

**W**e are unable to survive without eating. Food nourishes our body, allowing her to live, function, work, play, grow, and heal. Is there any wonder why so much of our time and energy is spent providing nourishment for ourselves and those we love?

If you can't remember the last time you ate a guilt free meal, if you can't remember not being "on a diet", if you can't remember the last time you ate chocolate without shame, then the Body Knowledge System® is for you.

As you maintain communication with your body, as you do your dance, as you discover your style and apply the principles, you will liberate yourself from other peoples' standards.



## OVERVIEW

You will shift your emphasis from outside yourself and your body back where it originated and still belongs: within yourself.

You and your body know yourself.

You and your body will determine what you eat, when you eat, why you eat, where you eat, and how you eat for your health and well-being.

Your style applied to Eating & You will change your life for the better, not just for today, or tomorrow—forever!

To illustrate, I'm spontaneous (**S**) about **when** I eat, but I'm analytical (**A**) about **what** I eat. And neither is my dominant style. The style that defines me is inspirational (**I**). I'm off the charts analytical (**A**) when I stock in my pantry and refrigerator. If I didn't rely on my analytical (**A**) to provide a totality of my choices, my inspirational (**I**) style would not work for me. I understand my nature around eating is inspirational, yet I want all of my choices to be healthy. So, I apply my analytical (**A**) style to inform me about healthy purchasing choices. If it's available, I can be inspired when I select a specific item to eat knowing it will also support my commitment to our (Stephanie/Rhythm) health. Therefore, I am an analytical inspirational (**AI**) in the BKS Practical of Eating & You.

## LET'S GET PRACTICAL

Remember in Chapter 5 when you ranked your styles within each practical? Jot them down again here, just for Eating & You

- 1 \_\_\_\_ Your predominant style
- 2 \_\_\_\_ A style that sometimes governs your approach
- 3 \_\_\_\_ A style that comes up occasionally
- 4 \_\_\_\_ A style that least describes the way you function in this area

In Chapter 5, you discovered the broad brush strokes about the styles, now you can apply them directly to the Eating & You Practical.

### **O**rganized (*O*)

You make a grocery list each week.  
You keep your refrigerator and pantry stocked.  
You plan your meals based on the food pyramid.

### **A**nalytical (*A*)

You read nutritional labels.  
You are knowledgeable about nutritional value and health benefits of foods.  
You research the kind of diet that's best for your body type.

### **S**pontaneous (*S*)

You eat when you're hungry.  
There's no rhyme or reason to when you eat.  
A grazer, you may eat three to six meals a day.

# I nspirational *(I)*

You eat what tastes good.  
You eat what looks good.  
You eat what makes you feel good.

# S ynchronicity

Opportunities for new foods occur at just the right time.

When you can't have what you seek, something better appears.

Try something new, you might enjoy it!

The Daily Practices and the following vignettes will help you go deeper into the Practical.

The daily practices provide a place to be conscious of your style.

You'll become adept at owning your style—— and just being you.

You'll learn how to think through your style.

You'll find ways to maintain a focus on the practical daily.

