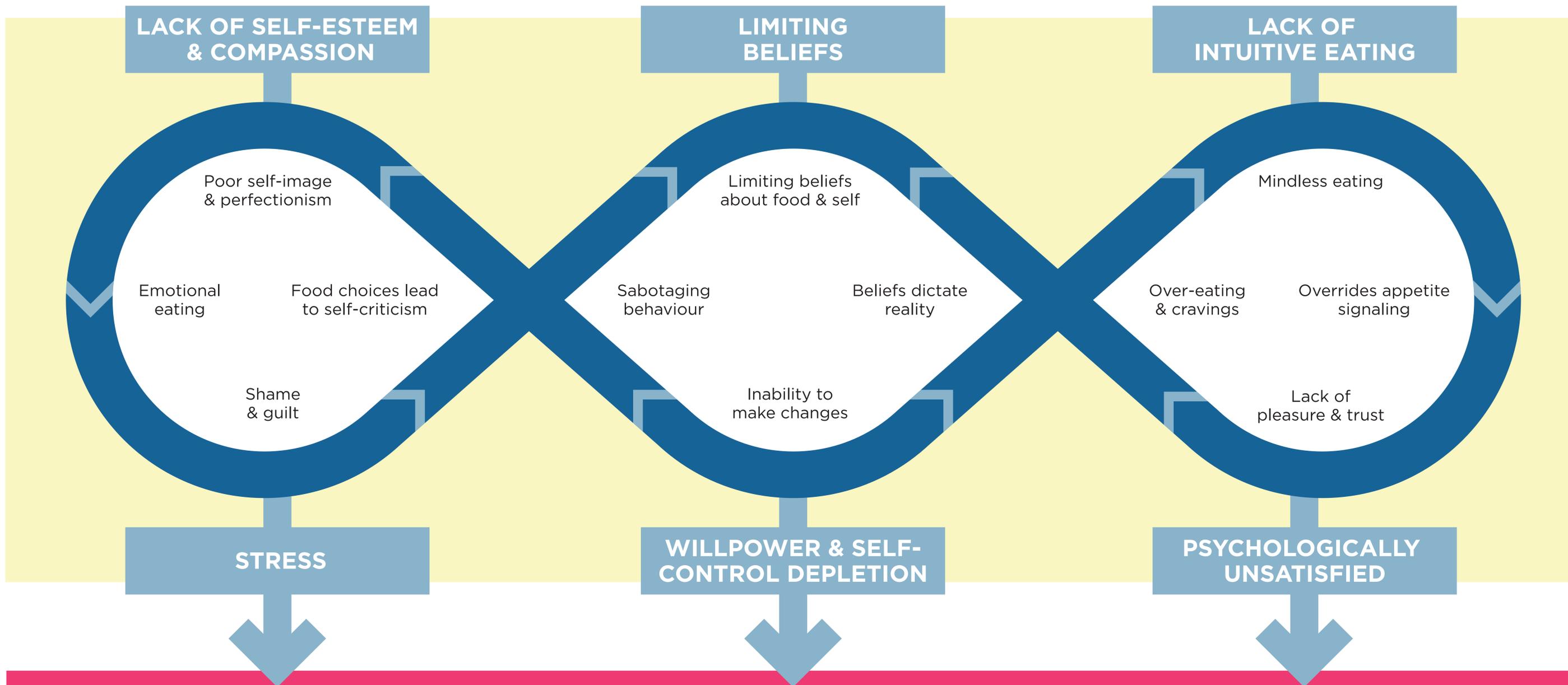


ENDING THE DIET-SABOTAGE CYCLE: MAKING PALEO EMOTIONALLY SUSTAINABLE

Why do some people follow Paleo for a defined period of time and then fail to sustain change?
 Why do they struggle to find consistency in making Paleo a lifestyle?

Proposal: Look beyond food and physical markers of health to address one's relationship with food and make Paleo emotionally sustainable.

THE CYCLE THAT CREATES EMOTIONAL DISCOMFORT



SOLUTIONS TO PROMOTE EMOTIONAL SUSTAINABILITY

- * Evaluate emotional health markers
- * Create meaningful goals (not weight loss)
- * Self-compassion
- * Body acceptance
- * Self-care
- * Empathetic coaching
- * Community, support

- * Change core beliefs (mantras)
- * Gratitude
- * Remove moral labels from food (i.e. "good" vs "bad")
- * Censor negative self-talk
- * Visualizations

- * Intuitive eating: sitting down to eat, eating slowly, without distractions, tuning into hunger signals
- * Remove rules and templates
- * Teach people how to eat what they want