

A JOURNEY TO FULLNESS

With Rachel Anne Hobbs R.D. PgDip. MBDA. CHyp.



THE HEALING THREES

WELCOME TO THE HEALING THREES

This guide will talk you through the basics of the healing threes; this is used to support individuals gain food and body literacy and heal from chaotic eating behaviours.

This is a tool that you can use as you travel your Journey to Fullness.

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About the author ...

Rachel Anne Hobbs RD PgDip BDA is an award winning Dietitian and Personal Trainer.

She is clinically trained in nutrition and dietetics with CPD in cognitive behavioural therapy, hypnotherapy, inner child therapy, tantra and somatic therapy and specialises in support individuals to heal their relationship with food and reconnect to their bodies.

Rachel also has specialist interests in sports performance nutrition and completed her post grad with the International Olympic Committee, she currently leads nutrition support at the British Army Elite Athlete Hub.

Rachel has also come from an elite athlete background, breaking the British records in powerlifting and taking a gold medal home from the European Championships, before racing in an international IronMan event.

The Healing Threes

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The healing threes (TH3) has been successfully used to support the recovery of chaotic eating and diagnosed eating disorders as well as gastrointestinal disorders, diabetes and to improve athletic performance.

For many individuals The Healing Threes benefits them initially as it allows them to let go of the responsibility of deciding quantities, types and timings of food intake until their own natural regulation over eating is re-established.

The healing threes are guidelines which are designed to be nutritionally complete; this means that if followed, they will aim to meet the majority of individual's nutrient requirements for physical and mental wellness; although it is important to note that this is not an individualised nutrition plan and should not be treated as such.

If your chaotic eating behaviours are very impaired it is important to treat the The healing threes like a prescription. The healing threes is your medicine.

What are the Threes?

- Eat three meals per day
- Eat three snacks per day
- Don't leave longer than three hours between eating episodes

What are the benefits of the The Healing Threes?

The healing threes can support individuals to balance blood glucose levels and reduces physiological triggers to engage in binge eating, also decreasing preoccupation with food and thus supporting concentration and focus and the reestablishment of hunger and satiety cues. They also support an individual meet their energy, macronutrient and micronutrient requirements.



ONE : EAT THREE MEALS PER DAY, AIMING TO EAT AT LEAST THREE FOOD GROUPS IN EACH MEAL

UNDERSTANDING MACRONUTRIENTS

There are four macronutrients; carbohydrates, fat, protein and alcohol. Macro means large, they are called “macro” nutrients as aside from alcohol, it is important you consume them in large amounts daily, measured grams. Micronutrients include vitamins and minerals and these are required in smaller amounts daily, measured in micrograms.

The exact quantities of macronutrients your body requires to meet it's needs and lose fat are dependent on your personal needs and preferences. It is important you understand each of their functions and the different types available.

PROTEINS

Proteins are made up of chains of amino acids that are essential for vital roles in your body such as regeneration of tissue cells. Some amino acids can be made by your body, but others have to be consumed through your diet; these are essential amino acids. Protein contains four calories per gram.

Protein cannot be stored within the body therefore it is important that you spread intake out over the day, consuming around 15-25g portions with every meal and after training sessions will meet the needs of the majority of the general population.

What does 20g protein look like?

- **100g chicken breast**
- **100g lean turkey mince**
- **110g white fish**
- **100g salmon fillet**
- **100g beef mince**
- **90g tinned tuna**
- **200g 0% fat Greek yoghurt**
- **3 eggs**
- **200g egg whites**
- **180g tofu**
- **1 tin black beans**
- **90g dry lentils**
- **1 protein bar e.g. Grenade**

*raw weight unless stated



CARBOHYDRATES

Carbohydrates are the main source of energy that your body likes to use. All carbohydrates are made up of chains of sugar that your digestive system will break down to enter the blood stream as glucose. This is then used immediately as energy if needed or stored in your muscles and liver for later use.

