spend some time contemplating what makes you eat emotionally and start thinking about new habits that you can embrace instead. If you tend to have an emotional eating episode after a bad day at work, another option might be to call a friend or listen to upbeat music. Start learning how to distinguish "emotional hunger" from actual hunger.

4. Fatigue

When you're tired, it's difficult to pay attention to your body. You just want to get something into your stomach so you can do what you need to do and so you can go to sleep. It's a common issue and its part of living a hectic lifestyle and fueling your body with foods that don't support good health.

Rest assured that as you begin to pay attention to your body and fuel it well, the fatigue will go away. You'll have more energy from your food choices. You will also likely sleep better and you may be more relaxed about food and eating. Additionally, if you incorporate exercise into your lifestyle, your energy will increase.

While fatigue will become less of an issue for you as you begin to eat intuitively, it's also a part of life. Sometimes you're just tired. That means it's also important to learn how to manage it and still make the right decisions for you and your body, regardless of how tired you are.

It's also important to point out that Soulful Eating doesn't say you can't have a cookie or ice cream or potato chips. It's not about deprivation. It's about paying attention. If you want a cookie, eat a cookie. It's about moderation and awareness. When you know that you can eat whatever you want, whenever you want it and as much as you want, you'll end up eating fewer cookies, cakes, and chips. You know you're not restricted, so you won't feel deprived and you won't overdo it.

5. Peers/Media

You're going to receive external pressure from your peers and from the media. You'll hear people talking about what they eat or don't eat. You'll hear the media talk about what you should and shouldn't eat.

Tuning this out can be really difficult. Consider creating a mantra or an affirmation. For example, "I listen to my body and pay attention to what it wants and needs. That's how I stay healthy and manage my weight." You can repeat this to yourself and to your peers when you feel pressured or criticised for your choices.

While these challenges may seem difficult, the proof is there. Soulful Eating is worth it. Imagine living your life without being concerned about what you eat, when you eat and how much you eat. You simply eat. Instead of stressing about it, you listen to your body and trust that it's telling you what you need to know. You know when you're hungry, when you're full, and when you should have vegetables and lean meat and when a hamburger and fries is okay.

And the science is there. It backs Soulful Eating. In fact, an article published in *Public Health* showed that Soulful Eating is linked with lower BMI and better psychological health. (Source: <http://www.ncbi.nlm.nih.gov/pubmed/23962472>). People who practice Soulful Eating are happier and healthier.

The benefits are substantial and they're backed by story after story of people who have found a new relationship with food and their body. This relationship and approach leads to:

1. **Weight loss**
2. **Weight control**
3. **Improved health**
4. **Better sleep**
5. **More energy**
6. **Less stress about food, more happiness**
7. **No more diets!**

Sounds pretty good, right? Let's talk about how you can begin to eat intuitively and say goodbye to dieting forever.

Getting Started with Soulful Eating

Soulful Eating changes lives. It reframes how you think about food, how you feel, and how you live your life. Getting started is an exciting time. It can be filled with a bit of anxiety because you're challenging your beliefs and habits. So let's start simply and begin at the beginning.

Step One: Checking In With Your Body

The first and fundamental component of eating intuitively is to eat when you're hungry and to eat until you're full. You want to learn to become aware of your body. What does it want and need and when does it need it?

Start asking questions. Consider checking in with your body on an hourly basis.

- Assess hunger. Ask yourself, am I hungry? Learn to recognise what hunger feels like. It can take some time to get used to this feeling. Most people wait until they're famished or they just eat by the clock. Start learning your hunger signals. And honor them by eating when you feel them.
- Assess fullness. Ask yourself, "Am I beginning to feel full?" It takes your body a full 20 minutes to send this message. If you gobble down your food, you're not going to get the signal until long after you've finished eating. This means that you may miss the signs. So part of learning to assess fullness is to slow down when you're eating.

It's also a balancing act because you want to stop eating before you feel full. Again, this can take some time to learn. As you eat your meals over the next week, pause several times during the meal and tune into your body and your digestive system. How does it feel? Is it full? What does "full" feel like? What does almost full feel like?

