

JEWISH LATIN PRINCESS
RENA REISER, HOST OF JEWISH INTUITIVE EATING
JOURNEYS PODCAST
EPISODE 65

You're listening to Jewish Latin Princess Podcast by Yael. Every week get your dose of inspiration from the world's most uniquely talented Jewish women and from Yael herself. Seeking profound and practical ways to live a joyful, richer Jewish life? Welcome to Jewish Latin Princess Podcast.

And now, Jewish lifestyle expert and bilingual blogger at www.jewishlatinprincess.com, your host, Yael.

YAEL TRUSCH: Imagine this . . . You baked a cake - your favorite and your family's favorite, I don't know, chocolate, and you feel like having a slice. So you turn on the water kettle to boil some water for tea, you take out a plate, not the disposable the real, the China. You cut yourself a slice and you put it on the plate, served yourself your tea and you sit and you have your tea and cake. You may finish it perhaps you don't even finish it because maybe you realized that you're full, you're satisfied. You put the dishes back into the dishwasher and you continue with your day and you don't think about the cake again. Is that possible? My guest says it is. You're listening to Jewish Latin Princess, I'm Yael Trusch your host – welcome to the show. Today we're talking about intuitive eating with intuitive eating coach and podcast host, Rena Reiser.

Rena is an Intuitive Eating Coach and the creator of the Jewish Intuitive Eating Journeys Podcast, but Rena is not a newbie to Jewish Latin Princess. She's a friend of the show. I had Rena way back at the beginning of my podcasting journey in one of my most downloaded episodes, Episode number 9. Back then, Rena and I discussed the personal journey that led her to intuitive eating and to becoming a certified intuitive eating coach, the struggle women have with food and yes, we even delved into why this is a struggle not just prevalent in popular culture but even within the observant Jewish world. I encourage all of you to go back and listen to that episode, episode number 9 and you'll see why it's one of my most popular episodes.

Now, do you trust yourself around food? Do you call yourself an emotional eater? Have you tried every diet and food program in the planet? We'll Rena's going to talk about that and a lot more. What does she mean when she talks about counterfeit control? What lies at the other side of going through deep emotional and mental work with regards to our relationship with food? That sounds scary, but, hey, it might get you out of the dieting cycle once and for all. And according to Rena, this deep work can translate into growth and transformation in other areas of our lives. Is weight loss the motivator to embark on an intuitive eating program? What is unconditional permission to eat have to be balanced with? Listen to Rena's answer because without that piece you're missing what intuitive eating is all about. It's time to start relearning how to listen into our inner intuition something my guest says all women have. And I would have to agree. So listen up ladies, here's Rena Reiser.

[MUSIC]

YAEL TRUSCH: Rena Reiser, welcome back to Jewish Latin Princess.

RENA REISER: Wow, thank you for having me back. I can't believe it's been a year! A little bit more than a year.

YAEL TRUSCH: It's been a little bit over a year and amazing, you were back with me in Episode number 9 which by the way you should know is one of my top episodes, one of my most popular episodes.

RENA REISER: Pretty cool.

YAEL TRUSCH: Yes, it's really awesome and so much has happened since you were here last over a year ago, namely, you have a new podcast! The Jewish –

RENA REISER: I do!

YAEL TRUSCH: Jewish Intuitive Eating Journeys and we're going to talk a little bit about that. You've also changed name of your website which was previously towardshealthybalance.com, to –

RENA REISER: Yep.

Yael Trusch: renareiser.com and you've changed a little bit your Intuitive Eating Group Program, so we have a lot to discuss. I'm so excited

–

Rena Reiser: Yeah.

Yael Trusch: To have you on the show.

Rena Reiser: Thank you.

Yael Trusch: So tell us first about your new podcast? How do you like podcasting and what made you add this to your offer to your community?

Rena Reiser: That is such an interesting thing because going back many years in my life, I shied away from having to ever express myself with my, you know, my work. I remember standing in 7th grade at the front of the classroom trying to give a books talk, and make so shamefully embarrassed to just present the book talk that we have to give. And laughing and simultaneously crying and I can remember the look on my teacher's face of like, oh, my goodness, here we go again, and it led me for many years that just being ashamed to be able to stand up and express myself orally to people.

Yael Trusch: Really?

Rena Reiser: Yeah, and I was like, I am never going to be a teacher. I'm never going to do any of that stuff and that's probably why for many years I was a Computer Programmer, it was, you know, very nice and convenient to hide behind a computer and not really have to teach, so but you know, Hashem has very interesting ways of helping us express our true calling in this world and the more I worked with my clients, the more I kept hearing the same thing from them. You know your voice is just so relaxing, it's so calming, you're so reassuring, there's something about my voice that people really connected to and I realized that that's a way for me to really go to reach the people that I really want to reach.

