



## ITS ALL IN OUR BODIES

When it comes to diet and nutrition, there is so much information out there telling us what to eat, when to eat, what time to eat, how to eat it etc etc. This can be very confusing for those of us who look to the experts to guide us in our dietary choices, especially when there are so many conflicting opinions about whats good and whats not so good for us to eat.

But what if we had the best nutritionist right here in our own body. What if the signs and symptoms we receive on a day to day, moment to moment basis were actually our bodies way of communicating with us and giving us realtime feedback on our food choices?

For example, have you ever eaten a huge meal loaded with carbs and afterwards you felt tired? Or bloated? Or irritable? Or edgy? OR perhaps you've had the opposite experience, of making yourself a meal and after finishing it, you felt light and energised?

From the slightest belly rumble or minor discomfort through to the more serious symptoms such as indigestion, heart burn, irritable bowel, bloating, tiredness, fatigue etc, all of these are signals from the body telling us something about the foods we are eating.

If we look at it in this way, it brings the ball back in our own court so to speak and it also means we have everything we need as a start point to know how to eat if we want to feel good and support ourselves. Of course there is always a time and place to get support and guidance from our professionals, especially if we have persisting symptoms that need addressing, however it brings a level of responsibility back to ourselves which can be very empowering.

Once we start to listen more to our own bodies as a guide for how to eat, we can start to play around with our diet and experiment with those foods that work for us and those that don't. Super simple really.

Our diet is a deeply personal relationship we can have with our own body, and one that is ever changing. It can also be something we enjoy as we learn from our bodies along the way.