

Why Weight?

Exploring the Emotional Aspects of Why We Choose to Carry Extra Weight

Praise for Why Weight

Thank you, thank you!! I am more excited about your program than I have ever been about trying to lose weight!! In fact, until now, I'd decided to just continue living with my weight. You are great and I REALLY APPRECIATE how you are "unlocking" those thoughts and exercises. You are making me conscious of what and when I eat!! Your affirmations are fantastic!! – Vernetta Rold

I know that the emotional aspect is a big part of weight gain and loss. Stress and hormonal issues also play a big roll. People just don't get it! When I mention the emotional aspect they look at me with mouth agape like HUH? What are you talking about? – Alice Davis

I also agree that the emotional is often ignored and is key. It has been excellent. – Donna Slingluff

For me, "Why Weight" helped break through the plateau I had been on after the first 20 pound loss and knock off the next 10 pounds. – Becky Hucks

Thank you so much for understanding. Yes, I am losing weight and I would still like to receive your messages as they are so encouraging and helpful. – Kim Fiucci

I have found your messages to be quite helpful. – Lyndsey Shelton

I just wanted you to know that I appreciate all that you send out. I am proud of myself, because although I haven't lost any more weight, I have maintained the six pounds I have released and that in and of itself is a victory. – Margaret Chair

Thanks so putting so much into this and I'm hoping it helps many, many people start living a more healthy, satisfying life. – Pat Gunther

I have learned so much and grown from the knowledge. – Patsy Secrist

I have used this idea this week and it has been quite helpful. I am giving a health talk on detoxing the body and thought I'd practice what I was talking about and do a cleanse with raw fruits and veggies. Yesterday, something came up and I could not keep on the diet perfectly, but didn't feel bad when I couldn't be perfect. – Rose Benjamin

Good messages expressing good ideas. My life has been in turmoil, so I read the messages. I wonder why I am not on fire, and what does it mean to be on fire, for me it means to obtain something from the written word. I am not on fire for dieting but I have lost 7 pounds. I am trying not to feel trapped by the word diet. I would like to find out what it will take to become alive again but each day it is happening without my knowing how. So keep on keeping on. We are all responding with whatever energy we have. I am taking back my life. I am tired, but I am alive. Knowing you are there gives me hope... – Verla Fuller

The book you don't read won't help.

Jim Rohn, American businessman

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** Your results may vary.

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Version 1.7

Written by
Teresa Irene Smith
For 3 Thirds, Inc.

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physical activity and underactive thyroid may slow metabolism. The key is to give your body exactly what it needs - feed the furnace and then stoke the coals!

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37 **Soaring Comfort** - The problem with food as a comforter is that it has no intelligence, no emotion and no conscience. As easily as it can befriend, food can become a mortal enemy. Used properly and in context, food is a necessary part of sustaining the body. Used improperly, it eventually causes the body to harm itself.

40 **90/10 Ratio** - You don't have to give up everything you enjoy! Avoid the denial factor when you apply the 90/10 ratio to your life.

42 **Crystal Thoughts** - We give love and gratitude to other people, but don't save much of it for ourselves. Those of us who struggle with weight issues are prone to think cruel thoughts about our precious bodies. The source of that cruelty may be rooted in our past and in the messages we absorb from society. Our self-perception influences our choices. Change your body by changing your thoughts.

45 **Laugh It Off** - When you laugh you get better blood flow to all your major organs, including your brain. You can think more clearly, be more creative and solve problems better. Laughter has also been proven to lessen fatigue and burn calories.

48 **Cleaning House** - Your body has five "trash cans" into which it either dumps toxins or eliminates them. Like your household trashcan, over time your internal disposals can become dirty or clogged. The resulting sluggishness may

contribute to weight issues. Discover simple ways to clean yourself from the inside out.

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54 **Multi-level Cleansing** - Take the concept of cleaning your house to a new level. As you clean your house, liken a particular part of your home to a part of your body, mind, or spirit. Here are some examples using three common areas of a house.

56 **Tending the Garden** - Consider that our lives are like a garden. Each person has their own plot, with its unique configuration of plantings and mixtures of soils. Our garden can start to grow weeds if we spend too much time perusing other people's gardens.

59 **Stuck in Trauma** - For several years, I have been formulating a psychological concept that has helped to explain some of the strange behaviors I have witnessed in family and friends. My concept is, "Emotional growth stops at the age an unresolved trauma occurred."

62 **Sleeper, Awake!** - Life is like the dream. Usually things are great, sometimes nothing makes sense, and once in a while dark times cause us to run for cover. Your journey through your consciousness is also like the dream. Many of us are sleepwalkers when it comes to knowing ourselves.

65 **Who is to Blame?** - Are you blaming your body for your weight issues? Think about ways in which the thoughts of your mind manifest in your body. Your invisible thoughts are creating your body.

68 **The Wanderer** - The journey of faith can lift us to the top of the tallest mountain. It can show us lush, fertile valleys and streams of living water. Sometimes, though, faith becomes like a desert. The oasis of hope is often a mirage of despair.

71 **Blood Sugar Imbalances** - If insulin levels are kept high for an extended period of time, the cells of the body may become overwhelmed and then resistant to insulin. Insulin resistance is the most common cause of Type 2 diabetes. See what you can do to avoid this condition.