Yael Trusch: Right.

Rena Reiser: Writing can lose the – even though right now nobody can see me, but you can still get the signs from my body language through my voice.

YAEL TRUSCH: Yes, emotions.

RENA REISER: And how I'm expecting things, exactly, the emotion which can get lost in the written word. And so actually after you having on the podcast last year, that's what sparked the idea in my mind that I need to start a podcast.

YAEL TRUSCH: Are you serious?

RENA REISER: Yes, and then actually –

YAEL TRUSCH: That's so cool.

RENA REISER: Yeah, I was so calmed and I right away interviewed a few people and then there was some stuff going on in my personal life and I couldn't launch it then, and then when everything finally relaxed again and I was able to revisit the idea of having a podcast, I actually realized I wanted to do it in a completely different way than the way I had started it a year ago.

YAEL TRUSCH: What is that way? And then how did it – what did it become?

RENA REISER: So actually it became this idea of reaching out to women who have gone through this journey whether they're my client or whether they worked with a different coach or just did it completely on their own. And allow them to express the journey that they went through from like the difficulties and the hardships and how counter culture it is and everything they went through so that they could reach this gold mine called, Peace of Food, and through re-leading to these women's journey, women, the women who are currently either dabbling with the idea of maybe trying into the intervening or maybe they've already started and it's not the easiest journey to go on so hearing that other women came out the other end so to speak with enthusiasm and excitement can be very, very encouraging for women to hear.

YAEL TRUSCH: I think it brilliant. I think it's brilliant because people do need that sense of, oh, there's somebody who's struggling the same thing as I am. There are other people who can understand me, there's that, being able to relate to another human being and that need for a community

that you know we can reach out to others to go through whatever journey we need to go through together. So important.

RENA REISER: Yeah, absolutely. And it's you know, whenever I start working with a new woman, she'll say something to me like, that I'm different, like probably never experienced this before and the truth is that like of course we're all so unique and we're all so different. Everyone comes with their own package, but the underlying issues are generally the same and so hearing that someone else went through that and just came out the other end can be so encouraging.

YAEL TRUSCH: Yes, yes. And even when the issues are not or the struggles are not exactly the same, just the fact that other people can be empathetic to the fact that because they're struggling with their own things, just that can lift an immense way off of peoples shoulders and get them a lot of validation, and a lot of encouragement to keep going at whatever they're working at, exactly. So, let's go to what they're working on when they go to you, when they go – they reach out to you for your group program or for your one on one coaching, you already mentioned the term, peace with food, and I've heard you compare the way we relate to food to as to an area of personal growth. And you've also said that it can be one of the most fulfilling journeys of a person's lives or women's lives because you work specifically for women. It gives me the sense that you're asking your students to go deep. What is it that women are doing when they're this work with you?

RENA REISER: Okay, so, to answer this we have to take a little bit of a step back and understand the war that we're having with food so that we can understand why we would want to even come to peace with food. So, we live in a culture where we are, oh, my god I don't know where to start. Where we fight our body sizes, where we end up fighting with all sorts of different food and so what that looks like is women either trying to restrict food, eat only like a certain number of calories a day or only specific foods and what unbearably happens is because they're under eating and or restricting themselves, they end up overeating the very foods that are off limits or going beyond the amount of calories that they allow themselves to eat that day or the diet that allow them to eat.

And what I see time and time again, and there are lots of books printed on this, and it's just so validating to see this in the books that you know, it's not just man experiences a worldwide phenomena in happening especially with women when we have our intuitive, sensitive selves that are out there in this big world where we're just told to push, push, push, ahead and when we have difficulties that come up which we all have on various levels, varying levels, whether it's difficult emotions or difficult thoughts that come out it's easy to just turn to food and make food our – the thing that we lean on, the thing that we turn to.

And by turning to food in that moment right by whether it comes through dieting, through restricting, through not allowing ourselves to have those foods we created distraction from everything else that's going on in our lives and it allow, it takes us out of our intuitive self and makes us think very black and white and a very masculine way of relating to our life.

Yael Trusch: Yes, and so when you, when women do, when we women recognize that there is some work to be done in this area of their lives, you, I think you're pushing them to deal with uncomfortable thoughts and emotions that they come to I guess associate with food, correct?

