



Philippa Bredenkamp: Dietician

BROUGHT TO YOU BY JANET VILJOEN CONSULTING (WWW.JANETVILJOEN.CO.ZA)

© PHYSIODYNAMIX 2017

The Origins of Mindful Eating

Philippa and co-founder of Mindful Eating, Catherine Kahts, both have a foundation in Psychology and Dietetics. This affords them a unique perspective: they believe in the powerful effect emotion has on the individual's eating habits.

"It is 90% in the mind and 10% about the food", clarifies Philippa. "Generally, people do have the information they need regarding healthy food choices, but there are barriers to the implementation of these "correct" decisions". Philippa guides the client toward identifying those barriers that prevent them from making the choices they know they should.



Website: <http://mindfuleating.co.za/>

Mindful Eating boasts four practice locations in Johannesburg, one of which

is located within the *Physio Dynamix* holistic health collaboration. Here Philippa has an airy, fresh and private space where clients are made to feel very comfortable.



Philippa at work in her consultation room at Physio Dynamix

Emotional vs Physical

"We generally find that people fall into one of two categories", says Philippa. "Emotional root cause, or physical root cause of eating concerns". The emotional can be identified very quickly, and where necessary, Philippa cross-refers to psychologists she knows and trusts.

Physical causes often have Insulin Resistance as the core of the problem. Insulin Resistance (IR) is a condition which prevents the body's cells from

responding normally to the hormone, Insulin. This means that glucose cannot enter the cells as it should to provide energy, and so it builds up in the blood. There are no specific warning signs or symptoms of IR, as it is a precursor of pre-diabetes and diabetes, at which point blood glucose levels will be elevated and the requisite medical steps can be taken. IR can be controlled if caught timeously, and treated via correct dietary choices and exercise.

The collaboration at Physio Dynamix excites Philippa: there is cross-referral between the physios, the trainers and Sister Caryn at Baby Dynamix.

"Most people live with problems for years before seeking help" says Philippa. "Don't wait, come in for an appointment. Even if you've tried a dozen other health professionals, give us a chance to get to the bottom of your health concern".

Book an appointment:

Where: Physio Dynamix, Cramerview Village Centre, corner of Curzon and Main Roads, Bryanston, Johannesburg.

Physio Dynamix: 011 706 7433

Philippa: 076 851 8431