

Mindful Eating: Mind-Body Awareness One Bite At A Time

BY KAREN BERGER
MIRROR REPORTER

Anyone who has munched through a tub of popcorn during a movie or inhaled a burger while running errands can relate to “mindless eating.”

But mindful eating — the process of giving food and eating full attention — not only makes food more enjoyable, but often leads to weight loss and healthy eating, asserts Dr. Michelle May, founder of the Am I Hungry? program and author of *Eat What You Love, Love What You Eat*.

Dr. Ellen Cullman, a Perrysburg-based mindful eating coach, utilizes May’s techniques, and those of other mindful eating programs, to help clients gain a healthier approach to food.

“The practice of mindful eating is more than eating slowly. It teaches you to sense your unique mind-body connection before, during and after a meal, and whenever you think about food. You relearn your natural ability to eat just the right amount of food and meet other needs in more productive ways. In a nutshell, mindful eating is mind-body awareness, one bite at a time,” Cullman said.

Thirty years ago, Cullman used the techniques and lost 40 pounds that she’s kept off

— even through two successful pregnancies.

When dining with yelling kids or heading to a cocktail party with tempting treats, Cullman brings mindful eating with her.

“Before dinner I would go to the bathroom and turn on the fan because no one bothers you there,” she laughed. “I would meditate and picture myself eating and then stay conscious during the meal. I wasn’t gulping and eating. It’s not mindless eating.”

While in her early 20s, Elovie Peddle had an eating disorder that was left untreated — so she became a dietitian, believing it would change her behavior. Instead, she began looking at how she perceives food and restrictive eating.

“I knew that dieting was dangerous and destructive for me. I changed the way that I looked at food first, and then the mindful eating just made sense to me,” she said.

As a result, she lost the 10 extra pounds she’d carried for 30 years. But she and Cullman stress that mindful eating is not a diet.

The concept of a diet, which involves rules and restrictions, is ingrained in our culture, Cullman said, while the concept of mindful eating seems counterintuitive



Dr. Ellen Cullman

to what would be effective.

“Mindful eating isn’t just for dieters. It is for everyone. If a person needs to lose weight and begins to eat mindfully, chances are, they will lose some weight or a lot of weight. But they gain so much more. They gain an appreciation for food, for themselves, for life,” Peddle said.

Mindful eating is different from a diet in that it allows freedom to enjoy all foods, said Claudine Reilly, a registered nurse and mindful eating coach from

Massachusetts.

“I don’t need a points calculator, website, a book, special recipes and mostly, I don’t need rules except those I make for myself,” said Reilly, who has practiced mindful eating for over 25 years. She’s kept off most of the 17 pounds she lost — although the last five pounds are sometimes tough.

Society has made eating difficult and guilt-ridden. Add the fast-paced nature, and it’s easy to make poor choices or not take time to enjoy food, said Cullman, who coaches individuals and groups in the process.

“I help them find ways to eat mindfully when the schedule is really tight and it seems impossible to do. And we find alternatives to eating if they’re not really hungry,” she said.

Cullman is a licensed facilitator for what she describes as May’s user-friendly and very applicable mindful eating model, which can be viewed at www.amihungry.com. She also has training with Dr. Jean

Kristeller’s Mindfulness Based Eating Awareness Training (MB-EAT).

The National Institute for the Clinical Application of Behavioral Medicine has a sample of *Eat What You Love, Love What You Eat* at www.nicabm.com/eatwhatyoulove/Eat_What_You_Love.pdf.

Cullman’s first eight-week class for mindful eating starts Thursday, January 20 from 6:30 to 8:00 p.m. at the Fort

Meigs Psychological Services office of Dr. Pat Van Kley in Perrysburg.

She welcomes those who have medical diagnoses related to problematic eating behaviors such as obesity, morbid obesity, metabolic syndrome, type II diabetes, pre-and post-surgical bariatric patients, and patients who do not meet the criteria for bariatric surgery.

Sign-up is due by January 6. For more information, e-mail mindfuleatingcoach@gmail.com

Local Surgeons, Hospital Rank High For Heart Care

Cardiothoracic Surgeons for Northwest Ohio and the Toledo Hospital are among

the nation’s top 12 percent of hospitals for heart surgery.

This is according to a three-star comprehensive rating system, developed by the Society of Thoracic Surgeons (STS), which compares the quality of heart surgery in hospitals across the country.