Rena Reiser: Hmm, exactly. They, they now use food anytime it becomes like habitual. What's a habit? A habit is just the behavior that we repeat time and time again. So, a person might find themselves in the kitchen at 11 o'clock pm raiding the cabinet after everyone else is on to sleep and she might not have had a particularly difficult day but when she takes stock off what's been going on in her life overall, she might see that she started going to the kitchen at 11:30 at night as a way to deal with all the stress that happened across the day and it just became a habit and so this just became part of her routine that she does. She just goes to the kitchen, raids cabinet at 11:30 and now she's stuck in this ride of every night, if I may say so overeating and now I'm not sure how to get out f it.

Yael Trusch: So, can you give us an example of a person, a woman who is who can go and make and do the deep work of dealing with the uncomfortable thoughts and emotions and breaking those habitual patterns, and what lies on the other side? The change that they've accomplished after they 've done the work and you don't have to name names, but if you have a particular example from your own clients –

RENA REISER: Yeah, for sure. So, I think there's like there's two factors that need to be taken into account here and I worked on it with my clients from both angles so we can think about it kind of like a Venn diagram, like two circles that have an overlap part in the middle.

YAEL TRUSCH: I love Venn diagrams, so go for it.

RENA REISER: Okay great!

YAEL TRUSCH: I'm a total Venn diagram nerd.

RENA REISER: Oh, good! So, one of the circles is my relationship with food. And the other circle is dealing with my thoughts and feelings, my uncomfortable thoughts and feelings. When we join them, we have this beautiful area in the middle there where we get to the food. So, an example from let's say like a mixed of a bunch of clients is that about, anyone in particular so if anybody thinks that they can identify who this person is I've mixed it up so it's not just 1%.

So let's say a woman who always found herself eating whatever cake she would make, she would always find herself picking at it all throughout the day, all throughout the day, all throughout the day. And through working on realizing that a, she has unconditional permission to eat this cake whenever she wants to with the 2 minute which is the factor that a lot of people kind of leave out and I think about is you're oh, my gosh, I can eat whatever I want! Yehey, this looks like a big party. You know there is a 2-minute factor there which really means just checking in listening to our bodies. Like yeah, I can have cake whenever I want but if I eat cake for breakfast, lunch, and dinner and my snacks in between, I'm going to feel really yucky, right?

YAEL TRUSCH: Right! Do I really want to eat cake all day long? Gross!

RENA REISER: Exactly! Great, so like most people realize pretty quickly like, no, no, no – that's not what I, that's not what I'm going to feel bad.

YAEL TRUSCH: Really!

RENA REISER: Right. By giving herself the unconditional permission to eat this cake whenever she wants to with the 2 minute with listening to her body and learning skill to stop struggling with the uncomfortable thoughts and feelings, she was unable to leave the cake by her counter and

whenever she really wanted it, she would cut herself a slice, put it on a beautiful plate take it to the table, be like a man and maybe even leave over some of the cake because she knows she can go back and have one if she wants she doesn't have to gobble it up in every last little crumb a then go back for seconds and then just even out the slice that you took just to make it nice and organized, and through that she goes on her. That's it, finish, done, zit.

YAEL TRUSCH: So, this this means that she's that there's no guilt attached to, I mean – and tell me if this is right, there is no shame, no guilt –

RENA REISER: Right, right. When there's guilt, right, like let's – sure we can all relate to times in our lives when we felt guilt and felt shame. It's such an overwhelming emotion we have that when we experienced it, we can't really get in touch with what we really do need in the moment, right? So, if I'm experiencing guilt or shame I'm not going to be, I'm not going to be able to figure out what it is that my body asking for in terms of nourishment, like physical nourishment, and certainly not going to be able to figure out what my body really need in terms of emotional nourishment because I'm just overwhelmed by the solution.

YAEL TRUSCH: Right. So, which is the perfect segue to my question which is, where does the mental work come in because I feel like a lot of what you're doing is helping clients rewire those thoughts or create new thought processes in whatever thoughts they associate with their food.

RENA REISER: Hmm, yeah. So, I can't say that it's like a step one step two type of thing, like, I don't like only doing to a meeting and then move on to the thoughts afterwards. It's a big mushkabable battle of the two for sure in the work we do but it is the beginning stages are much more heavily focused on the intuitive eating aspects of it and then as time goes on I'll increase the, just naturally like it's not, the brain too to process.

So, I'll sort of naturally include more work into dealing with those uncomfortable thoughts/feeling because and especially because a lot of times what happens is once – a lot of women who come to me their big struggle that they want to overcome is this bore that they constantly fill at with food. And so, once we work through that and they feel like, okay, I'm at peace with food and it's all good, so suddenly you're now experiencing all these difficult emotions that they used to cover up with food but now they're

like ah, that way what am I supposed to do? You know, this is ending and can be very overwhelming so then we have to come in with tools we have to deal with those -

YAEL TRUSCH: So, Rena, is it fair to say that people who go through this work, also it trickles in two other areas of their lives as well? Have you found that to be true?

