
Certificate Programme in Intuitive Eating Practices

Nourishing Your Body with Intuitive Eating

Abstinence: Refers to the avoidance of certain foods or substances that may trigger unhealthy eating habits or digestive issues in the context of intuitive eating. Related terms include moderation and self-care. Abstinence is a personal choice and may vary from individual to individual, depending on their unique needs and health goals. For example, someone may choose to abstain from sugar or gluten due to sensitivities or allergies.

Acceptance: Involves acknowledging and accepting one's thoughts, feelings, and bodily sensations without judgment or resistance. Related terms include mindfulness and self-compassion. Acceptance is a crucial aspect of intuitive eating, as it allows individuals to develop a healthier relationship with food and their bodies. For instance, accepting one's hunger and fullness cues can help individuals eat more mindfully and develop a more positive body image.

Adaptive Eating: Refers to the ability to adjust one's eating habits in response to changing circumstances, such as travel or social gatherings. Related terms include flexibility and resilience. Adaptive eating is an essential skill for individuals practicing intuitive eating, as it allows them to navigate challenging situations while still honoring their internal wisdom. For example, someone may need to adapt their eating habits while traveling abroad or attending social events.

Anorexia Nervosa: A serious eating disorder characterized by a distorted body image and restrictive eating habits. Related terms include bulimia and orthorexia. Anorexia nervosa is a mental health condition that requires professional treatment and support. Intuitive eating principles can be helpful in recovery, but should be used under the guidance of a qualified healthcare professional.

Aromatic Compounds: Refers to the chemical compounds responsible for the smell and flavor of food. Related terms include flavonoids and terpenes. Aromatic compounds can play a significant role in the enjoyment of food and the development of food preferences. For example, the aroma of freshly baked bread can evoke feelings of comfort and warmth.

Avoidant Restrictive Food Intake Disorder: A type of eating disorder characterized by a lack of interest in food or a fear of eating due to concerns about choking or vomiting. Related terms include anorexia and orthorexia. Avoidant restrictive food intake disorder is a serious mental health condition that requires professional treatment and support.

Bariatric Surgery: A type of surgical procedure used to treat obesity by restricting the size of the stomach. Related terms include gastric bypass and lap band. Bariatric surgery can be an effective treatment option for individuals with severe obesity, but it should be considered under the guidance of a qualified healthcare

professional.

Binge Eating: Refers to the act of consuming a large amount of food in a short period, often accompanied by feelings of guilt or shame. Related terms include emotional eating and compulsive eating. Binge eating is a common disordered eating behavior that can have negative effects on physical and mental health.

Body Image: Refers to an individual's perception of their own body, including their shape, size, and appearance. Related terms include self-esteem and confidence. Body image plays a significant role in intuitive eating, as it can influence an individual's relationship with food and their overall well-being. For example, having a positive body image can help individuals develop a healthier relationship with food and exercise.

Body Mass Index: A measurement used to assess an individual's weight status, calculated by dividing their weight in kilograms by their height in meters squared. Related terms include obesity and underweight. Body mass index is a commonly used indicator of health, but it has its limitations and should be used in conjunction with other health metrics.

Cognitive Restructuring: A technique used to challenge and modify negative thought patterns and beliefs about food and body image. Related terms include cognitive behavioral therapy and mindfulness. Cognitive restructuring is an essential skill for individuals practicing intuitive eating, as it can help them develop a more positive and realistic relationship with food and their bodies.

Compulsive Eating: Refers to the act of eating in response to emotional or psychological needs, rather than physical hunger. Related terms include emotional eating and binge eating. Compulsive eating is a common disordered eating behavior that can have negative effects on physical and mental health.

Cravings: Refers to strong desires for specific foods or substances, often driven by emotional or psychological factors. Related terms include emotional eating and addiction. Cravings can be a challenging aspect of intuitive eating, as they can be difficult to manage and may lead to overeating or disordered eating behaviors.

Disordered Eating: Refers to a range of abnormal eating behaviors, including anorexia, bulimia, and binge eating. Related terms include eating disorders and mental health. Disordered eating can have serious negative effects on physical and mental health, and requires professional treatment and support.