- o Assess Cravings. Start asking yourself why you're craving a food or avoiding a food. Awareness is as much mental as it is physical. It's important to learn your triggers. We talked about emotional eating earlier. Emotions and your mental state help you make decisions about your food.

When you find yourself craving a snack, ask yourself why you're craving it. We're not suggesting that you judge your reasons for wanting a particular food, only that you become aware of your reasons. There's strength and power in knowing that you want a cookie because you're stressed. You can then make an educated decision about that cookie. You might have it. You might not but at least you're eating with awareness. As you go through your day and you find yourself thinking about food or craving a particular food, ask yourself why you want it.

You'll be amazed at some of the answers you uncover.

Step Two: Stock Your Shelves

Take a trip through your home including your pantry, cupboards, and refrigerator. Consider removing the items that you want to cut back on. You might not throw them away but put them somewhere out of sight. They'll be less tempting to you and you'll have to be intentional when you eat them. For example, put the cookies in your laundry room cupboard or on a high shelf somewhere.

Then, stock your home with healthy options that you enjoy eating. Start looking for delicious recipes and fun and tasty foods. Remember that eating is supposed to be enjoyable.

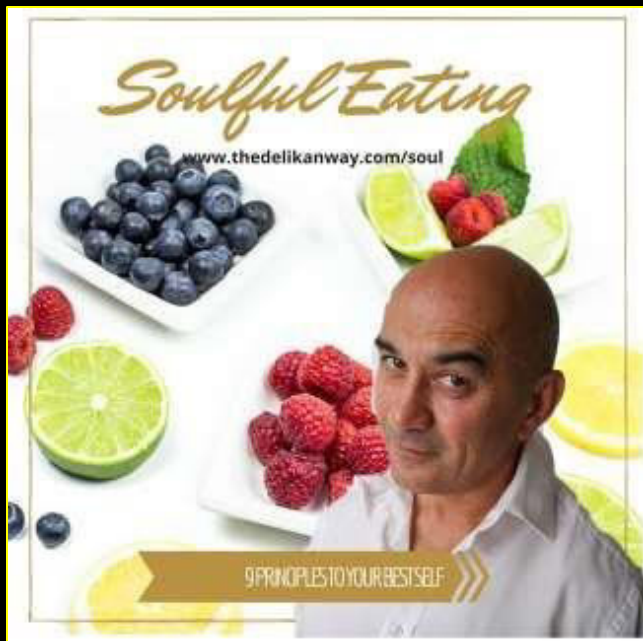
Step Three: Find Alternatives

There will be challenges to your Soulful Eating process. There will be times when stress, fatigue, and pressure from the outside world will influence your eating choices. This is okay. It's a learning process. The goal is to begin to identify alternatives for these challenges. Remember that alternatives can be anything that works for you. If you eat unconsciously when you're stressed, you might find that listening to a song or looking at a funny cat video does the trick.

It's important to understand and to fully embrace that Soulful Eating is a process. It's about relaxing a bit and learning to feed your body the way it needs to be fed. Instead of listening to the outside world and your negative and limiting thoughts about food and your body, you listen to your body and respect all that it does and will do for you.

Your body is amazing and it can show you how to eat right for you. Start listening to it. Tune everything out and enjoy the tremendous benefits of Soulful Eating.

Work with Garth Delikan



Suave, modest, debonair... are never mentioned when you talk about Garth Delikan.

What's always mentioned is how fit he is, how young he looks (20 years younger than his actual age) and how knowledgeable he is about food, fitness and living your best possible life.

Garth Delikan is also known as the anti-diet guru.

He hates dieting with a passion and thinks it should be banned. The diet industry in the UK alone is worth £70 billion a year. If it was effective, they'd be no overweight people.

Dieting turns people into lifetime customers of the diet industry.

Garth's sole mission is to reconnect his readers with their bodies and show them how to avoid the food police, diet saboteurs and emotional eating so they can live their lives soulfully and happily.

Garth will help you eat soulfully and reconnect with your body and what it needs, message me and ask how we can work together garththelifestyleguy@gmail.com

You can read more about Garth and his work over at <https://thelifestyleguy.co.uk/>