RENA REISER: Absolutely, absolutely.

YAEL TRUSCH: Do you have examples of how this kind of work could trickle into other areas?

RENA REISER: Yeah, so you know, it depends how deeply rooted some people's things are but once we remove the war with food, right, to went back to what I was saying maybe ten minutes ago? I don't know how long it's been, but going back to what I said earlier about this war with food kind of masking our ability to really be in touch with ourselves so once a woman put that out to the side and she's able to deal with whatever it is, so I've had women who've come to me who as a coach I was able to help them and we worked through whatever it is. And then there are women that I referred on to therapists and they finally dealt with, you know deep rooted issues that had come up only because they finally dealt with all the spooks stuff and we're then able to live their lives as they were truly meant to live with them.

YAEL TRUSCH: That's great, that's great!

RENA REISER: Yeah.

YAEL TRUSCH: So you talked – I read once you talking about a concept of counterfeit control as one of the big hurdles that your students have to get over being the fear of losing control because they've learned, as many of us have, that eating is something they kind of have control, something they have to reel in and be able to pull in the breaks at times, but you say that in order to do this work, women will have to give up some control in order to later on gain control. I would love for you to address this seeming contradiction.

RENA REISER: Yeah! It's such ah – control is such an interesting, fascinating concept. You know we're trained to think that the tighter we hold

on to something, the happier we'll be, the better our results will be, the more we'll be able to accomplish, and I think for women especially the opposite is true. The more we let go of control, it's such a dichotomy, but the more we let go of control, the more control we actually have over whatever it is that we are dealing with in life.

So, you know, we can look at that with raising kids, with marriage, especially with our food that when we hold on so tight that's when things are not fluid and not working out and then when we can start to relax our grip on things, we can start to take it like a bigger picture of what's happening. And then –

Yael Trusch: Yes!

Rena Reiser: See where we really should be putting where we would be more productive for us to put our energy and our effort.

Yael Trusch: Can I – can I even interject here and say, I feel it's because we could – when we lose the grip a little bit or a lot, we are actually allowing Hashem to step into the mixture.

Rena Reiser: Oh, my gosh, yes!

Yael Trusch: He's like waiting to help.

Rena Reiser: Exactly.

Yael Trusch: Now, we're like hold on to this so tight, lead that? Hello?!

Rena Reiser: Exactly, right! That's so true and we leave Him out of the picture so often so I'm really glad you interjected there.

Yael Trusch: Right. So, it's actually beautiful work what you've done to combine it with just even to bring it to the Jewish public because so much of this work is really part of what we need to do, you know, just our general service of Hashem. Starting with this very basic premise of allowing God into our lives and leaving again a little bit of the control, but then again, going back to the issue of control – so, let's just say, you kind of want your students to let go, now take me to the part where they actually gained control in the future?

Rena Reiser: Great, because when I know that I have unlimited permission to have whatever I want, let's go back to the example of the

cake, so then it's no longer a struggle to decide if I want cake or not and then if I'm let's say at a Kidush or at a B'Simcha, or it's just Shabbos, and I made something delicious, so then I feel so grounded and at ease that I'm able to actually just make a choice. Do I want this or do I not? And that's really what control is at the end of the day, being able to just say, yes or no, right? When we are holding on so tight that we feel like oh, my gosh, I can't possibly make a choice here, so then we're not able to make that choice.

Yael Trusch: Right, so, what I'm hearing is that intuitive eating, is, it's ends up being a way of relating to food that focuses on the positive, on the allowance as supposed to the lack of or the restriction, right?

Rena Reiser: Exactly.

Yael Trusch: Which seems to be the way other food programs or food philosophies are, right? Restrictive.

Rena Reiser: Exactly. Yeah, exactly. Through the allowance, I love that word, and going back to like the sort male-female way looking at this – As women, we understand that for us, it's all about accepting and receiving and like allowing what we're being given in the world. And then to be able to take it and turn something, turn it into something so we can allow instead of restricting, instead of holding ourselves back, not being receptive, not allowing it to come into our life, that's when we get all tight and are unable to make that choices that are really led by our values.

Yael Trusch: Now, having said that, would you say their certain triggers that a person, as they're doing this work, do you encourage your students to pay attention to the triggers that might cause them to unconsciously revert to unhealthy patterns of unhealthy thought processes and emotions towards food?

Rena Reiser: I'm thinking through your question.

Yael Trusch: Like what I'm saying is, I'm guessing like there must be triggers that may be brings us back because we see that in other areas of our lives, right, that even in our relationship with our spouses, or with our kids, certain things that take place can trigger a negative pattern of behavior that we are trying to eradicate, right?

