

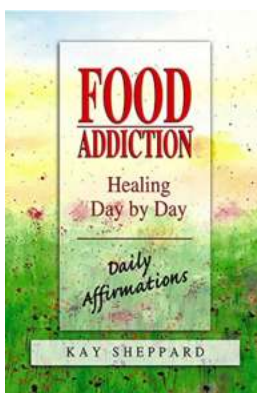
# Food Addiction Healing Day By Day Daily Affirmations

Are you struggling with food addiction and looking for a way to heal? While it may seem like an uphill battle, incorporating daily affirmations into your routine can be a powerful tool to overcome this addiction. In this article, we will explore the concept of food addiction, its impact on physical and mental health, and how incorporating positive affirmations can aid in the healing process.

## The Power of Affirmations

Affirmations are positive statements that can be used to challenge and overcome negative thoughts. They are a powerful tool for rewiring the brain and changing deeply ingrained thought patterns. When used consistently, affirmations can help shift your mindset, reduce cravings, and break free from the cycle of food addiction.

Now, let's dive into some powerful food addiction healing affirmations you can incorporate into your daily routine:



## Food Addiction: Healing Day by Day: Daily

**Affirmations** by Kay Sheppard (Kindle Edition)

★★★★☆ 4.1 out of 5

Language : English

File size : 1162 KB

Text-to-Speech: Enabled

Word Wise : Enabled

Print length : 548 pages

Screen Reader: Supported



## **1. I am in control of my food choices.**

This affirmation reminds you that you have the power to choose what you eat. By cultivating a sense of control, you can start making healthier food choices and break free from the pull of addictive foods.

## **2. I nourish my body with wholesome foods.**

By affirming that you nourish your body with wholesome foods, you are reinforcing the importance of fueling your body with nutritious choices. This affirmation helps shift your focus from unhealthy cravings to foods that truly nourish and support your well-being.

## **3. I listen to my body's hunger and fullness cues.**

Listening to your body's hunger and fullness cues is crucial in breaking free from food addiction. This affirmation encourages you to tune in to your body's natural signals, helping you develop a healthier and more mindful relationship with food.

## **4. I am stronger than my cravings.**

Cravings can be overwhelming, especially when dealing with food addiction. By affirming that you are stronger than your cravings, you are empowering yourself to resist temptations and make choices that align with your goals for healing.

## **5. I forgive myself for any setbacks and continue moving forward.**

Setbacks are a natural part of the healing process. This affirmation encourages self-compassion and forgiveness, reminding you that it's okay to stumble and make mistakes. By acknowledging setbacks and continuing to move forward, you maintain the momentum towards healing.

## **6. I am worthy of a healthy relationship with food.**

Food addiction can often stem from underlying emotional issues and a lack of self-worth. Affirming that you are worthy of a healthy relationship with food reinforces your value and encourages you to prioritize your physical and mental well-being.

## **7. I am committed to my healing journey, one day at a time.**

Healing from food addiction is a journey that requires commitment and patience. This affirmation serves as a reminder to take it one day at a time, celebrating each small victory along the way.

Food addiction is a serious struggle that can have a detrimental impact on both physical and mental health. However, by incorporating daily affirmations into your routine, you can take a proactive step towards healing and breaking free from the cycle of addiction.

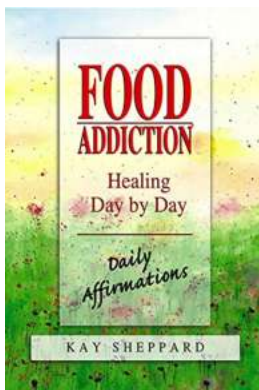
Remember, the power of affirmations lies in consistency and belief. By repeating these positive statements daily, you can reshape your mindset and create a healthier, more balanced relationship with food.

Start your healing journey today with these powerful affirmations and watch as you gradually overcome food addiction, one day at a time.

### **Keywords for alt attribute:**

- food addiction healing day by day
- daily affirmations for food addiction
- overcoming food addiction with affirmations
- healing from food addiction with positive statements
- rewiring the brain to overcome food addiction

- breaking free from the cycle of food addiction
- shifting mindset to reduce food cravings
- nourishing the body with wholesome foods to overcome addiction
- listening to hunger and fullness cues in food addiction recovery
- empowering yourself to resist cravings in food addiction healing
- self-forgiveness in the journey of healing from food addiction
- building a healthy relationship with food in food addiction recovery
- committing to the healing journey of food addiction recovery



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Millions of dollars are spent each year on weight-loss products, mostly the result of futile attempts to correct an underlying and misunderstood problem: food addiction.

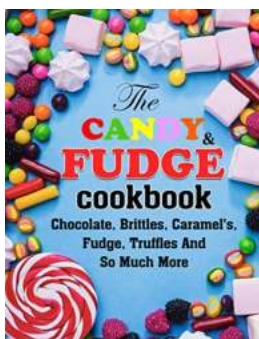
Since beginning her own recovery from food addiction in 1977, Sheppard has helped thousands of people live healthy lives by following her comprehensive program. The crux the program's success is the Recovery Food Plan, which

effectively eliminates cravings for sugar, carbohydrates, caffeine and personal trigger foods, which not only add unwanted pounds, they literally wreak havoc in the body.

Food Addiction: Healing Day by Day appropriately begins on January 1, a time when most people are looking to shed unwanted holiday pounds and begin a healthier lifestyle. Each daily entry includes an affirmation for readers to focus on as well as a point of reflection, and offers an insightful message from Sheppard as someone who's "been there", helping them to:

- Overcome emotional barriers to recovery
- Avoid people who sabotage recovery efforts
- Recognize and prevent relapse
- Stay motivated, especially during challenging times

At the end of each week, Sheppard poses thought-provoking questions to ensure that readers stay honest to the plan, keep their emotions in check, and avoid destructive behaviors. Sprinkled throughout are helpful "stress busters" and real-world tips to help readers achieve success.



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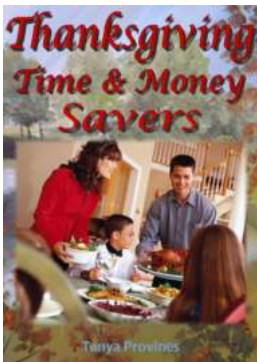
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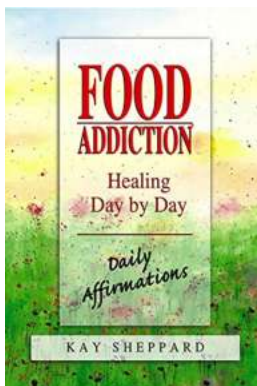
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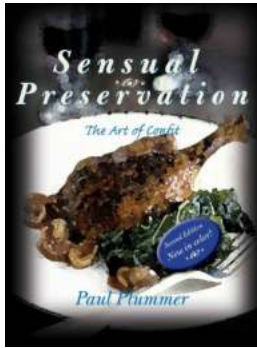
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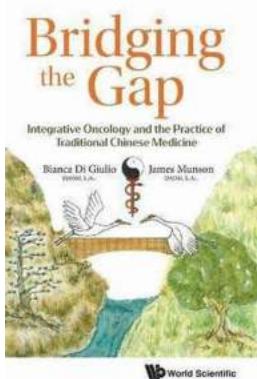
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