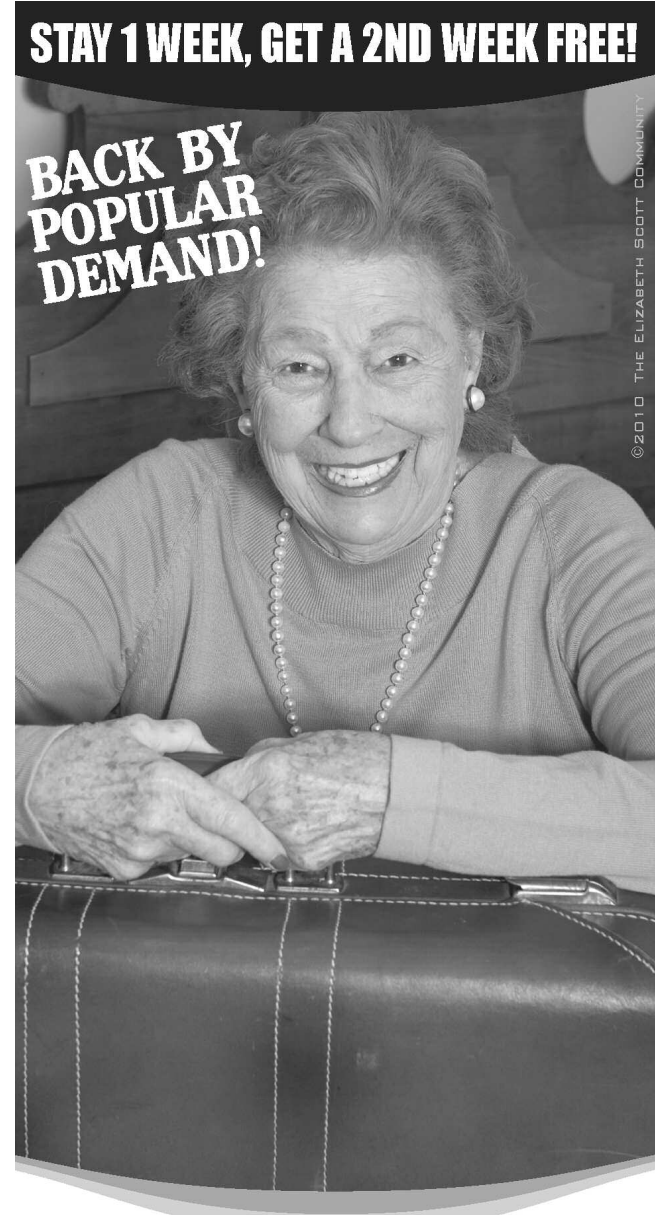
A three-star rating is the highest designation that a hospital can attain for quality and clinical excellence.

Cardiothoracic Surgeons for Northwest Ohio was compared to more than 1,000 surgical groups.

Hospitals are scored on performance in four categories: patient survival, absence of surgical complications, recommended medications and optimal surgical technique.

“I am grateful to my partners and colleagues at The Toledo Hospital who have worked diligently for years to reach this incredible milestone,” said Dr. Michael Moront, senior partner, Cardiothoracic Surgeons for Northwest Ohio. “When patients enter our doors, they can feel confident that they will be receiving the very best care from one of the nation’s leading medical groups.”

Consumers can see how surgical groups compare with national benchmarks for survival, complications and other measures by visiting www.consumerhealthreports.org.



Vacation With Us

Who said retirement is relaxing? There’s yard work, housework and home maintenance. **We have the solution.**

Rent one of our independent living or assisted living apartments for a week and get the second week free. Make a reservation, show up with your suitcase and we’ll handle the rest. If you decide by December 2011 to make your permanent home with us, we’ll give you the first month’s rent free.

Vacation with us before the snow flies and forget your worries!

Promotional offer based on availability and valid for one individual renting for 7 days in an Elizabeth Scott apartment before December 31, 2010. To receive an additional 4 weeks of free rent, a commitment for permanent residence must be made by December 2011.

THE Elizabeth Scott COMMUNITY

Independent & Assisted Living, Skilled Rehab, Long-term Care. Family owned and operated since 1949.

2720 Albon Road • Maumee, OH 43537
(419) 865-3002 • www.elizabethscott.org

Podiatric Associates of NW Ohio, Inc.

Podiatric Surgery – Foot & Ankle Specialist



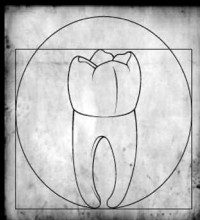
- John S. Carroll, D.P.M.*
- Michael D. Cardinal, D.P.M.*
- John W. Lane, D.P.M.*
- Andrew B. Clark, D.P.M.*
- Matthew M. Wilkin, D.P.M.*†
- Kevin C. Sorensen, D.P.M.

New Patients Welcome – Footcare For The Entire Family

- Ingrown Nails
- Warts
- Diabetic Footcare
- Foot/Ankle Fractures
- Bunions
- Orthotics
- Heel Spurs
- Ankle Pain
- Wound Care
- Sports Injuries
- Hammertoes

609 Ford St., Maumee, OH 43537 • 419-893-5539
3905 W. Sylvania Ave., Toledo, OH 43623 • 419-474-1210
725 South Shoop Ave., Wauseon, OH 43567 • 1-877-292-8339

*Board Certified by the American Board of Podiatric Surgery. † Board Certified in Reconstructive Rear Foot and Ankle Surgery



Dr. C. Keith Fuqua
Dr. Adnan Ahmed
Dr. Bradley Stanciu

“Serving the Area for over 25 Years”

— We Offer Invisalign —

Exam, X-Rays (4 bite wings) & Cleaning – \$79.00

For New Patients Only.
(In the absence of gum disease)

Valid with coupon only. One coupon per customer. Expires December 30, 2010

\$250.00 OFF Invisalign Special

With free whitening. Call to schedule a complimentary consultation. Care Credit & Chase Financing available.

Valid with coupon only. One coupon per customer. Expires December 30, 2010

119 East St. Liberty Center 419-533-5050

24163 Front St. Grand Rapids 419-832-9101

2442 S. Detroit Ave. Maumee 419-893-8431



www.themirrornewspaper.com