It comes up in our financial lives, right? Something there's a trigger that brings us back to a bad spending habit or just you know, so I'm guessing it kind of work same way with food and through this work. We have to be aware, avoid those triggers, what those triggers could be and just respect them and kind of recognize when they're coming and say okay, this just happened, but I'm going to breathe through this emotion and that doesn't mean that I have to you know, there's no shame in it, and maybe I don't have to over eat through it or whatever it might be.

RENA REISER: Yeah, there are so many angles that I want to cover with a question.

Yael TRUSCH: Go for it!

RENA REISER: So, the first one is that like with intuitive eating, from the intuitive eating angle of looking at food and looking at our choices as it relates to food. There's no right or wrong and when it comes to our few choices and as a Jew, what I love to emphasize is that the only right or wrong when it comes to our eating is what the Torah says about, what's right or wrong, right? What duty is inside that what is right or wrong with our eating, and so, when we look at it from that angle, so if let's say I had a hard day and I wasn't able to cope with my emotions as well that day and I ended up eating emotionally, so then, there's no big deal because it's not like I'm on the program or off the program. I'm on this amazing journey called life.

Yael TRUSCH: Yes.

RENA REISER: I'm going to be hit or faced with, I'm going to face so many different circumstances in life and some are going to be easier to coast through and some are going to be more difficult, but it can always take my next step, it can always just take another step and figure out the next best thing for me to do.

So, if somebody over eat, there's a lot of self-compassion that needs to come into place there and realize that I didn't do anything wrong, I don't have to do treated for this, right? Like you think the example you gave about our kids or husbands, often times there, maybe I got angry and I yelled or maybe I – I don't know, whatever. Just something that like from a

Torah perspective was actually inappropriate. And so when we can start to realize that, the religion of dieting is not Judaism.

YAEL TRUSCH: Wow, please say that again.

RENA REISER: The religion of dieting is not Judaism and so when we can realize like, okay, like so I ate emotionally, big deal. I didn't kill anybody at it, steal the food, I didn't steal money for the food, I just overate, that's all it is. And, yeah, I feel uncomfortable. It doesn't feel good physically and I might have a lot of mixed up emotions in there that are making it feel even worse but okay, like this happens and now let me show some love for my myself some compassion and figure out like what's my next step, what's the next best thing for me to do?

YAEL TRUSCH: But I think that's where you come, a person like you comes in Rena because I don't know that, that, I don't know that too many women often can make that last step that you – let me figure out what's that.

RENA REISER: Yeah, it's true, I think that's where a lot of the work comes in even recognizing that I am okay I am perfect just the way I am. My actions don't define me. I did this thing, its okay. Again, I didn't do anything right. I didn't commit a sin here, I just over ate, that's all it was and now, to be able to integrate that, definitely only takes work to do that and work through like, where these ideas are coming from and where does this show up in somebody's life and really have them work through it, that is the big part of it.

YAEL TRUSCH: So, I'm also hearing that the mode, the ideal motivator for getting involved in intuitive eating coaching is not necessarily weight loss, is that – weight loss, is that correct?

RENA REISER: That's absolutely correct.

YAEL TRUSCH: What would be the ideal motivator? Yeah, let's talk about that ideal person, if there is one, what would you say is a person who would really benefit from this work?

RENA REISER: Okay, so here's what I have to say. I don't think that intuitive eating is like the answer for everybody.

YAEL TRUSCH: Okay.

RENA REISER: But the place intuitive eating brings us to is the answer for everybody. And if anyone can get there through other routes, go ahead! Great! You know, that's wonderful. But somebody who's looking to get to that end plate which is it feels so over simplified to say it like this but how else do you say it? To have that peace of food where it's normal to struggle, it's just easy. It's just a natural, normal part of life where sometimes it, you know, toasts and cream cheese and sometimes it's an elaborate three course, four course meal that's gourmet and whatnot. And too really, to be able to come back to ourselves like really find that truth that it's within each one of us, that so many of us are covering up those. So when somebody wants to work through that, right? They're ready to put all those other things on the back burner. Weight lost and diet rules, things like that, they're able to put that all in the back burner, and realize that there's something bigger here, there's something bigger that is the birth right of every single person in the world and that is for us to have a Menuchas hanefesh straight that inner tranquility – is our birth right and we can't have that when we're at war with food.

YAEL TRUSCH: Yeah, and so, I still want to reemphasize that a lot of this work it seems to me is about learning to trust our own selves and I – you said that before. So, but still Rena I'm going to push from this point because I wanted to become very clear for listeners, because I could already hear women on the other side thinking – but, again, I can't trust myself in front of a spread of cakes. I just can't. Like 20 years experience has proven me, that I can't do it.

