



Feeding the Hole Inside of Us

What makes us eat when we are not hungry? Food is a form of comfort, but what are we comforting? There are many answers, and one that comes up with some frequency is that eating fills a hole, or a void, inside of us. There is something that feels empty, missing, and that needs to be plugged up. Food is a convenient way to stuff it, and avoid the uncomfortable feelings associated with it.

When we avoid the hole, it is usually because we are afraid of being consumed by it. Afraid that if we look too closely, we'll get trapped in it. But what we avoid keeps growing. Once we actually stop and face it, it is less terrifying than we thought. Even when it is something that is hard to face, it's a relief to stop running from it. Avoiding it and eating around it takes more energy than just being with it.

When you find a hole within yourself, try just sitting with it. Pay attention. When does it show up? What is it connected to? What does it want? It takes courage to stop and look; to be curious about what it can tell you. And the payoff is huge. Instead of filling it with food, you begin to develop a relationship. Let the hole inform you. Shift your experience of it. Feed it with something that will actually nourish it: attention!

Bean Power: Recipes and Ideas

Dried beans and legumes are a good source of nutrients and fiber. The USDA recommends that adults eat 2 ½ to 3 cups of beans a week! Increase your bean intake by substituting beans for other types of starches a couple times a week.

The fiber recommendation for adults is 21-25 grams each day for women and 30-38 grams per day for men (the lower level refers to those of us over 50, based on lower calorie needs). A ½ cup serving of beans contain 6 grams of fiber. There is minimal fiber in potatoes and white rice, and 2 grams in ½ cup of brown rice. Barley with its hull is another good source, with 6 grams of fiber.

I try to have beans or legumes as the entrée at least once a week. There are wonderful split pea or lentil dahl recipes – an East Indian type of stew. I love beans with brown rice and salsa. I make baked beans or bean salads as a side dish. I offer recipes for all of these on my website: www.healthyhabitscoach.com/nutrition. This page has a number of articles about nutrition available. Select recipes to get good ideas that will help you enjoy beans. One caution – these are pretty good so pay attention to portion size. If you like it, you can always have more another day.

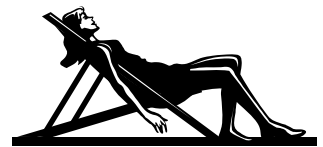
Along with the recipes, on the website you'll find tips for using beans, and a link to Veggie Queen Jill Nussinows pressure cooking classes.

Coming Home to Body and Self

I've written a book! It's title is Coming Home to Body and Self: A journal for daily reflection. This has developed out of my work with individuals who want to create sustainable healthy habits. I notice a tendency to always be searching "out there", when some of the best answers are right inside ourselves. This short book provides lots of questions to reflect on. Each page has a few thoughts for reflection, and then lined space to write about your thoughts.

The sections of the book are titled:

- Being at home in your body
- Caring for the self
- Discovering your true self
- Engaging the sensuous
- Experiments



This book is a journey of discovery that begins to change our relationship with our body and our self. It is not about food or nutrition, but it does address many of the types of feelings that trigger us to eat even when we are not hungry. My hope is to help the reader be just a little more comfortable in their own skin. Order it at: www.healthyhabitscoach.com/products.



I'm especially thrilled with the art on the cover. It is a painting by my friend, Sharon Searles. I have many of her paintings in my home, and this is one of my favorites. She has been good enough to let me use it for my cover. Examples of her work can be found at: www.sharonsearlesfineart.com.

FREE April Teleclasses

Healthy Fats: Improving your omega 6: omega 3 ratio
Wednesday, April 11; 7-8 pm

**When It's Not about the Food:
Non-food techniques to sooth and settle**
Tuesday, April 24; 11-12 noon

You'll get the phone line for the class when you register:
707 431-7524 or kathy@healthyhabitscoach.com



Kathy Nichols: Life Coach & Registered Dietitian

Health and Wellness Coaching and Nutrition Consulting.
Transform the challenges of stress eating.
Create a healthy lifestyle tailored just to you.
Discover Wellness from the Inside Out!



Kathy Nichols is the Healthy Habits Coach. She is a nutrition expert with 30 years experience as a registered dietitian. Her life coach training and certification through the Coaches Training Institute provides the tools and perspectives to change how you think about food. **707 431-7524** www.healthyhabitscoach.com