The majority of the time it is advised to choose wholegrain or "low Glycemic Index" carbohydrates as these contain fibre and take longer to break down which provides you with a "drip feed" of energy. Choices include wholegrain bread, pasta, rice, quinoa, wraps. Legumes, potatoes and vegetables also provide slow release carbohydrates.

Faster release carbohydrates are also beneficial for many reasons including to support physical activity, to meet energy needs, to increase food variety and to support healing your relationship with food. Choices include fruit, bagels, rice cakes or cereal bars.



What does 40-50g carbohydrates look like?

- 2 slices wholegrain bread
- 1/2 pack microwave rice
- 1 large wholegrain wrap
- 60g oats
- 4 rice cakes
- 50g rice
- 60g pasta
- 200g potato or sweet potato
- 400g butternut squash
- 50g cous cous
- 60g quinoa
- 60g bran flakes



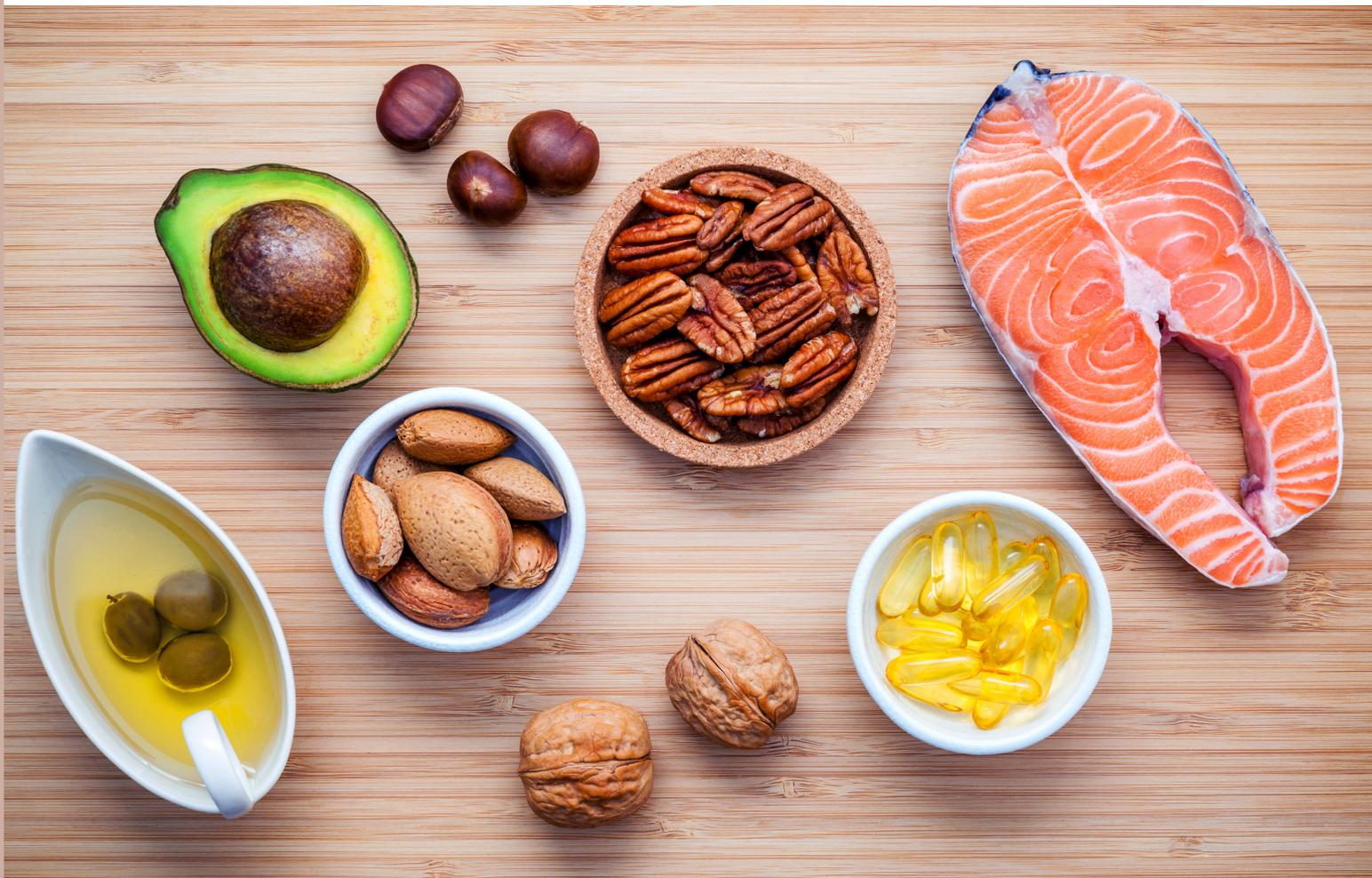
FATS

Dietary fats are essential for your brain and hormones to function optimally, however there are different types which are important for you to understand.

Unsaturated fats are the “healthy fats” these are split into polyunsaturated and monounsaturated. Both of these should be included in the diet as the body cannot make these. Polyunsaturated fats include omega 3 found in oily fish such as salmon, mackerel and fresh tuna, aim to consume at least two portions per week. Monounsaturated fats include plant based fats such as those found in avocado, nuts and seeds.

These types of fatty acids are important to health and wellbeing and are a great source of energy, so ensuring you consume at least two portions of oily fish a week is important. Adding avocado to salads and nut butters to porridge is another way to increase intake of fatty acids.