RENA REISER: Yep, for 30 years, for 40 years.

YAEL TRUSCH: Right. So, what do you say to that?

RENA REISER: So, what I say to that is not a very exciting answer, but what I say to that is, what have you tried? What have you tried? And then I get a long list.

YAEL TRUSCH: A diet.

RENA REISER: A long list. A diet or even that; not formal diet, it's just things that you know, information that somebody's picked up over time, and thinking that these things going to work and that things going to work and let me just try it. It's okay. How's it been working for you? And usually

answers, it's hard; it keeps back firing and it's okay, I mean look, I can't predict the future. I don't know what's going to be for you. I have no way of knowing what's going to be for you, but you haven't given – you haven't tried it. You haven't given this a try. It's worked for so many other people.

There are – look today, over 80 studies to the efficacy. Not that I emotionally care about studies, but it helps to hear that it has worked for so many people and so, to be able to say like okay there is this thing. It's new, it's different, it counter culture, it's scary and I don't think I can do, but to be able to say like every things else isn't working and if I want to be able to live and act 10, 20, 30, 40, 50, 70, you know, 80 years in my life, 90 years of my life without this struggle with food then maybe I should give it a try. Like, maybe there's something here that can really make the difference for me and get me over this gigantic mountain, that just feels impossible.

Yael Trusch: Right. And the key is that it's not about the food it's about –

Rena Reiser: Right.

Yael Trusch: Your working with them, with their emotions, with their thoughts and all the whole... all the whole of the complexities of who we are as individuals and one part of that is our relationship with food that goes back –

Rena Reiser: Yeah.

Yael Trusch: To what you said before, that so many people when they go through this, they end up transforming other areas of their lives because it just... again, the work translates into other areas, right?

Rena Reiser: Yeah, because at our core, right? We are especially as women, we are that intuitive person. All of us women are, obviously in different levels but we all have that and if we're covering it up with food, then it's not going to be able to shine in all the other areas of life where need it.

Yael Trusch: Right. In the last interview that we did back in episode 9, you talked to us about your own journey and what brought to this point and I encourage everybody to go back and listen to that because it was fascinating, and you also talked about a different struggles that you find

women go through related to food and all that. This time I want to ask you Rena, I never asked you this before but I'm curious about your children. You're a mother and you children and your work, I mean being that your work is I'm sure a big part of your life, I assume that your children know about it.

How can you – what kind of conscious decisions have you made to help your children in their own relationship with food or maybe you haven't. Maybe it's not something that we should be doing, I mean can you give us some tips or is this something they're adopting from you just by osmosis or what could we be doing better? What are you doing?

RENA REISER: Such a great question and it's so interesting because from a professional standpoint, you know a lot of women, they want to do this work because they want their kids to grow up with a healthy relationship with food.

YAEL TRUSCH: Oh, wow.

RENA REISER: Yeah, they think like, you know, there's no hope for me, like I'm a goner but at least I may raise my kids about the relationship and what I've seen and we know this in all areas of life, right, that when we work on our self, when we do the hard work ourselves, right, then that's what we end up giving over to our family.

YAEL TRUSCH: Right.

RENA REISER: And if we don't do that work ourselves then it's damage more difficult when it comes to our families and giving it over time. And our kids pick up on everything that we do, so it's like, if we're still at war with food and no matter what we try to do with our children, they're going to pick up on that. They're going to pick up on that struggle and it's not going to be easy for them but when we can model it for them and that's when the changes starts to happen and so there is a method that was that it's for adults also and it's another method that people can go through it doesn't really target the emotional side of things which is why I personally don't use it with my clients but it's a fascinating amazing concept for people to implement with their kids which is called, Division of Responsibility, Satter's Division of Responsibility by, it was develop by a woman, a dietician and a therapist, in the name of Ellyn Satter and essentially, what it is, in very,

very, very... short is you as the parent decide what you're serving, where you're serving it and when you're serving it and the kids get to decide if they want to eat and how much.

That's like we could do like another three-hour podcast on this but when I start implementing this in my own family and also kind of with myself, that when things really started to turn around and Nash became like just a – like a crazy, overwhelming burden like it's felt so overwhelming for me at first, and now it's just easy. Going to kid issues, you know, birthday parties are easy all these things are just, they're just a breeze now because there's no longer a struggle with these things.

YAEL TRUSCH: Hmm, yeah, I think the key is exactly what you said, that what we model, I mean the best thing we could do is model this, and so I guess there's one thing you want to take out on this conversation is that if you are struggling with your relationship with food, maybe you should do like some of Rena's who had decided to work on themselves for the sake of their children and then, you know, you were, you changed yourself and your guaranteeing that you're probably going to be modeling great things for your children as well.

