

I can't stop thinking about food!

by Joanne M Prior



It's your big day. You've been preparing for this competition for months. The win is in sight. But you're scared. Scared because you just can't stop thinking about food. You feel obsessed. All you want to do is eat, eat, eat.

It wouldn't be so bad if it was all the good stuff you felt like consuming. But it's not. It's all the stuff you know isn't good for you! You hold these thoughts and feelings under strict control but you are worried they will "jump out" at any moment. You can't afford to be side-tracked. Thinking about "bad" food is threatening your success and you don't like it. What can you do?

When being the best is hard

When you are an athlete and winning is your top priority it is imperative that nothing stand in the way. You need to be fully focused, 110 percent. You can't afford to be distracted. It is your job to push beyond the standard expectations and be what others would consider "super human".

Now most of the time being "super human" is normal and natural for you. You have a mind and body that's willing to accept a challenge, no matter how extreme it may be. You like the feelings of contentment and satisfaction that come from continually improving on your best. "Better, better,

better" is your motto. But when you start to think about eating food that you know you shouldn't be eating you feel "weak". It takes you away from feeling "super human". When you don't feel successful this interferes with your training and chance for success.

You feel embarrassed and ashamed because you know you should know better than to be thinking in this way. But you can't seem to stop. You've tried to switch off these thoughts and think about something else but it doesn't work. You are at your wits end. Thinking about food takes your edge away. Feeling like a champion helps you to win; not feeling good about yourself potentially could limit your success.

Food and the mind

The reason you can't just stop thinking



you had felt great anxiety or stress and "bad" food was used as a way to support you through this time. Your emotional mind will remember this time and hold this memory within you.

When faced with stressful situations in your everyday life, as you do when you are training to be super human. Despite how fulfilling and rewarding the training is, the challenge is still stressful to your body. Your emotional body will remember the stress and spit out its memory of how to deal with it. Because in the original circumstance, you associated "bad" food with a means of alleviating stress, when placed in a stressful situation you automatically trigger thoughts and feelings about eating – regardless of whether you are hungry or not. The thinking about food is your emotional mind trying to



“What is truly going on here? Why is it so hard to “switch off” these thoughts especially when you know you should know better?”



about food is that thinking about food doesn't come from your rational or logical mind, it comes from your emotional mind. Your emotional mind stores in it all the memories you have regarding every life situation you have encountered. It remembers when you felt sad, happiness, anger, resentment, joy, peace, togetherness, disappointment, stress and anxiety and the list goes on. Your emotional mind remembers everything! So when anything happens in your current, everyday life, your emotional mind searches through its memories to provide you with information on how best to react. There is no logic though in this emotional mind. Your emotional mind just spits out the information regardless of whether it is helpful now or not. So, for example, just say there was a time in your life where



help you to deal with the stress of your exercise goals. So your obsession with thinking about "bad" food is actually your mind trying to assist you to feel better!

Thanks, but no thanks

But you don't need this kind of help right now, thank you! This kind of help right now could ruin everything.

What you would prefer to be is someone who doesn't battle in their mind about food, who only thinks about what to eat when it is required as part of a healthy eating plan to complement the demands of a super human training program. Once you set the plan there is no thought or struggle about food.

So how do you switch from someone who thinks about food often to someone who doesn't?

Plan your success in 3 easy steps

Follow our 3-Step Plan to break the bonds so that you feel nothing about food, except peace and serenity.

1 Identify the food that plays most on your mind. Is it chocolate? Is it hot chips? Is it cheese and crackers? You may find there are a few foods that are your "fav" foods. Write them down. Writing them down gets them out of your mind and helps you with the first step of separation.

2 Be willing for a good few days (two to five) to commit to not having any of these foods at all. As if you are detoxing from them. Even if you normally don't succumb to eating these "bad" foods, still make a conscious decision to abstain from them.

3 Be willing to address the issue of what is the true cause of your drive to eat the foods that you know are not good for you. Be willing to allow the emotional cause of your obsession to literally rise up from your "emotional mind" into your conscious mind so that you can finally discover what has been holding you back for so long. You achieve this by asking the very simple question:

“What is the true cause of this problem?”

You may need to ask it a few times and get a few different answers. Persist until you get to the point where you don't feel obsessed about that food anymore. You will get there because there are only so many memories that are stored in your mind linking food to stress! Once they are gone you are free. Every time you are stressed now your emotional memory will not keep sending you the desire to eat. Then you can find better ways of coping with the challenges of your life.

It might feel like an epic problem to fix considering how long you've possibly had food on your mind. But give yourself a few days of detoxing physically and emotionally and you will find your mind and emotions will clear up, and food gone from your mind! Then the win is yours!