Saturated fats are found in animal products such as cream, butter, cheese and fatty meats and are fine to consume in moderation. It is **trans or hydrogenated fats** that you should have awareness of, these are in products such as some margarines and baked products and occur when a liquid fat turns into a solid. These may have negative health consequences when consumed in high quantities.



ONE : EAT THREE MEALS PER DAY

Eating three main meals at regular intervals throughout the day e.g. 7am, 1pm and 6pm will support you to consume adequate nutrients to meet your needs and prevent deficiencies. It will also support your energy needs, preventing feelings of fatigue which may support the reduction of binge urges.

Try to use the below information as a GUIDELINE to create your meals. Please recognise that these are just some foods to include to offer you an idea, and the quantities are a starting guide, as you learn to reconnect to your body you will learn what amounts best meet your needs.

VEGETABLES OR FRUIT INCLUDING (APPROX 1 CUP MIXED PER MEAL)

- Spinach
- Broccoli
- Kale
- Aubergine
- Courgette
- Aubergine
- Pepper
- Cucumber
- Green beans
- Beetroot
- Peas
- Sweetcorn
- Tomatoes
- Onion
- Banana
- Berries
- Apple
- Pear

PROTEIN SOURCE IN MOST MEALS

- Fish, poultry or meat or meat alternative approximately the size of the palm of your hand e.g. one chicken breast
- One cup cooked beans or lentils
- 3/4 tin beans or lentils
- Three eggs
- 1/2 cup tofu
- 3/4 cup cottage cheese
- One cup Greek yoghurt
- 25g protein powder

CARBOHYDRATES IN ALL MEALS

- One cup cooked pasta, rice, quinoa, cous cous, cassava, yam
- Jacket or sweet potato approximately the size of your hand or six - eight new potatoes
- Two slices bread
- One wrap, bagel, scone, muffin, roll, pitta bread
- One cup of cereal
- 1/2 cup dry oats

FAT SOURCE IN MOST MEALS

- One tbsp. olive oil
- One tbsp. mayonnaise
- One tbsp. nut butter, tahini
- One tbsp. butter
- Two tbsp. nuts and seeds
- 30g cheese
- 1/2 - one avocado