- 73 **Remember Thy Thyroid** - If the thyroid gland does not produce enough of its hormones (a condition known as hypothyroidism), the body will tend to store the energy as fat, rather than burning it for fuel. This makes it difficult to both lose weight and not gain weight.
- 75 **Candida Overgrowth** - Some people are unaware of the parasites within that demand to be fed. This email will require the listing of additional resources because the topic is very extensive.
- 77 **Weight of Stress** - Learn the physiological events that occur in a "stress" situation. Responding to the stress signals of the body will help us counteract the negative impact of the situation.
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- 93 **Our Romance with Food** - It's true that food can be lovely and sensual, but it becomes a double-edged sword when we use it to meet our emotional needs.
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101 **Tools of the Food Trade** - We were given the intelligence to use tools and even create new ones. At some point, a person discovers a tool that makes their life better and they start to love the tool. Food is just a tool, not something to be worshipped or served.

105 **Quest for a Healthy Life** - We are all seeking the Holy Grail of health. Health comes from within. A healthy person has a vitalized and efficient body, an active and open mind, and a loving and expanding spirit. When all three components are at their best, the organism is as close to healthy as it can be in that moment. The three parts of our being intertwine in function and, together, influence our health.

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Foreword

At age 39, I was ready to die. My long list of ailments included fibromyalgia, migraines, infertility, acne, chronic constipation, hypothyroidism, all of the breast cancer markers, obesity, and unrelenting pain. I felt nauseous before and after I ate. I tried every diet on the planet, obsessing about losing weight, and still gained 10 pounds each year. I had no energy to teach college classes anymore and my brain took a vacation. Something had to change. I went to doctors who said, "Come back when it gets worse." Unwilling to live that way anymore, I became proactive and discovered a world of logical answers in the realms of natural health.

Five years after the doctors sent me home, I am 45 pounds lighter and live without daily pain, headaches, and nausea. My thyroid function is normal and I have abundant energy. Best of all, my brain came back! In my studies, I learned that true health requires healing in the body, the mind and the spirit – preferably concurrently! In 2004, I created a company called 3 Thirds, Inc. ($1/3 + 1/3 + 1/3 = \text{whole}$) so that I could produce projects that demystify health.

Why Weight was born in 2005 when a dear friend, DaLisha Verdeyen, was expressing despair over her weight. She was a first-time mother of a one-year-old and really wanted to lose weight for some upcoming events and to improve her health. I told her "I'm not an expert, but I have learned a lot about health and weight. I'll share what I know." She was grateful. I began sending her emails giving information about weight issues. The emails spoke not only of physical aspect of struggles with weight, but also emotional and spiritual aspects. She loved the materials and was able to apply them to her life. We decided to expand the focus and invited other people to participate in what was becoming a "program." I put out the invitation to my 3 Thirds database and filled the twenty slots within two days. Many of the praises you read for Why Weight came from the experiences of those twenty people.

While working with those twenty people, I discovered that just focusing on emotional issues will result in weight loss, but the loss is often slow. Some people get discouraged without quick results. Also, many people who have struggled with weight

for years would be thrilled if they could also have an eating plan that gave them the structure and positive results they needed. As the weight comes off, the emotional issues seem to be easier to address. That is why it's important to find an eating plan that fits your lifestyle. The one I have found to work for me is the *Six Week Body Makeover*, which is a program designed to speed up the metabolism of your particular body type. It's affordable and customizes itself to the user. Their website is www.mybodymakeover.com, if you interested.

By the way, *Why Weight* has also been helpful to people who are suffering with anorexia and bulimia.

This book is just the start of the potential *Why Weight* has for helping people overcome weight issues and become healthier by applying sound educational concepts to their lives. I hope to create another volume that gives more insight into this particular struggle.

Dear Reader, this book is not just about other people who succeeded; it's about *you* succeeding. Like me, all you need is the right tools and the will to use them proactively. If you are tired of trying and really want to succeed, today is a good day to begin reading *Why Weight*.

Choose to be healed in all three parts of your being! It can happen and don't you believe anyone who says it can't. May this book be a catalyst that encourages you to attain the healthy, happy life you dream of living.

The book resources listed at the end of each writing were available from Amazon.com when this version was released in February of 2009. I don't promise that you will find value in any or all of them. I'm certain they were created with the same intent as I had when I made *Why Weight* – to help you.

- Teresa Irene Smith

This Content Exists Because Of

Dalisha Verdeyen
Sammantha Smith-Ford
Kelly Smith

(and most of all)
God

Thank you.



Welcome and Parameters

Welcome to Why Weight! If you have ever wanted a reasonable way of understanding weight issues and a greater perspective on how to deal with them, Why Weight is for you. Why Weight isn't only for those who have been through rounds of weight loss programs, it's also for people who want a realistic look at why a person carries extra weight. Many people who struggle with being underweight or anorexia and bulimia can also benefit from this information. The answers to weight issues are not simply found in eating and exercise. Some answers are rooted in our past, our emotions, our misconceptions and other mysterious places. Be it for you or someone you love, the concepts in Why Weight have the power set people free from the prison of weight.

Whatever your reasons for reading this book, here are some participation parameters for you to keep in mind as we head out on this journey together.

*"If you have a problem,
you are a candidate for a miracle."
– John Maxwell*

Free-form Reading Tactics

This is a free-form book. You can read it from start to finish or you can select the topics randomly, according to what you feel you most need to read at the moment. The topics are arranged to facilitate either approach. If you want the free-form approach, simply scan the Table of Topics and see which of the topics "jumps out at you."

