

# SUPPORT

Food, support, and patience all work together to help your body feel safe enough to change.

## FOOD IS RELATIONAL

First connection with caregiver • Linked to safety and comfort

## DOPAMINE VS OXYTOCIN

Dopamine = reward (“do that again”)

Oxytocin = safety + connection (“I feel okay”)

Addictive food gives dopamine without real oxytocin (connection)—which is why the relief doesn’t last.

## WHOLE FOOD VS ADDICTIVE FOOD

### WHOLE FOOD:

- Supports regulation
- Steady energy
- Calm body
- Natural stop

### ADDICTIVE FOOD

- Amplifies dysregulation
- Spike --> Crash
- Cravings
- Override signals

## WE'RE NOT MEANT TO DO THIS ALONE

- People who have support get better outcomes.
- Encouragement matters most
- Shared experience helps
  
- Alone: 24% maintain new habits
- With support: 66% maintain new habits

*Support works because regulation happens in relationship (oxytocin), not in isolation.*

## **PATIENCE**

YOUR BODY IS UNIQUE

Same input ≠ same results • Metabolism varies

You are on your own journey, don't compare

Healing is prioritized over fat loss

## **ANABOLISM VS CATABOLISM**

**ANABOLISM: BUILD + HEAL**

- Repairing tissue
- Fighting illness
- Restoring the body
- Building muscle
- Supporting hormones

**CATABOLISM: BREAK DOWN & USE ENERGY**

- Burning fat
- Breaking down stored energy
- Weight loss

This is your body protecting you—not working against you.

## **WHY PROGRESS CAN STALL**

- Stress or dysregulation
- Poor sleep
- Inflammation
- Emotional load

Body shifts to healing (anabolism)

## **NOURISH PRACTICE**

Eat in a calm state • Add connection when possible  
Don't rush or restrict • Lower the pressure around food

If you're in a healing phase, your body may hang onto weight.  
This is not a problem. It's part of the process.