
Food Freedom Program Philosophy

A Medical Nutrition Therapy Nutrition Intervention to treat Disordered Eating

Eating disorders are medical diagnoses which describes type of coping mechanisms people use for managing emotional distress. These eating disorders lead to health conditions which may cause undesirable health outcomes, reduce life expectations, and limits on true freedom. The diagnosis is used to categorize the type of behavior expressed by the patients and gives the treatment team a roadmap for interventions.

Our program does not treat eating disorders. Instead, we train and help people who desire to change their disordered eating patterns and develop a better relationship with food. We educate people, family units, practitioners, and communities on the dynamic of recovery communication and advocate behavioral sobriety or remission. Patients choose to participate in the program because they would like to develop and choose to establish a new foundation.

We create a healing presence in an environment that is nonjudgmental, inviting and collaborative. You (the patient) along chooses the module course of action with the understanding one module may take one session or one year. then another module may need to be tabled once initiated. The registered dietitian nutritionist's responsibility is to present the truth, give tools an and educational support, and the nutrition counseling strategies which foster food freedom.

Tools and Resources:

- Phone Number to the Registered Dietitian for Questions
- Patient Portal
- Focused Tracking Sheets
- Weekly One-on-One Sessions
- Patients must have a counselor/therapist/clergy in place to be in the program

Initial Assessment

- Anthropometric Measurements
- Nutrition Focused Physical Examination
- Metabolism Assessment 98% accurate metabolism assessment
- Laboratory Reports for Review
- Family History and genetic profile
- An exploration of the participant's history and relationship with food

Monitoring and Evaluation

- One-on-One Sessions
- Blind weights each session and hand dynamometer every four weeks

Food Freedom Program Educational Modules

The Medical Nutrition Therapy Intervention for Disordered Eating

Food Models Lesson Healthy Eating Module

- Introduction to the Food Freedom Program – What is Food?
- Understand the design of the body and its nutritional needs, daily and hourly
- Understand the Set Point Theory and biological body weight regulatory mechanisms

Physical Activity Module

- The Four Types of Exercise: What is physical activity? What is not physical activity?
- Karvonen Formula – Optimal range for heart rate in physical activities to reduce injury
- Fueling is for Wellness ... not for _____ (Fill in the blank)

Neurobiology and Food Review Module

- Understand how severe restriction or over-consumption may contribute to mood changes, cravings, and altered cognition and body
- Food Cravings and Tips on Managing Them Lesson Plan

Changing Thoughts from Negative to Productive Module

- Train on the brain Emotional and Logical hemispheres
- Understand the difference between “Truth” and “Facts” and their effects on behavior
- The possible fate of messages on the brain & the brain influence on behavior
- Choices – Where do YOU fit in the picture?

Breaking the Cycle of Emotional Eating Module

- Understand the differences between Normal Eating and Disordered Eating
- What is popular and shiny versus what is realistic
- Yes... it takes time

When you Eat and are Satisfied, You Will Bless Module

- Training on the “My Plate Your Plate Healthy Boundaries” Concept
- Religiosity in Disordered Eating – What to do for
- Nutrition Picnics (In-Office and/or Out-of-Office Nutritional Picnic)

Setting Healthy Boundaries (Strong Therapy Sessions Needed Here)

- Understanding the role of forgiveness in disordered eating
- Manage the changes which may accompany improved wellness