We suggest reading only one topic per day to allow time for the words and ideas to sink in. Just like your body digests food, your mind digests words and your spirit digests concepts. This all takes time. If you eat too fast you get indigestion, right? That's the same as saying

“no digestion.” You want these ideas to transform your life, so take it easy. Savor the words.

Selecting Keys from the Topics



The topics cover a variety of issues in one of three areas: physical, emotional and spiritual. We call these areas “keys.” Each of us has a series of doors with locks that keep us from achieving our weight goals. The keys you need to unlock your doors are different than what another person needs to open theirs. In the course of reading this book, you will be selecting a combination of keys that release whatever it is that blocks you. When any of your doors open, your perspective will widen and you will discover clues for solving your weight issues.

You will only know if a key fits your lock if you read the topics. Scan the Table of Topics each day and select a key.

Topic Format

Each topic has the following elements.

- A catchy **title** to lure you into the key concept
- A **quotation** from someone famous (or infamous) that shows we are not alone in our thoughts
- The **subject** of the topic, which is around 1,500 words.
- A **principle** that sums up the topic. It is a statement of truth, as we know it.
- A suggested plan of **action** that gives practical steps to infuse the principle into personal lifestyle

- An **affirmation** containing words said to oneself that create life-changing thoughts (usually conveys "I am")
- Other **resources**, if applicable, describe where to get more information on the topic

Cooperative Effort

We are in this together. Even though I am the author of this book, I freely admit I don't know everything. I have experienced portions of the path you are now walking. Consider my words to be a hiking buddy or a coach. My goal is to help you answer the question "Why Weight?" in your own life. Be patient with yourself and with me as we explore what can sometimes be scary or uncertain areas. Your true solutions will unfold like the clues in a great mystery.

Promise us both that you won't give up and that you will give it your best effort at least for the 90-days. I, too, have given up on lots of programs that probably would have worked if I had stuck with them. Commitment is rare these days, but it is vital to the impact of this material on your life.

Finally, tap into spiritual connectivity. This means to connect with other spirits, such as people who love you and will encourage you. Ask one or two people if they would stand beside you as you go through this material. Keep them updated on how you are feeling. Get hugs from them! We also suggest that you include God (a.k.a. Higher Power) in the loop. No matter what you believe, a full one-third of what you are is spirit. It could not hurt to get some assistance from the "Great Spirit."

That's all the parameters!

Now, let's give you some practice at using affirmations. (By the way, I copied all the affirmations in the text to the final pages so that you could easily print them, cut them out, and post them around your world!)

Summary by Affirmation

- I will widen my perspectives by selecting key concepts from the topics.
- I will read each topic and see if it applies to my life.
- I will do the actions steps and say the affirmations from the keys I select.
- I will be patient with myself as I work through each concept.
- I commit to this program for at least 90-days.
- I will connect with other people and God so that I can receive strength when I feel weak.
- If I need more information or help, I will get it.

As you complete each topic, repeat the affirmation for that topic out loud to yourself over and over until you read the next topic. Consider putting it on a 3X5 card and posting on your mirror or refrigerator door.

Good job. I am excited for you! Who knows, this book might be the beginning of your miracle...

Principles versus Rules

"Important principles may, and must, be inflexible." - Abraham Lincoln, American president

If you really want to be healthier, choose to live by principles instead of rules. Rules say, "do this and don't do that." Rules are made to be broken, right? Principles are statements of basic truth. Truth cannot be broken. An example of a principle is "Organic food is better than non-organic food." The principle does not say, "Don't buy non-organic food." It's just stating a truth. When faced with a choice between an organic and non-organic food, the principle will guide your choice.

We will be giving you many principles throughout our journey. Strive to memorize the principles so that you will have an easier time making wise choices.

Keep in mind that some rules are really principles in disguise. See such rules for what they are and choose to live by them.

Principle: Truth cannot be broken.

Action Step: Choose not to restrict yourself with rules. Instead choose to set yourself free from things that bring you harm by applying principles of truth to your daily life.

Affirmation:

Truth is the key that sets me free.

Resources:

- Book - *Seven Principles for Living in Balance* by Joel Levey and Michelle Levey (website - www.self-guided.com/articles/seven-principles.htm)

Selecting Personal Keys

"Love is the master key that opens the gates of happiness."

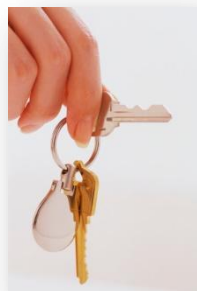
- Oliver Wendell Holmes

Imagine that you are standing on the south side of a long building. Above the outside door is a sign that reads:

You are here. If you do not want to stay here, discover the jewels of health in each room and progress to the other end of the building. The more rooms you explore the more jewels you will find and the healthier you will be.

Wow! With excitement, you enter the first room and are elated to find two beautiful gemstones (answers), one is sapphire and the other an opal. Suddenly, a door appears in one of the walls (you read a new topic). Something on the other side of that door is beckoning to you. You try the handle. It's locked. On the floor in front of the door, you find a large ring with three keys on it. You try the first key. It doesn't fit. You try another key. It fits! You turn the key and hear the click of the lock. The door opens.

