

# Summary of the Root Cause Method

## 1. Break up with diets

- Unfollow any social media accounts, podcasts, etc. that promote extreme views around food or make you feel inferior about your body.
- For the first eight weeks of following this method, don't weigh yourself.
- Discover your eating personality by taking the quiz.

## 2. Retrain your brain

- Start challenging the beliefs that are hurting your relationship with food.
- To challenge your beliefs, follow the process of recognize, review, replace, ratify.

## 3. Change the way you talk

- Talk about food in positive terms.
- Recognize your five different voices: the critic, the rebel, the nurturer, the observer, and your intuition.

## 4. Love your body

- Utilize positive self-talk.
- Tell yourself "I like myself" at least ten times a day.
- Stop comparing yourself to others.
- Remember your worth.

## 5. Honor your hunger

- Before eating, ask yourself these three questions:
  - Am I hungry?
  - What sounds good?
  - Does this meet my needs?
- Recognize the difference between biological hunger, emotional hunger, thirst hunger, nutrient hunger, and taste hunger.
- Use the hunger scale to gauge your hunger.
- Treat hunger like a normal bodily function. When you're hungry, eat.

## 6. Give yourself unconditional permission to eat

- Avoid last-chance eating, last-meal eating, and shoot-dang eating
- Stop playing hard to get with food.
- Make all foods accessible to you.
- Rediscover your likes and dislikes.

## 7. Stop at satisfaction

- Practice mindful eating. Put away screens and other distractions while you eat. Engage all your senses. Eat from a plate or bowl, not a carton or bag.
- Stop eating halfway through your meal. Check in with your body.
- Use the fullness scale to gauge your satiety..
- When you're satisfied, give yourself a visual cue to signify that you're done.
- Visualize yourself feeling satisfied and achieving the weight that's just right for your body.

## 8. Add gentle nutrition and movement

- Eat a variety of vegetables, fruits, proteins, healthy fats, and whole grains.
- Find creative ways to make nourishing foods more satisfying to you.
- Include a protein, vegetable, and starch in most of your meals.
- Remember that a healthy diet includes nourishing and fun foods.
- Combat intense cravings by tantalizing all of your tastebuds and nutrition needs.
- Regularly move in ways that feel good to your body.
- Make exercise a habit that sticks.