



How to Enjoy Chocolate

Without Guilt!

With your Coach

KARA *Sorensen*



Chocolate is something wonderful...

...wouldn't you agree? When eaten in moderation, it can be a delicious and healthy treat. But many people have a negative 'thing' about chocolate. Many feel they **shouldn't have it** or fear if they do indulge and give in to the craving it will lead to overeating, guilt, and **regret**.

Chocolate has gotten a bad rap and it's not deserved. **Real Chocolate**, not highly processed candy, is rich in **antioxidants and phyto-nutrients** and has been used as medicine as well as money in many cultures and civilizations throughout history. Chocolate is also rich in magnesium, and does not have caffeine like many people think.

So, how do you enjoy chocolate without guilt? Here are a few simple steps below:

Step 1- Find the Chocolate

Just for this experiment, keep it simple and find a Chocolate bar that intrigues you. Find Chocolate that is real, **not full of artificial additives** and/or preservatives. You'll know as it won't be advertised on TV (go Artisan!). Go for the cacao in the percentage that you enjoy. Seventy-five percent and above is pretty bitter, but you may enjoy it like I do. Cocoa butter makes for an

excellent fat in your Chocolate bar. Also, go for the **real sugar**, not the artificial sweeteners (Artificial sweeteners can trigger cravings and weight gain). Organic cane sugar is a good choice. Because chocolate has a different kind of dark history, **please choose fair trade organic chocolate**, it protects the planet and fellow human beings across the globe.

Step 2 - Find a Friend or Find a Quiet Space

Do this when you're **feeling good**, not when you're craving as there are other exercises to work with your cravings. Do this after eating a meal that includes protein, fat and vegetables so you have a solid foundation, not on an empty stomach. Feel free to do this with a friend, but make sure your friend is supportive of this process. You can trade and sit with him or her in support after she / he does this for you. Once you've gotten your bar, take a small piece and break it off from the bar.

Look at it, smell it, and be grateful for this soon to be delicious treat. Take deep breaths and let out your breaths completely, do this 3 times. Breathing gently 3 times **resets your whole nervous system** and helps you calm. When you're ready, slowly take a small bite and let it melt in your mouth and **don't let yourself get distracted** by tv, your phone, conversation, or anything else. Give your Chocolate your FULL attention, and enjoy the flavors, textures and aroma.

Stay in the moment, pay attention to the sensations in your body. Notice how it changes in your mouth and how quickly it dissolves. How quickly do you feel satisfied? Is it with one piece or two? If it's more than that, be aware of what's driving your desire for more. Is it rebellion? Is it habit? Is it a feeling or deprivation or do you just want more pleasure? Just notice and be gently curious. Also, remember that there is nothing wrong with enjoying chocolate, you deserve to enjoy some chocolate! I eat chocolate almost every day.

Step 3 - Show or Feel Gratitude

When we're grateful for the food we eat, **our body responds more positively** and we're less likely to lose control. If we are in fear or obsession about what we've eaten and what it will do to our body, we're setting ourselves up for feeling distress in our bodies. Yes, what you think about the food you eat affects how it impacts our bodies.

The gut is called the second brain, and your mental frame of mind affects your digestion and how your body responds to food and if it stores it as fat or burns it up. So, showing gratitude for the enjoyment and the nourishment the Chocolate provides you, sets you up for a better experience than would focusing on fear, guilt or shame. Make sense?

More Satisfaction, Less Quantity

One thing I've noticed over the years is when you can fully enjoy REAL food like this, **you'll need much less** to feel satisfied. Real food satisfies like processed foods just can't. If you can give yourself permission to do this and feel a sense of peace, you're ready to enjoy Chocolate.

If the thought of doing this makes you nervous, you may need to clear out some of the static that's built up for you around Chocolate. These are simply the beliefs and perspectives that aren't serving you anymore, that's all. It doesn't mean you're broken or weak, etc. You were not put on this earth to avoid Chocolate or overeat Chocolate, but to be able to be at peace no matter what. So, please **be gentle with yourself**, it's just some extra clutter to clear out and it's best not to try this just yet.

I'd be happy to help you make peace with Chocolate. I invite you to a free 15 min consult, to see if my method is a fit for you. When you're at peace with Chocolate, you can take it, leave it, have a small amount and stop and still like yourself with any choice you make. It's your choice. **It becomes a non issue**, so you can get on with the business of enjoying your life!

As an added bonus I've included some of the ways I personally enjoy chocolate. One way is to have it in a morning smoothie (raw powdered

cacao). I like it in a flourless chocolate cake, ice cream, or chocolate coconut smoothies. But my favorite is simple plain dark chocolate in bar form, maybe with almonds or hazelnuts. All I need is a small piece and I'm satisfied.

Regardless of how you like it the most important takeaway for you is that you can enjoy and take part in the foods that you love without the guilt. So the next time you desire to have a piece of sweet goodness remember these steps:

Step 1 - Find the **Chocolate**

Step 2 - Find a **Friend** or a **Quiet Space**

Step 3 - Feel **Gratitude**

If you'd like more tips for making peace with food and enjoying your experience of eating, check out my [website](#) to register for a FREE consultation!

All the best,

Kara