You enter this new room and look around for more answers. This room had only one ruby, but that's okay. While searching, you find three more keys and add them to your key ring. Then, you come to another door. You try the handle. It's locked. You try the new keys and find that when you put two of them together they open this door. You are so resourceful!



Your Building is Unique

Your building is not like anyone else's building, so the keys you choose will be different than the ones someone else will choose. Every room has potential answers and every room has more keys. Also, the keys that open a particular door may not be in the current room. You may need to look back through the keys you haven't used or wait for one that is to come. How do you know which key to choose? You'll need to trust yourself and be persistent. Listen to your inner voice, talk with your trusty friends, and pray. Trying various keys to open locked rooms is sometimes frustrating, but allow your desire to be well bolster your patience. Also be aware that some doors may not open during the 90 days. This journey to wellness takes time. Just know that it is possible to open every door.

Each topic will have a key for health that may open a new way of living, heal an old hurt or set you free. Take your time to sort through the concepts thoroughly. Write in your journal. Say the affirmations. You choose if the key works for you or not.

The keys are separated into three categories: physical keys, emotional keys and spiritual keys. You are an entity with three parts that intertwine in mysterious ways. Remember that sometimes it takes two or even all three keys to open a door.

Principle: Progression requires persistence and patience.

Action Step: Prepare yourself emotionally to become an explorer of who you have been, who you are now and who you will become.

Affirmation:

*I will find the keys I need to open the
locked doors in my life.*

Resource:

- Book - *How to Keep a Spiritual Journal: A Guide to Journal Keeping for Inner Growth and Personal Discovery* by Ron Klug

Initiating the Flow

"You can have peace of mind, improved health and an ever-increasing flow of energy. Life can be full of joy and satisfaction." - Norman Vincent Peale

Like a thriving metropolis, the human body has pathways, inhabitants, hubs of activity, and an amazing flow of energy. Rather than flat streets, the body uses tubes to transport fluids, cells, nutrients, and waste to designated locations. One of the most important tubes is 30 feet long and runs from the mouth to the anus. That tube is the "main street" of the body and is called the gastrointestinal tract. If any part of the tube is clogged, the result is a biological traffic jam.



When food is delivered to the human body, via the mouth, it is too large to make it all the way through the tube. The mouth has workers call *teeth* that most people do not use as much as they should. Don't let your teeth be lazy. Chewing is one of the most important parts of preparing food for assimilation. The act of chewing signals the body to release special protein elements called "enzymes."

Enzymes are the workers in the body that utilize nutrients for restoring, repairing, and maintaining health. In particular, the enzymes released in the mouth break down carbohydrates. So, it is especially important to chew carbohydrates thoroughly before swallowing. Chew so much that you almost don't have to swallow.

After the chewed food is swallowed, it heads downtown to one of the main processing plants called the stomach. The stomach is a vat of hydrochloric acid designed to

break down proteins. Special cells called proton pumps secrete the acid. If a person does not have enough acid, the protein will rot in the stomach causing excess acid formation. This results in "acid-stomach." Most people will try to cut down the acid by taking an antacid. Even though that brings some relief from the burning, the stomach will temporarily quit its job and send the protein down the tube undigested. Undigested protein continues to rot and create more acid in other parts of the tube that are not designed to withstand it. A better solution is to take an enzyme supplement that helps the stomach do a better job of breaking down the protein.

After the food products leave the stomach, they travel through a special part of the tube called the duodenum where bile salts are secreted onto the foods to break down fats. The bile comes from the liver and is stored in the gallbladder. Think of the gallbladder like a boy on top of a building with a water balloon. He's just waiting for some fat to walk by so he can blast it. People without a gallbladder get bile salts that just drip into the tube, like water off a roof. Those drips may not be enough to break down all the passing fats. Thus, an enzyme supplement for breaking down fats would probably be beneficial.

After the bile duct dumps on the food chunks, the pancreas adds a wash of enzymes to further break down the foods into small enough particles that they can be absorbed. Every day the pancreas produces about 3 pints of digestive juices.

The next section of the tube is the small intestine. The food particles that were chewed, burned, and doused, now get run through a tube that resembles those strips of material at a touchless car wash. Long fingers called *villi* sift through the food slurry in search of nutrients. Sometimes the selection is quite limited. Once found, a nutrient is absorbed into the pores of the villi and whisked away for purification and usage by other parts of the body. If the stomach, gall bladder and pancreas were not efficient, the food may be too large to be

absorbed by the villi. Food chunks may move on down the tube or they can get stuck, smashing down the villi and reducing absorption of nutrients yet to be delivered.

After the unused food slurry leaves the small intestine it enters a huge waste treatment facility. This facility is called the large intestine or colon. The job of the colon is to reabsorb water from the slurry and to compact the unused food into a form for removal from the body. The facility relies on water, fiber, and peace. Stress is not a friend of the colon because it creates more acid and also makes the colon slow down. Nobody wants waste exiting the city when it is in "fight or flight" mode, which stress simulates. If stress is too frequent or chunks of food are clogging the colon, a terrible thing happens. The waste facility fills up with waste that begins to rot and give off gases. No one in or near the city likes this. The waste begins to destroy the walls of the facility, causing holes through which waste leaks into other parts of town. Alien looking parasites and bacteria thrive and overwhelm the workers (probiotics). The walls of the facility begin to bulge and the entire population suffers. Worst of all, "main street" and all of its connecting avenues experience a biological traffic jam because more food keeps coming while not enough waste is leaving.

