

## Allen Carr's Easy Way

### **Favourite Foods**

Allen Carr, believes that our favourite foods are those which nature intended for us. Fruit, nuts and vegetables.

Throughout the book, he attempts to “undo the brainwashing” we have received about what our “favourite food” is. He believes that years of marketing and artificial flavourings have tainted our views and that we have been brainwashed into believing unnatural foods are actually our favourite when really our bodies all crave and desire food in its natural state.

The aim of the book is to change the way our minds look at food. He says it's to undo the brainwashing

Nature's guide, as Allen Carr describes, is following a raw food, vegan diet. He notes, that It's very rare we see overweight wild animals. Hippos and Elephants are overweight, sure, but they are “built” that way. Wild animals are not disproportionate to what they should be, unlike many humans and domesticated animals. Allen states that with mindful eating we can retrain our brain to favouritise whole, healthy foods, as in Nature.

This book does have some good points which I've highlighted below;

#### Key Points

- Hunger is good – it makes your meal more satisfying when you get it.
- Overeating is not satisfying.
- The way you're eating now is making you miserable (if it wasn't you wouldn't be reading the book)
- If bacteria won't touch tinned food, why should you?
- Enjoy eating food - think about the taste
- Focus on your shape, not your weight. Your shape, and whether you are happy with it - is the most reliable indicator of your progress and condition.
- Natural foods make you feel best. Make sure you have some raw natural unprocessed food at every meal.
- You only get one body - look after it
- The belief that junk tastes good is an illusion the result of brainwashing. Reconnect with your taste buds and they will be attracted to the foods that are best for you.
- See hunger as a source of pleasure - the hungrier you are, the better food will taste.
- Hunger involves no physical pain.
- Avoid eating unless you are hungry.
- Eat slowly - as you enjoy each mouthful, think about the nutritional value and the taste of the food.
- You can acquire a taste for virtually anything
- Taste can be unacquired
- Addictive drugs (sugar) do not satisfy the craving, they cause it.
- Enjoy the freedom of eating as nature intended.