



My Best Friend and My Worst Enemy... **Food**

FROM THE TIME I was a young child, food was never just “food” for me. It was love, support, comforting—my best friend; and then it was the reason I hated myself and did not treat my body very healthy—my worst enemy.

It was my “little” secret. My weight fluctuated from being “underweight” to being “overweight” and “everywhere in between”, while I used food for dealing with every situation in my life. As an adult, most people saw me as a very successful and happy woman. Behind closed doors was an entirely different person. You name it, I did it with the food. My weight determined how I felt about myself instead of who I was as a person.

Food consumed my life. I didn’t understand why I couldn’t “stop” the addictive cycle I had going on with the bingeing/purging/excessive exercising/constant diets/starving myself—I knew none of them were “right” for a permanent and healthy weight but with all my education and “business experience,” I couldn’t use that same business model with my life and emotions that I did with managing my successful career.

I hated myself more and more each day and felt like the biggest failure in the world and very much alone. Food issues took up most of my life and my family and friends could

“never know” any of this... they wouldn’t understand and I felt would probably stop loving me if I shared this “secret” with them. So I “hid” it from everyone and blocked out even more of my emotions with food.

I can now say that for over 6 years I am healthy and strong and no longer need food to deal with my life and my emotions and my life. Food has just become “fuel” for me—yes, I still enjoy eating, but it is only about “fueling my body” while dealing with my emotions separately. When things get “tough,” I no longer feel the need to turn to food—it doesn’t even cross my mind anymore. I enjoy eating foods that are healthy and lots of physical activity and I can say that each year, I become stronger and healthier and feel even better!

It is no longer a struggle for me and it has freed up so much more of my life to truly do what I want to do and to take care of myself—and love myself and every day is a new adventure. That is an incredible feeling after all those years of hurting and disliking myself. I can honestly say that this has been the most rewarding thing I have accomplished in my life and am thrilled to be able to take care of myself—mind, body and spirit—the way it should be treated.

*As Certified Clinical Hypnotherapist and Nutritional Counselors, Julie and other Hungry Heart counselors, will share with you what they’ve learned. For more information call toll free 1-877-888-3517. **OC***