



KARYN SHANKS MD

Heart, Hope, Healing

Eat Like You Love Yourself

BY KARYN SHANKS MD | JANUARY 9, 2019



A slogan boldly displayed on the entry wall of Evolve Juicery and Kitchen, our new healthy meal service and fresh smoothie/juice kitchen in Iowa City.

And I love it! It's perfect.

“Eat like you love yourself.”

Because it ALL comes down to self-love, doesn't it? Every single choice we make, at every moment in time, forever.

And it's where all the rest begins.

Our clear, vibrant, resilient selves are born from each and every one of our self-loving choices and actions.

And our love for others is strengthened and amplified when we love ourselves first. Always. Never the other way around. And we don't need their permission to love ourselves. Ever.

So if we can nail this one...

Eat like we love ourselves. Move like we love ourselves. Sleep like we love ourselves. Relate and interact like we love ourselves (boundaries, anyone?). Avoid toxins and irritants like we love ourselves. Create life balance and strengthen our center like we love ourselves. Think like we love ourselves (what's that self-talk?). Feel like we love ourselves. And tend to the present moment of our lives like we love ourselves.

All the rest would be easy.

So during this holiday season—*especially* during this season of giving—give to yourself. Love yourself. In everything you do.

Have a Beautiful day!

Karyn

p.s. So much of our self-neglect is learned. Once we're schooled on the logistics of excellent self-care we still carry the stories that get in our way—stories like how self-care and self-love are selfish, and we should put others' needs before our own. We've got to dismantle those soul-sapping stories before we can move ahead with our healing. If you haven't already, help yourself to my free e-book, [***Big Energy: How We Bravely Reclaim Our Health, Our Potential, Our Lives—It's All In Our Stories.***](#)

p.p.s. From my Archives:

[***The Dangerous Myth that Self-Care is Selfish.***](#) 2017.

[***So You Want to Save the World? Start With Yourself.***](#) 2017.

p.p.p.s If you live in Iowa City, check out [***Evolve Juicery and Kitchen.***](#) They offer premade Paleo-style meals and fresh juices and smoothies made from fresh, local, organic ingredients. They're located in the Iowa River Landing area at 901 E 2nd Ave, Suite C-105.

KARYN SHANKS MD

Karyn Shanks, MD, is a physician who lives and practices in Iowa City. Her work is inspired by the science of Functional Medicine, body-mind principles, and wisdom gleaned from the transformational journeys of thousands of clients over her twenty-five-year career. Her work honors each individual and the power of their stories, their inner wisdom, and innate healing potential. She believes that the bones of healing are in what we do for ourselves. She is the author of *Liftoff*, a manual of energy recovery and healing through essential self-care practices.

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