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The Energy of Food

Peaceful Eating at the Holidays

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Holiday Gatherings...family, friends, food you “shouldn’t” eat, stress...this is the time of year when we often remember grudges and re-live ancient history. We invest energy worrying about seeing that person who hurt us years ago and set our expectations (often unknowingly) for having an unpleasant experience, again. We try to maintain eating healthfully and are sabotaged for one or more of these primary reasons: we are at a gathering and regard eating as being social, we are stressed out or it is someone’s famous dish and we feel obliged.

What if you could acknowledge the stressful situation and remain true to your eating goals?

Let’s say that your mother disapproves of the diet you eat. She asks, demandingly, “How can you come to Thanksgiving Dinner and not want turkey, gravy, potatoes with marshmallows, stuffing and, don’t forget, the apple pie a la

mode with whipped cream?”

You have become a vegetarian and are committed to eating healthier. You may feel proud of your choice. You do not want to start a fight. Do you swallow your pride or swallow turkey?

You start remembering all the times she told you what to do or questioned your behavior. You start to become angry. You feel guilty because you’re angry and you don’t want to fight with her yet you feel defensive, so start fighting with yourself.

Here is another way.

Practice this exercise NOW so that you’ll be prepared in the moment.

If you need to, make a list of the things your mother (or whoever is challenging you) might say to you. Be thorough.

Next, start listing things that you know to be absolutely, 100% true. To continue with the example of Mother at Thanksgiving, you might write:

- Mom wants to share traditions with me.
- Mom is hosting Thanksgiving dinner, which means she cleaned the house and spent several hours in the kitchen.
- I used to love potatoes with marshmallows.
- My tastes have changed.
- I still love apple pie a la mode, but I choose to not eat it because it rockets my blood sugar and exacerbates my candida.
- I am glad to be sharing time with my family.

As you write this list, be aware of your feelings. You might notice a slight shift from anger to something less intense. Notice where in your body you feel your feelings.

When you have exhausted the list of truths that you can write - try to write a few more! And then notice the resources you have just created for saying something which is truthful and not based in anger.

Using the above list, you might respond by saying:

- “I really value sharing time with my family and the food is less important.”
- “Mom, I so appreciate that you are hosting Thanksgiving dinner - I know you spent a lot of time cleaning the house and working in the kitchen.”
- “I love some of these foods, especially your apple pie,



but it exacerbates my candida and I would rather feel good so I can enjoy your company.”

These statements neutralize the situation and discontinue the argument. They probably feel good to everyone because they honor your truth and also acknowledge the other person in a positive way. (It is true that some people simply love to argue and are happiest when they are arguing. In that case, you still have the choice to not participate, to participate with the awareness that you are merely playing a game or role-playing.)

Practice saying your responses out loud. Notice how you feel as you say them. Notice where in your body you feel them. This can illuminate places where you might want to do some energy work before encountering these particular situations. Working on these areas ahead of time will not only fortify your body, it will ease your mind because you will know that you have addressed the situation emotionally, mindfully and energetically. Now you are fully prepared to enjoy the holidays! €



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