



# Module 7: Unconscious Eating



## PART 1: Dealing with unconscious eating

It can take 20 minutes for your brain to register that you are full. In this module we are going to focus on changing this programming.



## PART 2: The 3 Tips

### Tip No 1: Multi-tasking is the enemy of your weight loss

If you are sitting in front of the TV, on the phone or even driving, consider where your attention is at this time.

**Action 1:** When you are eating, your attention should only be on this, not on anything else you are doing. Think more about food when you are eating and you will notice that you feel full a whole lot faster.

### Tip No 2: Are you a fast eater?

Remember, it can take up to 20 minutes for your brain and stomach to register that you are full. Therefore, it is key that you take your time when eating your food.

**Action 2:** When you are eating, put your knife and fork down, chew, enjoy the food that is in your mouth, swallow it, breathe in and then go back for some more.

Eating fast is not only bad for your body but it is also bad for psychological eaters. Take time to enjoy your food, breath and take time to change the habit.

### Tip No 3: Eat as slowly as possible

**Action 3:** Today, eat as slowly as you possibly can.

This will allow time for the signal we have been talking about to reach your brain and it gives your digestive system the chance to start processing the food. You should notice you start to enjoy the taste of your food more and in the instance of junk food you will start to notice that they are not as nice as you thought!



### **PART 3: Mindset Technique to combat unconscious eating**

Close your eyes and follow Ali's guidance as he talks you through this mindset technique on combatting unconscious eating.

**Next up, Module 8: Tried & Failed**