Emotional Eating: Refers to the act of eating in response to emotional or psychological needs, rather than physical hunger. Related terms include compulsive eating and binge eating. Emotional eating is a common disordered eating behavior that can have negative effects on physical and mental health.

Empowerment: Refers to the process of gaining control and confidence in one's ability to make healthy choices, including those related to food and body image. Related terms include self-esteem and autonomy. Empowerment is a key aspect of intuitive eating, as it allows individuals to take charge of their health and

well-being.

Food Addiction: Refers to a condition in which an individual experiences compulsive cravings for specific foods or substances, often accompanied by loss of control and negative consequences. Related terms include substance abuse and eating disorders. Food addiction can be a challenging aspect of intuitive eating, as it can be difficult to manage and may require professional treatment and support.

Food Neophobia: Refers to a fear or aversion to new or unfamiliar foods, often accompanied by restricted eating habits. Related terms include pickiness and food selectivity. Food neophobia can be a challenging aspect of intuitive eating, as it can limit an individual's ability to explore new foods and develop a varied diet.

Gastric Bypass Surgery: A type of surgical procedure used to treat obesity by restricting the size of the stomach. Related terms include bariatric surgery and lap band. Gastric bypass surgery can be an effective treatment option for individuals with severe obesity, but it should be considered under the guidance of a qualified healthcare professional.

Health At Every Size: A paradigm that emphasizes the importance of health and well-being, regardless of weight or body size. Related terms include size acceptance and body positivity. Health at every size is a key aspect of intuitive eating, as it allows individuals to focus on health and well-being, rather than weight loss or body shape.

Healthy Eating: Refers to the practice of consuming a balanced and varied diet that provides adequate nutrition for optimal health and well-being. Related terms include nutrition and wellness. Healthy eating is a key aspect of intuitive eating, as it allows individuals to nourish their bodies and develop a positive relationship with food.

Hunger: Refers to the physical sensation of needing to eat, often accompanied by stomach growling or light-headedness. Related terms include fullness and satiety. Hunger is an essential aspect of intuitive eating, as it allows individuals to tune into their internal wisdom and eat in response to physical needs.

Intuitive Eating: Refers to the practice of eating in response to internal cues, such as hunger and fullness, rather than external factors, such as diets or food rules. Related terms include mindful eating and health at every size. Intuitive eating is a key aspect of developing a positive and healthy relationship with food and the body.

Mindful Eating: Refers to the practice of paying attention to the experience of eating, including the sensory qualities of food and the physical sensations of hunger and fullness. Related terms include intuitive eating and awareness. Mindful eating is a key aspect of intuitive eating, as it allows individuals to develop a greater awareness of their internal wisdom and eat in response to physical needs.

Mindfulness: Refers to the practice of being present and aware in the moment, without judgment or

distraction. Related terms include meditation and self-awareness. Mindfulness is a key aspect of intuitive eating, as it allows individuals to develop a greater awareness of their thoughts, feelings, and bodily sensations.

Moderation: Refers to the practice of consuming foods in balance and proportion, without restriction or excess. Related terms include abstinence and self-care. Moderation is a key aspect of intuitive eating, as it allows individuals to enjoy a wide range of foods while maintaining a healthy and balanced diet.

Nutrition: Refers to the science of understanding the relationship between food and health, including the role of nutrients and diet in maintaining optimal well-being. Related terms include healthy eating and wellness. Nutrition is a key aspect of intuitive eating, as it allows individuals to make informed choices about the foods they eat and develop a positive relationship with food.

Obesity: Refers to a condition in which an individual has a body mass index (BMI) of 30 or higher, often accompanied by health risks and comorbidities. Related terms include overweight and weight loss. Obesity is a complex issue that requires a comprehensive and multifaceted approach, including nutrition, physical activity, and mental health support.

Orthorexia: Refers to an unhealthy obsession with healthy eating, often accompanied by restrictive eating habits and negative body image. Related terms include anorexia and eating disorders. Orthorexia is a serious mental health condition that requires professional treatment and support.

Overeating: Refers to the act of consuming more food than the body needs, often accompanied by feelings of guilt or shame. Related terms include binge eating and disordered eating. Overeating can be a challenging aspect of intuitive eating, as it can be difficult to manage and may lead to negative consequences for physical and mental health.

