

Tipping The Scales In Your Favor

How To Finally End The Destructive Diet/Binge Cycle



LAUREN'S STORY:

"I began overeating at the age of 16 while watching soap operas. Commercial breaks would find me racing to the refrigerator to get something to eat. That summer I went on my first diet and lost the weight, but it didn't stay off for very long. The following years were spent gaining and losing by trying every diet, club, group, doctor, therapy and book

that was available. This yo-yo dieting destroyed my quality of life, inner peace and self-esteem."

Many of us have gone to war with our own bodies and mind through a never-ending cycle of fad diets. We drop the weight, then under stress or facing any of life's many challenges, we "fall off the wagon" and binge, gaining back the weight and more. We may or may not be overweight or have an actual "eating disorder", we just don't seem to make healthy choices that at times mean the difference between successful change and dismal failure and guilt.

When our expectations don't meet our reality in life, our subconscious minds send us directly to the food, which provides a temporary distraction from the discomforts of our lives. It becomes a substitute for self-nurturing or self-caring behavior, a reward for a job well done, or a way to relieve stress, boredom or anxiety. Our subconscious mind attempts to meet our emotional needs.

We try to get a hold of the situation, but the harder we try, the more desperate we feel. Food becomes an overwhelming thought. One week we're eating everything in sight, and the next week we're starving ourselves to lose the extra pounds we just gained. We then harshly judge the lack of control we have over food and obsess about what we will or will not eat next. We are right back to the problem with our physical body and unmet emotional needs.

The first step to breaking out of this vicious cycle is to learn how to become our own best friend. As long as we need food as a tool to deal with emotional issues, it doesn't matter what plan or program we are on; we will eventually return to it because we need it. Dieting has disconnected us from our natural ability to

know what our body needs, fostering our unhealthy relationship with food.

Let go of the self-sabotage and negative internal dialogue. Tackle the root issues that established your relationship with food long ago by retraining your mind to accept who you are without judgement or criticism. You can move past your preoccupation with eating and weight loss and move towards a more rewarding and satisfying life. You can enjoy eating the foods you love without feeling guilty or gaining weight.

Give yourself the same love and attention that you give those you care about. Take time for yourself, listen to what your needs are and provide it. Put yourself first on your priority list. As hard as that may sound at first, if we don't take care of ourselves, we won't have the resources necessary to take care of all the other aspects of our lives and the overeating will continue.

"As the creator of the Hungry Heart Program, I am proud to say I've been free of compulsive overeating for over 16 years. I have trained other counselors who have been successful at overcoming their battle with food and their bodies. We are happy, healthy and not preoccupied with what we eat. As Nutritional Counselors and Certified Clinical Hypnotherapists we will share with you what we've learned. If it can work for us, it will work for you." For more information, you can contact Lauren Grant in Orange County at (949) 887-2600. ■