All of this could have been averted if the mayor (that would be you because you are in charge of your body) performed the necessary steps to promote a "good flow" through the city.

The necessary steps for gastrointestinal health include:

- Being well hydrated (drinking enough water)
- Making healthy food choices
- Thoroughly chewing food
- Reducing stress
- Being physically active and taking time to rest
- Regularly cleansing the colon

- Adding digestive enzymes to assist a troubled gastrointestinal tract

Principle: Good gastrointestinal health is vital to weight optimization.

Action Step: Determine which part of your gastrointestinal system is struggling the most and give it the help it needs. Apply the necessary steps for gastrointestinal health listed above.

Affirmation:

*I am becoming more aware of the flow
through my body.*

Note: Sometimes we eat more because our body is not absorbing enough nutrients, which in turn compels us to eat in order to survive. Many heavier people are not indulging – they are starving. To tell these dear ones to stop eating shows a lack of understanding. The worst thing you can do is not eat to lose weight. I did that for years and gained 10 pounds a year anyway. Let's have compassion for others and for ourselves. Make sure your body is absorbing the nutrients in your food.

Resource:

- E-book – *DAILY 7 Nutrition for Life* (Download free online from www.DAILY7.com)
- Book - *Healthy Digestion the Natural Way: Preventing and Healing Heartburn, Constipation, Gas, Diarrhea, Inflammatory Bowel and Gallbladder Diseases, Ulcers, Irritable Bowel Syndrome, and More* by D. Lindsey Berkson

Letting Go

"Inner peace can be reached only when we practice forgiveness. Forgiveness is letting go of the past, and is therefore the means for correcting our misperceptions." - Gerald Jampolsky, Psychologist

Like food is fuel for the body, so emotions are fuel for the mind. Both the mind and the gastrointestinal tract are designed for processing and their fuel keeps them functional. Even though we have often been taught that our emotions are small, they are in truth quite large. They are so large sometimes that we don't know what to do with them. Even though the dictionary defines emotions and feelings as the same thing, they are different. Feelings, such as happiness, joy, sorrow, anger, etc., are spontaneous and cannot be altered. Emotions are the expression of the feelings. Emotions are under our control because a thought is attached to the emotion. For example, if someone insults you about your weight, you might feel hurt and sad. What is the thought that occurs immediately after the feeling? One thought could be, "He's right, I am a failure." Another thought could be, "What a jerk!" In this example, the same feeling had the potential to generate two different emotions – discouragement or indignation.



You cannot help the feeling, but what do you do with emotion? As a child, your parents decided what you did with your emotions. In my case, the saying, "Children are to be seen and not heard" was the directive. If I expressed the emotion of anger, I was punished. If I expressed the emotion of fear, I was told to "buck up." So, I learned to stop expressing my emotions and stuffed them way down inside me. Whether your childhood was like mine or not, it is true that people of

all ages struggle with how to appropriately deal with emotions. Here are some other things people do with emotions:

- Stuffing – not allowing the emotion to be processed
- Blocking – pretending that the emotion did not exist
- Venting – spewing the emotion all over everyone else (it still stays inside)
- Ignoring – the emotion is felt but not one thought is allowed to rest on it
- Focusing – some people stay fixated on the emotion and cannot move forward

If we are not able to process our emotions so that they can be appropriately stored in the brain's memory banks, quantum physics tells us that the emotions will reside in some part of our bodies. Every cell has a memory or it would not be able to do what it was designed to do. My chiropractor says that the connective tissues are especially good at storing emotions.

Now, remember the previous message about the gastrointestinal tract. Think about the importance of flow through the tube, especially if you want to adjust your weight. A block in the system causes a biological traffic jam. Some people are filling up like a plugged sink. Maintaining a good flow through the tube is so important!

Consider that unresolved emotions could be affecting how your gastrointestinal system functions. Karol K. Truman wrote a book called, "Feelings Buried Alive Never Die." She has researched what organs and areas of the body hold emotions that cause illness in that area. If you are feeling discomfort or malfunction in some part of the gastrointestinal area, consider that an emotion may be causing the distress. See if any of these things ring true in your life.

Excessive Appetite

- Feeding the need for love, acceptance, and protection

Mouth problems

- Resistant to change
- Fears moving out of comfort zone
- Opinionated

Stomach

- Our sense of security feels threatened
- Fears new ideas
- Lack of affection
- Condemning the success of other people
- Unhappy feelings

Gallbladder

- Feelings of bitterness
- Feelings of anger
- Wanting to force things

Pancreas

- Feelings of judgment
- Feelings of guilt
- Low self-esteem
- Suppressing laughter
- Incorrect use of ego
- Feels the joy of living is gone / not allowing joy

Bowels

- Fear of displeasing a loved one
- Fear of releasing the old that is no longer useful
- Fearful of not having ample means

16 Why Weight?

- Unable to control outer situation; tries to control a substitute
- Unwillingness to relinquish control
- Inability to eliminate possessive attitudes

Abdominal Area

- Incorrect use of judgment
- Identifies with possessions and has little sense of self
- Worrying about others, but need introspection to change self
- Feels responsible for giving understanding, help and encouragement
- Feeling undue tension, fear and anxiety which constricts energy flow
- Disharmony and bondage in relationships
- Bound up in present fears and not trusting

