

PEANUT BUTTER KISSES

Halloween is in a few days and I'm having a lot of conversations about Halloween candy. Most conversations center around people's supposed inability to stop eating it. These conversations reminded me of when I was a child growing up with a mother who was a chronic dieter. She raised my sister and I in a "[Safe House](#)", a place where one could only find fruit, vegetables, and diet salad dressing. There was



simply no candy, chips, or junk food of any kind available for fear that my sister and I might eat it and get fat(ter). Her way of "keeping us safe" from Halloween candy was to buy the worst Halloween candy that ever existed, those peanut butter chewy things that are wrapped in orange and black paper. Known as "Peanut Butter Kisses", this candy ranks as one of the most hated Halloween treats ever. The City of High Point, NC jokingly banned it in 2018. This year I saw a meme about it that said "The moment a kid eats one, is the moment their childhood ends". My mother reasoned that if she didn't bring chocolate into the

house, like M&M's, Milky Ways and Snickers, we wouldn't be tempted to eat it. I don't know about my sister, but, I showed her, I ate it anyway! And lots of it! It was candy, after all! So not only were we the most despised house for trick-or-treating on Halloween, there was nothing safe about it.

Let me remind you that Halloween candy is simply...candy. You can get it all year round! And you should! One of the reasons that you may overeat it at Halloween is because you may not allow yourself to eat it at other times. Countless studies have demonstrated that restrained eating leads to something called the "[What the hell](#)" effect-the tendency to binge eat in response to breaking one's diet. So, if you never allow candy in your house and you eat some of the candy you bought for trick-or-treaters, you are more likely to binge than if you just kept it in your house all of the time. Whether it's Twix bars or peanut butter kisses!



I know you might be nervous about keeping candy in the house year-round. But ditching the diet mentality and becoming an [Intuitive Eater](#), one who honors their health by cultivating attunement to internal signals of hunger, fullness and satisfaction, will change your relationship to food forever. The alternative, bingeing, weight cycling, shame and despair, is truly **hell**.

So, click on the links to learn more about the dangers of dieting and the Intuitive Eating approach. Feel free to reach out if you think I can help. In the meantime, I'll see you in the candy aisle...