

7th Annual congress on

Probiotics, Nutrition and Microbes

July 18-19, 2018 Prague, Czech Republic

Intuitive eating: The power of following our intuition for optimal health

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Statement of the Problem: There has never been a time in history where we've had more information available about nutrition but there has never been a time when people have been more confused about what they should eat either. In addition to this, the market has been flooded with millions of man made products that promise optimal health. The abundance of information, of conflicting studies and of marketing messages is creating confusion in people's mind about what to eat. The purpose of my work is to help my clients reconnect with their intuition in order to work out what type of fuel works best for them. This is a completely different approach from the mainstream but one that delivers amazing results because it relies on the body's intelligence as a compass about what and when to eat.

Methodology & Theoretical Orientation: An inter subjective experiment instructing subjects to eliminate all processed foods, to eat a whole foods diet and to use meditation as a way to tune in with their inner wisdom over a period of four weeks.

Findings: The subjects of the study all lost weight despite not having to follow a meal plan or a calorie controlled diet. They all reported higher energy level, improved digestive health and a better mood. One subject had high blood pressure and was taking medication for it but it came down to normal levels only after three weeks on the program. Another subject is in the process of coming off mood stabilizing medication and a third subject has not had a bulimic episode since she took part in the program.

Conclusion & Significance: The human body is fitted with an inner wisdom, an intuition that guides us to optimal health and weight when we follow it. Just like animals, we are guided to the right fuel at the right time if we rely exclusively on foods we find in nature. Even though bigger studies remain to be done, it shows that we have an inner guidance that is perhaps more powerful and reliable than our mind to optimize our fuel and to heal.

Biography

Madeleine Karlsson has studied at the Institute for Integrative Nutrition and she is a certified Holistic Health and Nutrition Coach. In her work, she helps her clients mend their relationship with food, improve their health and optimize their weight by learning how to eat intuitively. She is also an international Speaker, Corporate Consultant and Natural Food Chef.

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