Colon

Bottled up hate

Immune System

(60% of immune system is in the intestines)

- Giving up
- Inability to care (feeling) for others
- Feeling that "everything is out of my control"
- Feeling "there's no use trying anymore"
- Feeling of "I'm not enough"

If any of these feelings made you think, "That's me," consider how those feelings and their corresponding emotions may be affecting you physically. Appropriately handling emotions, especially old ones, requires that we pull them out with our mind from the areas where they are residing in our bodies and take a good, loving look them. Consider why you feel the way

you do. If you were a child when the emotion occurred, return to that time in your mind and look at the situation with your adult mind. Journaling is a very valuable tool for sorting through emotions. If you touch the emotion with your mind and either make sense of it or release it with forgiveness, you can heal.

The other day I was on the chiropractor's table. He uses energy instead of bone cracking to affect the spine. At one point he gave my neck a little karate chop and tears sprang into my eyes. The tears were not because of physical pain, but from emotional pain. I don't remember what the event was that his little chop touched, but I felt the emotion just the same. As I allowed the tears to flow, these words came to my mind: "If you never let it go, it will never go away." Since I am committed to becoming, I let the mystery emotion go – with my blessing of forgiveness. Then, I thought with a smile, "If you let it go, it will go away." Karol Truman says that neck problems stem from "moving under pressure, wanting to let feelings out but don't dare, or not wanting to yield to opinions you think are wrong." Whatever it was inside of me, that emotion is now "away" from me. My neck feels so much better!

Principle: Unresolved emotions affect us physically.

Action Step: Go through the list above and write about times when you felt those feelings. Pay close attention to see if any releasing needs to be done. Feel free to share your thoughts with someone in your support network. It's easier to sort through life with a friend.

Affirmation:

If I let it go, it will go away.

Resource:

- Book - *Feelings Buried Alive Never Die* by Karol K. Truman

Your Body is a Teenager

"Teenagers are still teenagers and adults are adults, but the two worlds are no longer totally incomprehensible to either." - Bob Geldof, Irish actor

Remember Your Teenage Years

At age 10, most children are compliant, cheerful and cooperative. About three years later, on one particular day, a switch is flipped and the child becomes a teenager. Teenagers hear, but rarely listen.



Teenagers naturally seek their own path, which means they often choose the opposite of what their parents desire. They explore without thought of consequences the multiple paths of rebellion, moodiness and selfishness.

Even if the parent's viewpoint is reasonable, the teenager must, by his or her nature, first examine the alternatives. As the teenage years progress, patterns of behavior are formed. Only the diligent and persistent parent will have any impact on the formation of those patterns. Sometimes that persistence requires that the parent express "tough love," in direct opposition to the choices of their teenager. Not all of the patterns and choices of the teenager are negative, but good parents recognize when to give freedom and when to influence for change. Teenagers secretly feel like they are an adult and in equal standing with their parents, capable of making any decision despite their lack of experience. No matter what the teenager feels, though, until he or she comes of age and leaves the home, the parent is the ultimate authority. With this authority comes

responsibility of assuring the continuance of the teenager's life.

Your Body is a Teenager

Your body is the youngest of your three parts (body, mind and spirit). Until the age of 20, your body was compliant, cheerful and cooperative. If it was not well cared for or suffered an injury, the young body regenerated quickly. After the age of 20, a switch is flipped and the body begins to degenerate. Neglect is more detrimental and recovery from injury takes longer. Your mind is like the parent. It can give the body instructions. The body hears the instructions, but rarely listens. Your body often chooses a way of existing that is contrary to what you desire. For example, the American ideal says a human should be lean with a good complexion, strong muscles, perfect skin, silky hair, white teeth and overall vitality. Your body is a teenager. It does not want to choose those things. Your body wants to sit on the couch rather than workout. Your body wants to eat junk food rather than healthy food. Your body resists trips to the dentist.

Your body can be rebellious, moody and selfish. If it's your wedding day, your body will give you a zit on your nose as a present. On January 1st, your body will cooperate with your new health objectives and on January 2nd will mount an all-out rebellion. If you want your body to lose weight, it will quickly convince itself that you are starving it on purpose, and stubbornly hold on to those fat cell contents. Your body will hound you relentlessly to give it what it wants, no matter what the cost. You can argue with it, plead with it, even try to control it against its will, but the body will often win. Your body seems to be watching you for a moment of weakness, then it strikes.

Over time, the body forms its own patterns of behavior. If your body has affection for sweets, you will crave sweets. If your body enjoys the sedentary lifestyle, you

will struggle to get your body *dressed* for exercise. Not to mention the extreme effort it takes to start exercising and then actually finish.

Only a diligent and persistent mind will have any impact on the patterns formed by the body. Sometimes those patterns were allowed because the mind was not tough and gave in too quickly. Perhaps the mind did not have the information it needed to formulate appropriate adjustments. So, the body got its way because the mind did not know any better.

Armed with accurate information, the mind will need to be persistent in convincing the body to change its harmful ways. This must be a loving action, not an antagonist one. It is never wise to incite rebellion. We must convince, counsel, cajole and encourage our body to comply with our wishes.