ENERGY EXTRA IN ONE-TWO MEALS

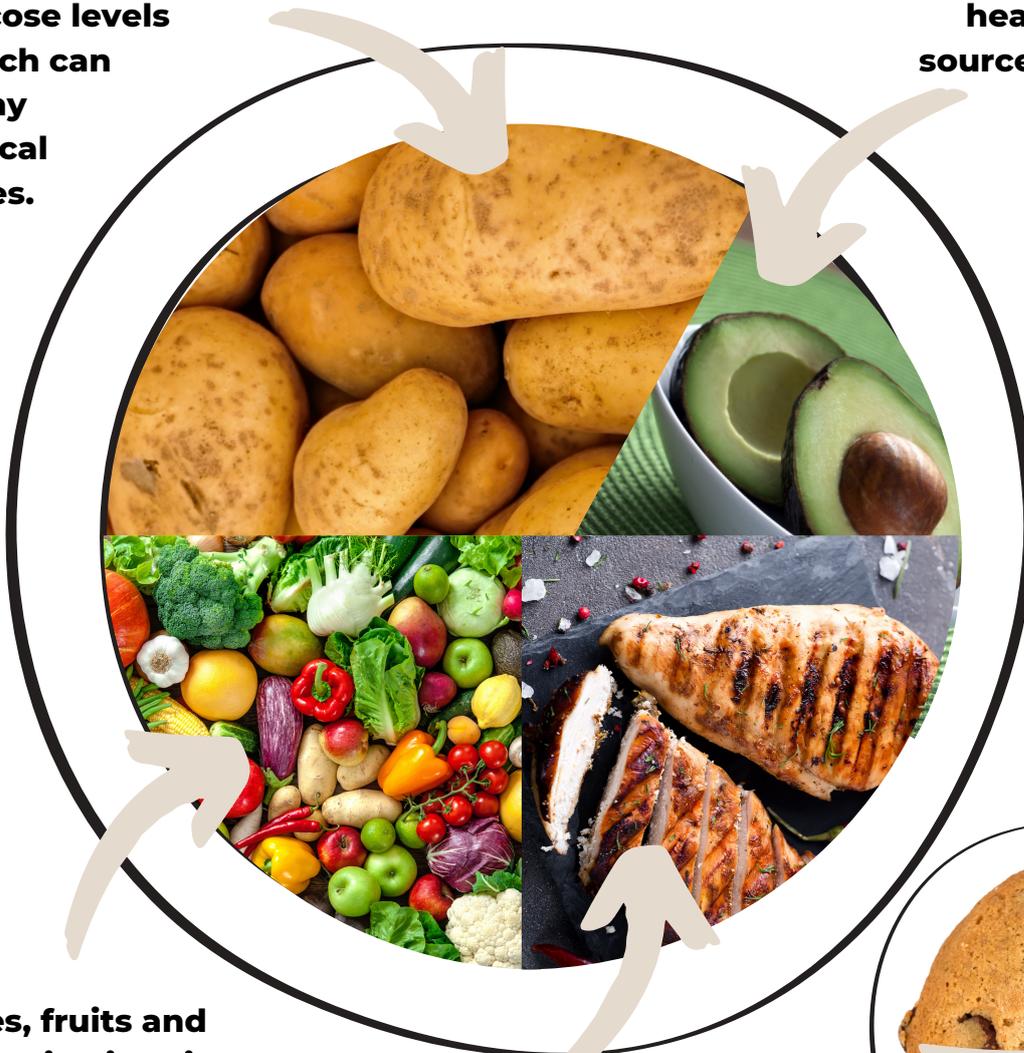
- Two cookies or biscuits
- Custard pot
- Fruit yoghurt
- Doughnut
- Chocolate bar
- Flapjack
- Cup cake
- Packet of crisps
- Ice cream on a stick
- 2tbsp hummus on two rice cakes
- One cup cereal with milk

EXAMPLE PLATE GUIDELINES

Below is a visual example of what your plate may look like when following the healing threes.

Carbohydrates maintain energy levels and keep blood glucose levels stable which can prevent any physiological binge urges.

