



nutrition • health • food freedom

8 Things to Try Instead of Dieting

1. **Shift your focus away from weight loss**

Weight loss can become an obsession that backfires. You end up off the wagon and back on the wagon over and over. Spoiler alert: There is no wagon. There is no “on” or “off.” Shift your focus away from weight loss and toward self-care lifestyle habits. That means introducing more vegetables, getting adequate sleep, cooking at home, fostering relationships, nurturing your spiritual side, choosing activities you love, finding more reasons to laugh, etc.

2. **Follow your gut**

Stop making any foods off limits. There is no good food or bad food. (The only food that should make you feel guilty is a food you’ve stolen.) Instead, ask yourself: Is this meal delicious? What are the ingredients? Will this fill me up? Will this nourish me? How will I feel about myself after I’ve eaten it? Will I feel satisfied? Will I feel deprived? Will I feel happy and proud or will I feel ashamed and depressed after eating it?

3. **Exercise compassion and forgiveness**

Nobody changes overnight. Nobody’s perfect. This isn’t about perfection or finding any solution to our problems. This is about treating ourselves and our bodies with respect, loving the skin we’re in, and enjoying life to the fullest. This is about enjoying real ice cream and pasta and not worrying that we’ll gain 100 pounds every time we eat an avocado or some cashews or whatever food we’ve grown to fear over the years.

4. **Eat fat**

Fat can be scary to the chronic dieter but your body needs healthy fats. It needs the kind of fats that it can recognize and break down. Every time you try to avoid fat by purchasing a “fat-free” or “light” product, you are depriving your body of real fat and replacing it with artificial sugars, chemicals, and additives put there to enhance the flavor lost by the fat. They’re not natural, and your body can’t recognize them as energy and burn them efficiently.

5. **Practice mindfulness**

This is very difficult for the perfectionist who always needs to be productive, but it's essential to letting go of the dieting mentality. Slow down and be mindful. Take a deep breath. Go for a walk. Read a book. Meditate. Be in the present. Negative voices tend to thrive most when we're regretting the past or fretting about the future. Do what makes you truly happy now, and not what you think will eventually make you happy once you've earned it.

6. **Joyful movement**

Forget about attaining rock-hard abs or targeting cellulite or getting ready for the beach or any idea of future happiness. Instead, focus on movement and energy and what makes you happy. Try not to exercise for any other reason than to make yourself happy and healthy.

7. **Stop putting off your happiness**

Do you avoid buying clothes? Do you feel like life will be better once you get rid of some of those pounds? Do you look at others and wish you could look like them? Try instead to love and accept what you have now and remind yourself that acceptance is not the same thing as resignation. It doesn't mean you'll never improve. It simply means you're respecting yourself enough to be happy right this minute.

8. **Look at yourself naked every day**

Don't avoid your body. Take a good look at it. Remind yourself of the strengths of your body and how it got you to where you are today. Your body spends 24/7 trying to heal you and keep you alive. What's above your neck and what's below your neck are interconnected, and the food you choose to eat affects your body. It makes up your cells and helps regenerate your organs. You literally are what you eat. Feed your body the best food you can, be patient and trust your body to find its healthy, happy weight on its own. Because you're worth it!



You don't have to do this on your own! Together we can end the frustration from dieting and binge eating once and for all by nourishing our bodies from the inside out. Together we can pursue healthy lifestyle habits instead of forcing weight loss through restrictive dieting. Together we can achieve food freedom!

Contact Katy today for an initial consultation

Get the book!

Worth It: A Journey to Food and Body Freedom details my own 28-year history with dieting and disordered eating, how I left it all behind and overcame my binge eating disorder, and the 6 essential steps that helped me throughout my journey to food and body freedom.

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