Teenagers that make it through those transition years without much harm are usually the ones that are given the information they need before they need it. They are also the ones that are convinced they are loved. The same is true of your body. Giving the body information involves a process of reprogramming cellular memory. Every cell of your body has instructions as to its function, but it also may have adjusted its function according to its predisposition or in response to stimuli. Repeated stimuli sets a pattern in the function of the cell. If the pattern is detrimental to the body, the pattern needs to be altered to a more positive function. The energy of your positive thoughts is the first step toward reprogramming your cells. If your thoughts say, "I am such a tub of lard." Your body will say, "Okay." Consider this alternative instruction: "You really do not need to store extra energy. I'll give you what you need; don't worry. Please release the extra energy." It's a totally different feeling. Your body could just as easily say, "Okay" to that message as it did the "stay fat" message. If you tell teenagers what you want, rather than what you don't want, their response is likely to be more positive. Do the same with your body.

Teenagers like to have fun and experience freedom, but they also need to learn and be responsible. Parents help their teen prepare for adulthood when the young person is allowed to participate in choices that affect his or her life. Your body also has preferences and not all of those preferences are bad. For example, some bodies digest meat better than others. Some bodies do well on a totally vegetarian diet. Giving your specific body exactly what it needs to live longer and stronger can be a cooperative exploration between the mind and body.

Sometimes, parents and teens need help to reconnect and establish a loving relationship. They might go to counseling or enlist the help of a wise friend or pastor. The same holds true with our minds and bodies. Sometimes we need the help of health care professionals and natural health practitioners to inform our minds and assist our body in returning to a state of health.

Be aware that even if the mind is doing everything right, the body may still not comply with agreements. If the body remains rebellious, the mind may have to express “tough love” and be in direct opposition to the body. Resisting the craving for sweets, is a good example of how your mind must take authority over the body. The mind should determine why the craving exists and take steps to alleviate and remove it. Until that happens, total abstinence from sweets is difficult, but a better choice for the sake of the body.

Even though your body depends on your mind to keep it alive, it thinks it can quite easily go on without your input. You know this is not true. You cannot let your body rule your existence. Your mind has been granted more power, the power of authority, over your body. With this authority comes the responsibility of preserving the body. If the body senses that you do not have its best interests at heart, such as working too long at a fast pace, it will mistrust your intentions and resist both negative and positive input. Assure your body that it can rest, be adequately fed, and that you

will care for it. Strongly counter any negative resistance from the body to good care with positive affirmations.

Your body is a teenager, but it will someday be transformed into an adult. Adulthood for the body is a state of harmony with the mind and spirit, health in every cell, and continual regeneration without degeneration. Your spirit knows all of this is true and that it can happen to you.

Principle: The mind has authority over the body.

Action Step: Practice speaking gently, but firmly, to your body about what you desire. Be positive and affirming. Find ways to get your body to cooperate with you, rather than resist you. If you speak poorly to your body, apologize!

Affirmation:

My body and my mind have a good and loving relationship.

Resources:

- Audio CD - *Magical Mind, Magical Body* by Dr. Deepak Chopra
- Book - *The Mindbody Prescription: Healing the Body, Healing the Pain* by John E. Sarno M.D.

Food Tracker

"Food is an important part of a balanced diet."

- Fran Lebowitz, journalist

Sometimes we eat without thinking about what we are eating or how much. Plus, it is human nature to forget. Keeping a record of what you eat each day is beneficial for many reasons:



- 1) You can see what you eat and evaluate how various foods affect your health.
- 2) You will become more aware of what you are eating.
- 3) You might avoid certain foods because you don't want to record that you ate them!
- 4) You can take the data to a professional who can use it to help evaluate your food choices.
- 5) Your awareness of what you are doing will help you decide what to change.

One temptation when keeping the diary is to "fudge" (tee-hee) on the food or quantities. You must decide to be completely honest in recording what you eat. The smallest item could be affecting your health in a major way. If you put it in your mouth, record it.

Record the time you ate the meal, what you ate and how much you ate. Lastly, record how the meal made you feel compared to how you felt before you ate: satisfied, nauseous, energetic, tired, bloated, gassy, delighted - whatever! We are going to use this list as a basis for our next topic.

Principle: The ability to change depends on awareness of what is.

Action Step: Keep a food journal for three days. Show your food journal to one or more of your support team members and get their feedback.

Affirmation:

I faithfully and truthfully record what I eat so that I can accurately evaluate how food is affecting me.

Resources:

- Website – www.dailyplate.com (“The easy, FREE way to track what you’re eating each day.”)

More is Less

"The flesh endures the storms of the present alone; the mind, those of the past and future as well as the present. Gluttony is a lust of the mind."

- Thomas Hobbes, philosopher

When I was obsessing about losing weight, I seemed to gain weight. I would try eating less and less, thinking that I would lose weight. At first, that would work, but then the weight loss would slow down and stop. Our bodies have an amazing survival mechanism for times of famine that causes the body to reduce its energy needs and store more fat. This happens when the body detects a reduction in the food supply. That just is not fair if we are trying to lose weight! The way to overcome this mechanism is to eat the right foods in the right amounts at the right time of day. If you wait too long between meals, the body will click into famine mode. So, I would like you to consider eating an adequate amount of food every two hours, three at the most. An "adequate" amount of food satisfies hunger, but does not make the stomach feel "full." Eat slowly and tune into the moment you feel "great" or "just right." One more bite and you are harming yourself.