MAKE IT A Tostada Tuesday

For a healthy alternative to the traditional Pizza, try this delicious Mexican Baked Tostada

New



Chicken Tostada

Ingredients:
(Serves 4)

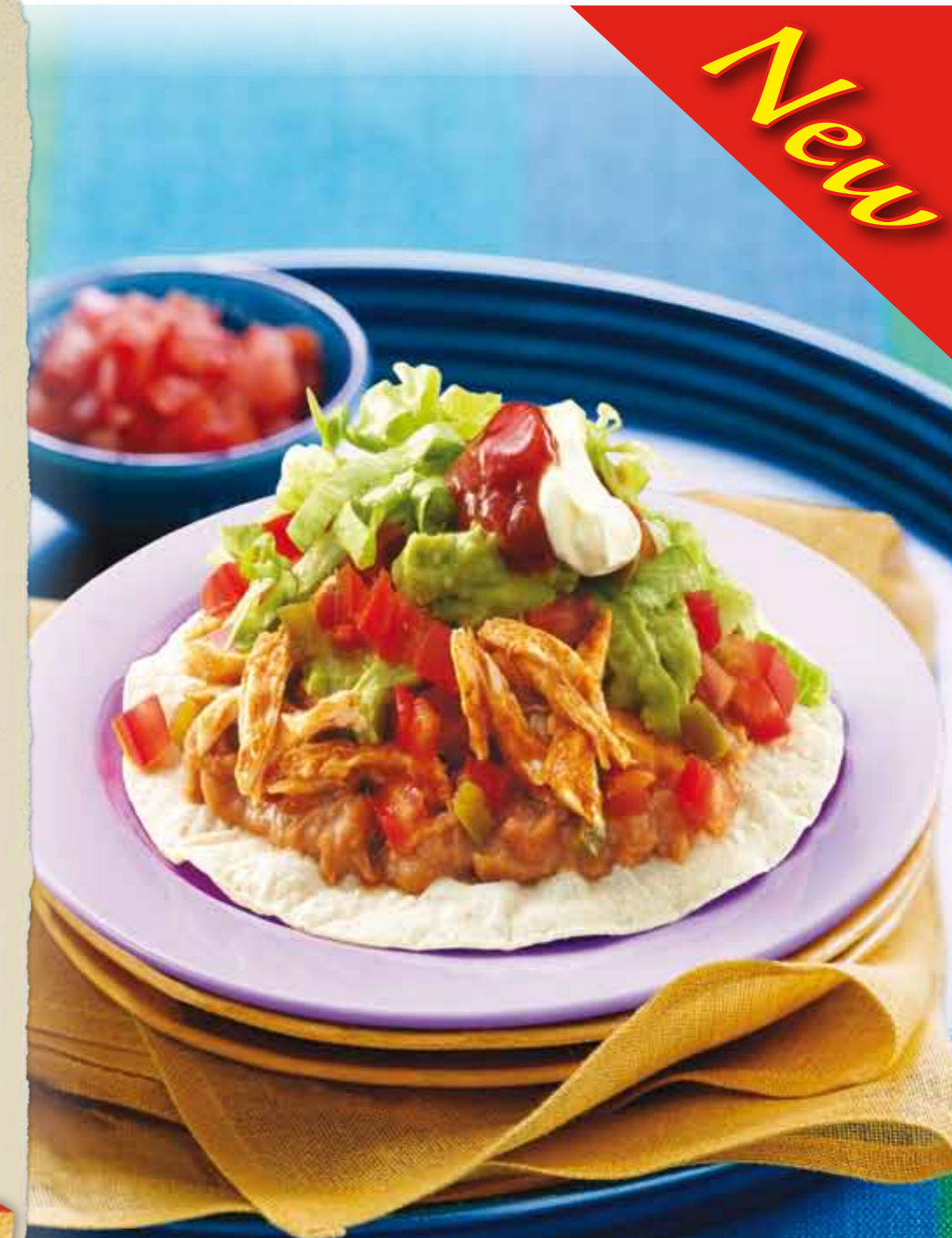
- 1 x Mission Tostada Kit (8 White Corn Tortillas, Tostada Seasoning and Mission Salsa)
- 500g Chicken breast fillets
- 2 cups of Chicken Stock
- 2 cups of water
- 2 tbsp Olive oil
- 1 x 400g can Refried beans
- 1 Tomato, diced
- 1 cup Shredded iceberg lettuce
- 1/2 cup Sour cream
- 1 Jalapeno, seeds removed and diced (optional)

Guacamole

- 1 Avocado
- 1 tbsp Lime juice
- 2 tbsp Olive oil
- Salt and pepper to taste

Method:

- 1.** Cut the avocado in half, remove the stone and scoop the flesh into a bowl. Add the lime juice, olive oil and salt and pepper to taste. Mash all ingredients until smooth.
- 2.** Place 2 cups of chicken stock in a pot with 2 cups of water. Add chicken fillets and poach until cooked through. Once cooked set aside on plate to cool, then shred finely.
- 3.** Add 2 tbsp olive oil to pan and over medium heat add the chicken, stir in the Tostada Seasoning with 1/3 cup of water. Stir until all chicken is evenly covered with seasoning. Cover and set aside.
- 4.** Warm the beans over medium heat with a little water to make a soft paste. Set aside.
- 5.** Either microwave or bake the tortillas. Microwave: in batches of 3 (do not stack), for 2 1/2 minutes until crispy, or bake in the oven for 10 mins at 200°C
- 6.** Spread each tortilla with a layer of beans, guacamole, chicken, lettuce, diced tomato, a tablespoon of sour cream, Mission Salsa and a few jalapenos.
- 7.** Place the tostadas on individual plates and serve.



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