RENA REISER: Exactly, exactly.

YAEL TRUSCH: So, did we get to describe that ideal woman who you would say would benefit the most from this?

RENA REISER: You tell me, because, I think about this like all day long so sometimes I think I'm seeing something so clear but I'm missing some parts of it, so this one –

YAEL TRUSCH: Yeah, I want to, I wanted to do to give shed some light on it, a little bit more on because I want people to see, wait, do I can I relate to this is, is this me? So, walk me through your typical clients. Their struggles, who they are – obviously it's not necessarily motivated by weight loss although that might be part of it, tell me, tell me what is bringing them to you and because there must be some commonality, there must be something that people are can listen to and say, wait one minute, that, that is me. Other than, yes, I understand the part about their, they have a war inside of them with food, but can we elaborate on that? Can we give her a persona?

RENA REISER: Sure, okay. So, let's try. So that's a woman who has tried different ways of I will say let's say it like this, the women I work with are pretty much all emotional eaters for –

YAEL TRUSCH: Aha!

RENA REISER: Shall I say like this, silly, I'm going to take a step back, they call themselves emotional eater and I like to help them refrain it that they eat emotionally some time but let's not, you know –

YAEL TRUSCH: Label.

RENA REISER: Call our self, what did you say, label? Yeah, like we don't need to label ourselves as emotional eaters. We can label ourselves as Jewish women, as mother, as wife, like those are beautiful labels to take on and to your body. Anyway, they, so they eat emotionally, and they've tried many different control tactics when they have to take control, they try many different control tactics to deal with their emotional eating. And it's not working. And it'd work for a few days, a few weeks, a few months sometimes even a year but invariably they still connect to the place where they are still emotional eating and it bothers them so deeply in their core because it's not congruent with who they are. Who they are as a woman is somebody who accomplishes things in life. Is able to stick to things and make things happen whether that's outside the home or inside the home. Some of my clients are you know like CEO's of company's or heads of departments, and some women are stay at home mom and, but the underlying factor is that what they do they do so well and there's this things, the emotional eating that they just can't seem to get their hands on and they are ready to be different.

They're ready to kill that [inaudible 00:34:52.9] and say okay, I've tried all these more superficial things, some things that are not so superficial, right? Some women have tried you know different like therapies to try to work thru their relationship with food but only go act to that, that Venn diagram, and we need to have both factors in place in order to really come out the other side. So, women who are ready to do that deep in their work and get vulnerable and start to shed some light on why they're doing what they're doing with food.

YAEL TRUSCH: I love it and I think so many of us can relate to that and I think the key is really wanting and be ready, being ready to what you just said that deep inner war to get vulnerable and really, really just to tackle this for what it is not just on a superficial level, that's what it sounds like to me, right?

RENA REISER: Yeah, and sometimes it's often times it's superficial and sometimes it's been a little bit deeper but still it misses some pieces.

YAEL TRUSCH: So, Rena, I want to encourage everybody to if this, anybody can relate to this. If anybody is struggling and feels like food is not something that you are at peace with, whatever the circumstances around it that looks like to go find you at renareiser.com and sign up to receive all your newsletter, your free resources and in addition to that we have a great offer for Jewish Latin Princess's listeners. Rena runs a monthly group coaching program for \$50 a month and today for the next 7 days you can join Rena's coaching program for only a dollar for a one week trial. So you're basically getting your first week of Intuitive Eating Coaching with Rena for free which sounds really awesome to me.

RENA REISER: Yes, I'm so excited for this.

YAEL TRUSCH: Yes, and all they have to do is to go to www.renareiser.com/JLP fill out the form and you will be in touch with them to admit them into the program and it's just a short form that they have to fill out at www.renareiser.com/JLP , right?

RENA REISER: Exactly, exactly.

YAEL TRUSCH: And tell us where we find you on iTunes? I'm really excited to listen to these interviews and I encourage everybody to do so if they want to start getting a sense of what people are going through and how they're working through their emotions, through their struggle with food.

RENA REISER: Okay, so you would notice that, and I do because you're the podcast queen.

YAEL TRUSCH: Yes.

RENA REISER: I guess they go to iTunes and search for Jewish Intuitive Eating Journeys, is that right—

YAEL TRUSCH: That's right!

RENA REISER: Okay!

YAEL TRUSCH: That's exactly right. That's what I did and I hit that subscribe button, so yes.

RENA REISER: Well, thank you! So, don't forget to subscribe and leave a review.

YAEL TRUSCH: Yes, so go to iTunes –

RENA REISER: What am I supposed to say?

