

Rosie's Story: Out of Control Eating...and Scared



MY WEIGHT WAS on its way up and up and up. I obsessed over my food, failing the latest diet, gaining more weight and more tears of frustration. My weight made me sluggish and I wore only shapeless, baggy clothes. My shame and self-esteem plummeted as my weight increased. I lived a vicious cycle of unrelenting desire to change and inability to do so. I ate for every reason except the one food was meant to solve... hunger.

Food became my solace and best friend; giving me comfort and strength. I shared my shameful secrets with my food, the food never saying no to me. We were a successful team; the food silently listening and me silently eating often as tears welled up in my eyes and ran down my cheeks. I ate, driven by pain and emotions deep within I was incapable of fathoming or dealing with. Yet I dreamed I was more than my weight.

That was 65 pounds ago. I have finally found a healthy, permanent answer to my torment. My weight was not ever about what I ate, but what was eating me. I eat real food and deal with my emotions separately. I am not a slave to calories, points, portions and "fake" diet foods. I don't worry about the size of restaurant booths. I ice skate at kids' parties and no longer stand on the sidelines planning my next diet. My life is no longer a dress rehearsal hoping for the magical "someday when I am thin" and my "real" life starts.

If you eat when you are not hungry; if you stop for food on the way home after dinner out telling yourself this is "the last binge"; if you cry from frustration only to eat more, if you feel you can't stop yet you dream of the day food does not control your life, then I am you. I have walked in your shoes, I have cried your tears and I have known your pain. I promise you the life you dream of is possible, you will get there, you too can have the joy I know everyday. In fact that joy is even better than you can possibly imagine. As Certified Clinical Hypnotherapist and Nutritional Counselors, Rosie and other Hungry Heart counselors, will share with you what they've learned. For more information call toll free 877-888-3517.

» For more information about weight loss go to www.OC-Health.com and search "weight."