Physical Activity: Refers to any bodily movement that expends energy, such as exercise or sports. Related terms include fitness and wellness. Physical activity is a key aspect of overall health and well-being, and can play an important role in intuitive eating by helping individuals develop a positive body image and healthy relationship with food.

Restrictive Eating: Refers to the practice of limiting or avoiding certain foods or food groups, often accompanied by negative body image or disordered eating behaviors. Restrictive eating can be a challenging aspect of intuitive eating, as it can lead to nutrient deficiencies and negative consequences for physical and mental health.

Self-Care: Refers to the practice of taking care of one's physical, emotional, and mental needs, including nourishing the body with healthy foods and engaging in activities that promote relaxation and stress reduction. Self-care is a key aspect of intuitive eating, as it allows individuals to develop a positive and healthy relationship with food and their bodies.

Self-Compassion: Refers to the practice of treating oneself with kindness, understanding, and acceptance, especially when experiencing difficulties or challenges. Related terms include mindfulness and self-care. Self-compassion is a key aspect of intuitive eating, as it allows individuals to develop a more positive and healthy relationship with food and their bodies.

Sensory Experience: Refers to the experience of food through the senses, including taste, smell, texture, and appearance. Related terms include mindful eating and pleasure. The sensory experience of food is a key aspect of intuitive eating, as it allows individuals to develop a greater awareness of their internal wisdom and eat in response to physical needs.

Satiety: Refers to the feeling of being full or satisfied after eating, often accompanied by a decrease in hunger and desire to eat. Related terms include hunger and fullness. Satiety is an essential aspect of intuitive eating, as it allows individuals to tune into their internal wisdom and eat in response to physical needs.

Size Acceptance: Refers to the practice of accepting and embracing one's body size, regardless of societal standards or expectations. Related terms include body positivity and self-esteem. Size acceptance is a key aspect of intuitive eating, as it allows individuals to develop a more positive and healthy relationship with their bodies.

Stress: Refers to a state of physical, emotional, or mental tension, often accompanied by anxiety or overwhelm. Related terms include anxiety and burnout. Stress can be a challenging aspect of intuitive eating, as it can lead to emotional eating and disordered eating behaviors.

Substance Abuse: Refers to the misuse or dependence on substances, such as food or drugs, often accompanied by negative consequences for physical and mental health. Related terms include addiction and treatment. Substance abuse can be a challenging aspect of intuitive eating, as it can lead to disordered eating behaviors and negative consequences for overall health and well-being.

Taste: Refers to the sensation of flavor, often accompanied by pleasure or enjoyment. Related terms include smell and texture. Taste is a key aspect of the sensory experience of food, and can play an important role in intuitive eating by allowing individuals to develop a greater awareness of their internal wisdom and eat in response to physical needs.

Texture: Refers to the physical sensation of food in the mouth, often accompanied by pleasure or discomfort. Related terms include taste and smell. Texture is a key aspect of the sensory experience of food, and can play an important role in intuitive eating by allowing individuals to develop a greater awareness of their internal wisdom and eat in response to physical needs.

Underweight: Refers to a condition in which an individual has a body mass index (BMI) below 18.5, Often accompanied by health risks and comorbidities. Related terms include malnutrition and weight gain. Underweight is a serious health concern that requires professional treatment and support.

Weight Loss: Refers to the process of reducing body weight, often accompanied by improvements in health and well-being. Related terms include weight management and health promotion. Weight loss can be a challenging aspect of intuitive eating, as it can lead to disordered eating behaviors and negative consequences for overall health and well-being.

Weight Management: Refers to the process of maintaining a healthy weight, often accompanied by lifestyle changes and behavioral modifications. Related terms include weight loss and health promotion. Weight management is a key aspect of intuitive eating, as it allows individuals to develop a positive and healthy relationship with food and their bodies.

Wellness: Refers to a state of optimal health and well-being, often accompanied by physical, emotional, and mental balance. Related terms include health promotion and self-care. Wellness is a key aspect of intuitive eating, as it allows individuals to develop a positive and healthy relationship with food and their bodies.