YAEL TRUSCH: That is exactly what you're supposed to say, go to iTunes and search for Jewish Intuitive Eating Journey and you'll find the podcast there and great interviews with different women of all walks of life, right, Rena?

RENA REISER: Yep, all different stages of life and yeah.

YAEL TRUSCH: Amazing, amazing. Well, Rena, thank you so much for coming back and giving us a deeper insight into your work. I really, you know that I'm a big fan and I so appreciate this.

RENA REISER: I'm so grateful that you call me back to come back because you know this work is constantly evolving, we're all evolving in the way that we think about things, the way we do things and it's so nice to be able to share another angle to what, how it turns out Jewish women around the world.

YAEL TRUSCH: Yes, beautiful, so everybody checks it out, www.renareiser.com/JLP . Thank you so much Rena.

Thanks again to Rena Reiser for stopping by. It's always a pleasure to have these insightful conversations with Rena about this important topic in the lives of women and I see why so many of her clients comment on the positive effects of her voice. It really does have calming effect. Now, if you want to find Rena and her work, you can subscribe to her podcast Jewish Intuitive Eating Journeys on iTunes and you can visit her website at www.renareiser.com where you'll be able to sign up on her newsletter and tons of free resources.

And very important, if any of these resonated with you today and you think you might benefit from some intuitive eating coaching, can I please encourage you to try it for free for a week. This week only, Rena is offering her coaching program which is usually priced at \$50 a month for \$1, a dollar for a week trial. So you get to experience this for pretty much free, no commitment, and then you get to the side if this is helpful and you want to continue on the intuitive coaching journey, that's a very sweet offer so head over to www.renareiser.com/JLP to fill out the short form and get admitted into the program for the first week for 1 dollar.

Good luck everyone and I hope you found this helpful and if you were struggling in this area of your life, please I encourage you, whether it is through Rena's work, through other Intuitive Eating coaching or through other methods, as long as you can get to the Menuchas hanefesh that Rena talked about, that true inner peace that you're seeking so that you can thrive and be your best self, please explore it. I wish you much success.

And speaking of success, did you know that Jewish Latin Princess is ranking the top podcast on iTunes Judaism category? If you've been reading my newsletters, you know that this was a big shocker to me and in many ways a wonderful case of [inaudible 00:39:56.5] or descend for the sake of an ascend, because iTunes had a couple weeks ago graciously decided to delist my podcast without giving me any warning and without giving me any information on why this happened. So I had to go back and figure it out on my own, pretty much, well I asked for help everywhere I could until we figured it out and we got the podcast listed again, except now it went up as a new podcast, so I reached out to so many of you, I let you know that we're still going and going strong and you know, if you want to help me give it the boost it deserves, please go ahead and subscribe again and leave a rating again and you did a great job because right away it went and moved into the top, the number one podcast in iTunes Judaism category.

Now, when I saw that I became even more determined to get the show into the lives of as many podcast listening Jewish women as possible and I figured since all of this happened through iTunes, and because iTunes delisted and we had to relist it again, I'm going to use iTunes through our

benefit and I'm going to allow iTunes to help us with reaching that goal. So if we can keep those subscriptions, those reviews and those downloads going at an increasing rate for the next seven weeks, we might even make it to their new and note worthy category, since now we're kind of new, even though we're 65, almost 65 episode in.

I know it's a pretty ambitious goal, but, hey, we could try, right? So, go ahead and leave me a review and catch up on all those older episodes you may have not listened to yet. There are so many good ones. I should actually put out a list of which ones are the most popular, so you get a sense of what other listeners are loving. Episode number one as I said before is definitely one of them. I personally don't think I can determine which are my favorites because I like them all for so many different reasons, but anyways, thanks again always for the support and for being here.

Please leave a rating, leave me a review. I have great interviews coming up throughout the rest of the summer although I'm taking it a little bit easier, I don't know if you noticed. I'm spending a lot more time with my children and I'm also be travelling a few times in July and in August, so if you don't get your episodes straight on your app on Mondays mornings like I usually try to make it throughout this summer now you know why.

I hope you're having a lovely summer. Don't forget to share the podcast with the women you love and if you have a suggestion of a uniquely talented Jewish women whom you'd like me to feature on the show, please reach out to me, yael@jewishlatinprincess.com. Have a great week everyone.

Thanks for listening to Jewish Latin Princess podcast. If you enjoyed this episode, please subscribe on iTunes. Liberating and share the podcast with the Jewish women you love. To access today's show notes, ask Yael a question, or suggest a uniquely talented Jewish woman to be featured on the show, visit www.jewishlatinprincess.com.

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