

# Influence of Our Body

## Message Modification

New studies are reported frequently and direct our messages. For example, recent studies examining the effects of eating breakfast point out flaws in previous research – see page 2 for relevant studies. Lately, there has also been publicity regarding intermittent fasting. Based on new, available information and discussion with colleagues, it is recommended that the content for the following program sessions be adjusted as suggested below:

### **Facilitator’s Manual – Eating under the Influence of our Body–page 32**

#### **Skipping breakfast** - page 33

**Omit first point** - *‘One of the strongest predictors for weight gain.’*

**Add point** - *‘The research and evidence about the connection between eating breakfast and weight is not as strong as once believed. Some studies have shown that adults who skip breakfast are more likely to have a higher weight or to be overweight than adults who eat breakfast. However, studies have not proven that skipping breakfast actually causes weight gain or that eating breakfast prevents overweight.’*

Recent literature reviews indicate that most studies on this topic are observational and do not meet stringent criteria to be considered strong indicators for ‘cause and effect’. Therefore, do not present any of the points in this section. If you and/or your clients would like to expand on the issue of eating breakfast, have a brief discussion regarding the pros and cons of eating breakfast from the client(s)’s point of view and experience. Mention that a morning meal may be essential for people with impaired glucose regulation.

#### **Long periods of time between eating** – page 34

The points made in this section can be delivered as written.

If the topic of ‘intermittent fasting’ comes up, respond something like:

*‘There have definitely been news stories and reports on the internet about fasting for better health or weight loss. The term ‘intermittent fasting’ refers to avoiding any food intake for 12 to 24 hours every other day or on a regular basis. There are no well-designed research studies that prove that fasting improves health or weight management.’*

Again, if this topic is of keen interest to your client(s), have a very brief discussion about the pros and cons of fasting from their perspective.

### **Timing of Food Intake – Do Your Own Research – Activity Worksheets**

If you or the client(s) would like to focus more on the timing of eating, you may use the ‘Timing of Food Intake’ Worksheets. Although the Craving Change™ program does not teach about what, when or how much to eat, these factors may influence the client’s thoughts, feeling and behaviours.

Self-awareness is essential to behavior change and these worksheets may help the client(s) discover that particularly when they eat affects how they feel, not only physically but also emotionally.