Fats are important for hormonal and thyroid health and provide a source of energy to the brain and body.



Vegetables, fruits and salads contain vitamins, minerals and fibre, important for overall wellbeing and digestive health.

Protein containing foods are important for a wide range of physiological process' including repair on growth of muscle tissue.



Energy extras ensure you are meeting your daily energy needs and support you to increase food variety, overcome food fears and create the healthy belief that "all foods can have a place in a healthy diet".

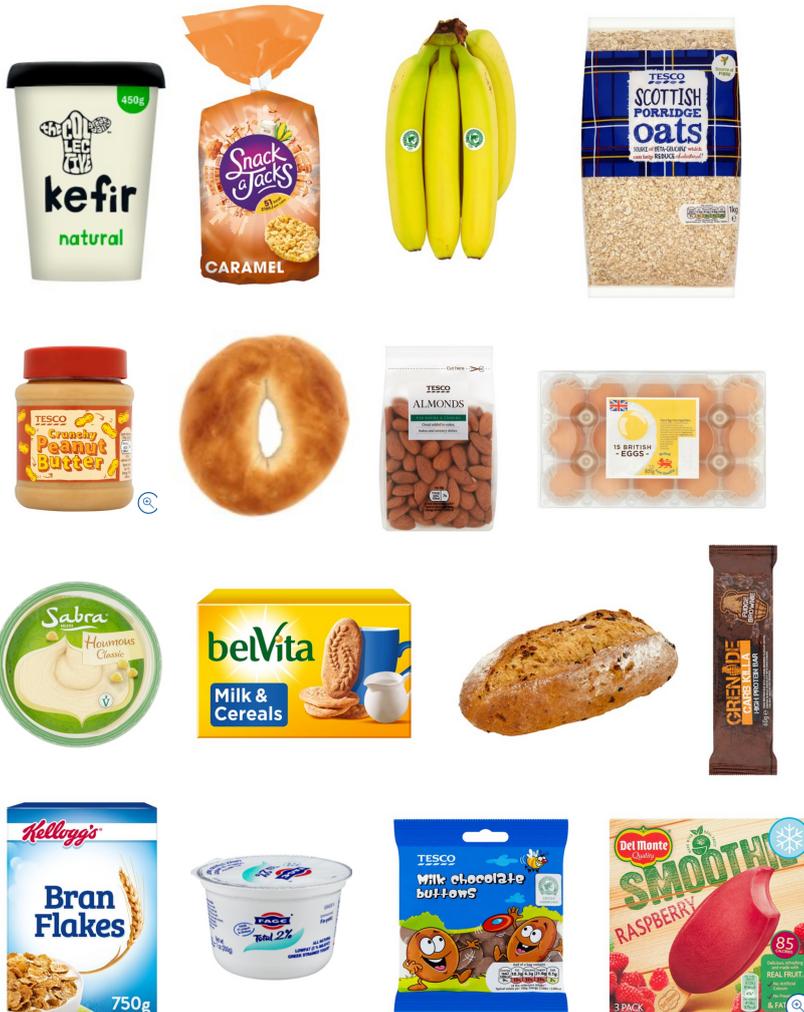
TWO: EAT UP TO THREE SNACKS PER DAY

When starting the healing threes it is advised that you have three snacks daily, spaced in between meals. I would recommend that this continues until episodes of chaotic eating have been minimal for at least 12 weeks.

If you engage in chaotic eating around high sugar foods, it is advised that to start with you have these food after a meal as an energy extra rather than as a snack in isolation until you feel safe to introduce them in between meals.

