

# Freedom

in Your Relationship with Food

An *Everyday* Guide

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*Myra Lewin*

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Freedom in Your Relationship with Food: An Everyday Guide  
Published by Synergy Books  
P.O. Box 80107  
Austin, Texas 78758

For more information about our books, please write to us, call 512.478.2028, or visit our website at [www.synergybooks.net](http://www.synergybooks.net).

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Publisher's Cataloging-in-Publication  
(*Provided by Quality Books, Inc.*)

Lewin, Myra.

Freedom in your relationship with food : an everyday  
guide / Myra Lewin.

p. cm.

Includes bibliographical references.

LCCN 2008930114

ISBN-13: 978-0-9815462-1-6

ISBN-10: 0-9815462-1-8

1. Nutrition. 2. Health. 3. Yoga. 4. Medicine,  
Ayurvedic. I. Title.

RA784.L49 2009

613.2

QBI08-600177

Front cover design by Kristy Buchanan

**The interior of this book is printed on recycled paper made with 100 percent postconsumer waste.**

The information given here is designed to help you make informed decisions about your body and health. The suggestions for specific foods, nutritional supplements, and exercises in this book are not intended to replace appropriate or necessary medical care. Before starting any exercise program, always see your physician. If you have specific medical symptoms, consult your physician immediately. If any recommendations given in this program contradict your physician's advice, be sure to consult your doctor before proceeding. Mentions of specific products, organizations, companies, or authorities in this book do not imply endorsement by the author or the publisher, nor does mention of specific companies, organizations, products, or authorities imply that they endorse the book. The author and publisher disclaim any liability or loss, personal or otherwise, resulting from the procedures in this program. Internet addresses and telephone numbers given in this book were accurate at the time it went to press.

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# Introduction

I invite you to embark on a journey into the truth of your personal relationship with food and eating. Having picked up this book, you have already begun. It is time to take stock of your beliefs and behaviors concerning this essential aspect of human experience. Wake up from mainstream habits and unconscious attitudes. A “magic pill” that removes the need to make responsible choices does not exist. This book is a guide to raising your consciousness toward food and eating using Ayurvedic principles. Yoga practitioners of all levels will find it particularly inviting.

Though these pages provide a path to freedom, you will need to do the traveling. The adventure ahead holds what, at first, may seem formidable challenges. Sages say that the only way out is through, and I assure you that willingness and an open mind are all you need. Aspects of your life beyond diet will benefit from the self-knowledge and inner strength that you can discover here. Calling to you from the other side are those of us who have found a gentle harmony with eating that imbues daily living with vitality and ease.

Although the information in this book is straightforward, staying focused and present while reading may sometimes be difficult. Reading about changing patterns related to food and eating often arouses layers of programming from deep in the subcon-

scious and unconscious layers of your being. It may trigger desires to act compulsively. I encourage you to turn away and not give in to these unconscious desires. Be persistent in keeping a positive, focused mindset as you read. This may require rereading the same paragraph many times in order to absorb the information. As the programming and unconscious attitudes start to leave you, it may feel like a battle or an uncomfortable delay. In this book, you will find simple ways to validate your innermost truth and move beyond the discomfort.

The first part of this book will deepen your understanding of your relationship with food. It addresses how that relationship reflects in all of your interactions and explores new possibilities. The next sections provide simple, natural approaches to meeting your true needs in terms of eating and relating with others. Finally, there are reference guides, a list of ailments and suggested solutions, and simple practices for you to work with.

A great teacher once said to me “Don’t believe a word I say. Work with what I have to offer and learn from your own experience.” I suggest the same to you. Beliefs can be limiting, but your experience has infinite possibilities.



# Problems and Answers

The body and mind are your primary tools for experience in this life. The body has many functions that are very useful to you in your self-care. The tendency to ignore it, treat it like a machine, or dote on it in ways that do not promote balanced well-being is quite common.

Behavior around food and eating is a habitual inheritance that changes little until you bring consciousness to your actions. Some people inherit health problems. Others accrue problems from environmental pollutants. These problems can seem unsolvable. This may or may not be true, but you can significantly affect your well-being through the choices you make around food and eating. Many hereditary issues and environmental sensitivities fall to the background with conscious, healthy life choices around consumption. The body and spirit work together in harmony when you let them. They acknowledge and support your connection to self.

The following are simple, natural ways to work with your body, mind, and spirit. They are a first step toward solving many problems. If you work with them, they will assist you in developing a further understanding of how and why your body and mind respond as they do to your food and lifestyle. Other supportive practices mentioned in this book will help and sometimes Ayurvedic herbs may be necessary.

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Although the name of this chapter is Problems and Answers, remember that Yoga and Ayurveda are not about treating symptoms, but about rooting out the cause and making long-lasting change for wellness and longevity. The suggestions listed have some variations, but there is a consistent foundation in all of them. Fixing symptoms in order to keep doing everything else the same way is not the intention. Keep the ultimate goal of balance and connection in your mind. I hope that this chapter will help you see your connection with everything inside and outside of you. I suggest that you read all of the sections even if you don't identify with the title. You may discover some helpful tools for you or someone you know.

## **Blood Sugar Fluctuation**

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Blood sugar problems are often the result of consuming refined 