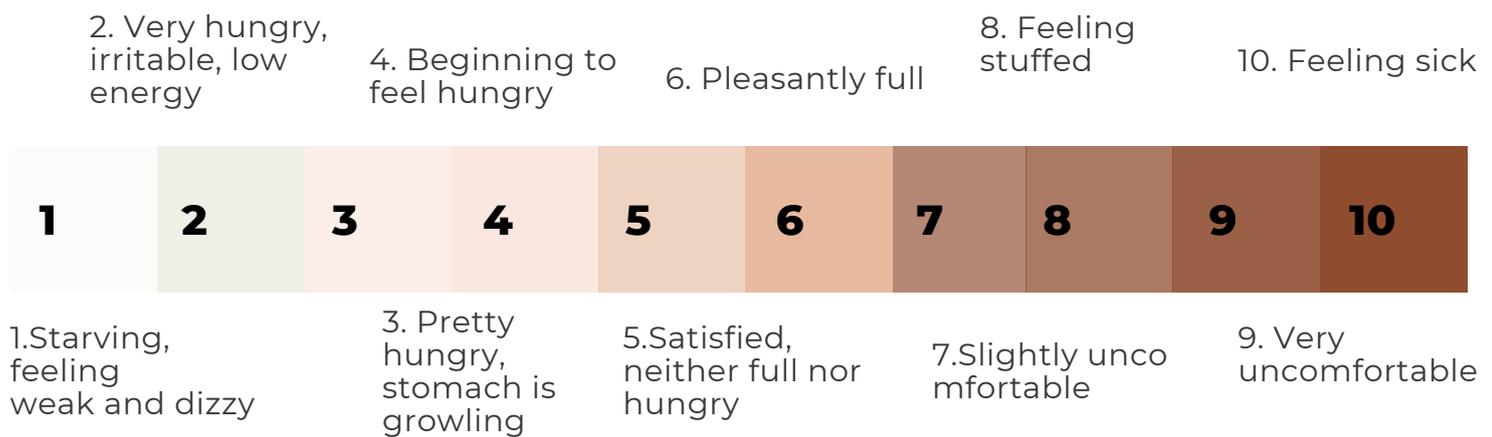
Once you are no longer engaging in chaotic eating and are using other coping tools to manage discomfort, it may be time for you to move to a hunger based guide for whether you would like a snack or not. A basic guide for this is "hunger is safe, but try not to be hungry for more than 30 minutes". It is important that your body learns to trust that you will take care of its needs in reasonable time.

EXAMPLE SNACKS



- One pot/cup fruit or Greek yoghurt topped with fruit
- Three rice cakes with hummus or tahini or nut butter
- Piece of fruit
- 1/2 cup oats with milk
- Peanut butter on toast
- Cheese on toast
- Hummus on toast
- Two eggs on toast
- Fruit scone with jam
- Two tbsp. hummus with crackers and/or vegetable sticks
- Packet of crisps
- 1/3 cup trail mix
- Cereal bar
- Protein bar
- 1 cup cereal with milk
- Chocolate bar
- Ice lolly or ice cream on a stick

HUNGER AND SATIETY SIGNALS



When chaotic eating behaviours have reduced and you are competently using the The Healing Threes it is time to start to trust your internal appetite regulation, this can take time and conscious effort. To begin simply try to tune into your hunger and satiety signals as indicators of when to eat and when to stop eating. You can use the hunger scale to help with this. Hunger shows itself in various ways, including emptiness in the stomach, light-headedness, irritability, shakes, headaches and increased thoughts around food.

THREE : DON'T LEAVE LONGER THAN THREE HOURS BETWEEN MEALS

When starting out on the TH3 try to eat every three hours in order to prevent blood glucose levels decreasing which not only cause feelings of fatigue and irritability, but also can cause cravings for high sugar foods, which may lead to engagement with chaotic eating. This regular eating pattern also creates a flexible structure for you to engage with which can reduce food preoccupation and stress.

When you have not been engaging in chaotic eating behaviours for at least 12 weeks and are starting to recognise your own hunger and satiety signals then you may be able to go for longer periods without eating but it is advised not to go longer than five waking hours without eating. This may sometimes mean eating when you are not hungry to prevent going too long without eating.

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