If you are willing to harm yourself by eating more than you should, I want you to do the following exercise. I call it "The Indulgence Exercise." At the moment you know you are overindulging, ask yourself, "Why am I doing this?" Close your eyes and search the deeper parts of who you are. Look for an event, an attitude, a perception, or a fleeting memory. Tune into you and pay attention to the clues you receive. If you get a response like, "Because I want to." Then, ask yourself "Why do you want to hurt yourself?" Talk to your body and ask it to release its hidden messages – those emotions that it is storing in its cells. Whatever comes to you, I want you to put down your fork and pick up a pen. It's a quick and simple choice. Put down the fork and pick up a

pen. Then, write down what thoughts came to your mind in response to the question. I promise you will be less likely to pick up your fork again.

Even though it might seem silly to do all that, it's important that you short-circuit your coping mechanisms and start communicating with your body. Remember, your body is like a teenager. Teenagers love to eat, so tell your body about how you are going to feed it every two hours. Your body will like that! To get even more benefit, add an instruction that says, "I want you to get all the nutrients out of the foods and efficiently discard what you do not need." Tell your body that it does not need to store extra fat for future needs because its needs will be met – every two hours.

More is less - the more needs that are met, the less the body will store. The more you explore your emotional issues, the less they will affect your choices.

Principle: It is important to know why we are eating and when to stop.

Action Step: Consider filling out your Food Tracker in the morning with what you *intend* to eat and when. At night, adjust the entries for what actually happened. Repeat the indulgence exercise as many times as is necessary. To save calories, you can also benefit by doing the exercise based on an occurrence of indulgence in your past.

Affirmation:

I can stop eating before I'm full.

Resources:

- Website - www.healthyhabits.com/SelfTalk.asp
- Book –*Healthy Habits: Total Conditioning for a Healthy Body and Mind* by Kathy Corsetty and Judith E. Pearson, Ph.D.

The Fire of Metabolism

"Exercise to stimulate, not to annihilate. The world wasn't formed in a day, and neither were we. Set small goals and build upon them."

- Lee Haney, American athlete

Metabolism is the amount of energy your body burns to maintain itself. No matter what you are doing, whether it is eating, sleeping, cleaning or blinking, you are using energy. Calories are a measure of the energy we burn. We eat a certain amount of calories and then



we burn a certain amount of calories. Calories that are not burned are stored as fat. Some people burn more calories than other people even if both are doing the same activity. The reason is that they have a faster metabolic rate, which means their bodies burn more energy. Metabolic rates are affected by age, gender, activity, hormone balance, and amount of muscle. Men usually burn more energy than women because they have more lean muscle tissues. Younger people have more cellular activity, which burns extra energy. Don't despair! It is possible to get your body to burn more calories, too. You can affect your metabolic rate. When you do things to boost your metabolism, your body will burn energy at a higher rate.

Having too few calories in the diet, snacking on high sugar foods, lack of physical activity and underactive thyroid may slow metabolism. If your body thinks you are not giving it enough fuel, it will lower your metabolic rate and reserve the fat. Metabolism boosting activities include eating regular meals, exercising daily, increasing lean muscle mass, drinking plenty of water, and eating nutritious foods. The key is to give your body

exactly what it needs - feed the furnace and then stoke the coals!

Moderate cardio exercise and light weight lifting are great for stoking the fire. Another way to boost your metabolism is to cause the body to heat itself. For example, at the end of your shower turn the water to cold for as long as you can stand it (probably 10 seconds or so), then shut off the water and dry off. That burst of cold will rev your metabolism. Another thing is to exercise in the morning so that the metabolism is revved throughout the day. Did you know that some foods require more energy to digest than they contain? For example, 5 calories worth of celery requires 150 calories to digest. You win back 145 calories! Other foods with caloric advantages like celery include asparagus, beets, zucchini, papaya, strawberries, lemon, lime, watermelon, peach, oranges, cantaloupe, cabbage, cauliflower, spinach, onion, cucumber, mango, blueberries and raspberries. Taking digestive enzymes will increase the calorie exchange effect of these foods.

Another metabolism booster is deep breathing. Most of us spend the day doing shallow breathing. Oxygen is so important for many physiological processes. One deep breathing exercise is to breathe in deeply through your nose until your lungs are fully inflated and then exhale until they are completely expelled. (It's challenging to actually completely fill and empty the lungs - just do as much as you can, and a little more!) Yoga and Tai Chi are both excellent for developing proper breathing.

A positive attitude with regular additions of excitement, laughter and hugs increase metabolism, too.

Principle: The metabolic rate of the human body can be adjusted.

Action Step: Think of ways that you can incorporate activities and foods into your daily routine that will increase your metabolism.

Affirmation:

My body is an efficient furnace that burns off excess stored energy.

Resources:

- Program – *Six Week Body Makeover*, a program designed to speed up the metabolism of your particular body type.
www.mybodymakeover.com
- *The UltraMetabolism Cookbook: 200 Delicious Recipes that Will Turn on Your Fat-Burning DNA* by M.D. Mark Hyman

Quenching the Spirit

*"Know thou the self (spirit) as riding in a chariot,
The body as the chariot. Know thou the intellect as
the chariot-driver, And the mind as the reins. The
senses, they say, are the horses; The objects of
sense, what they range over. The self combined with
senses and mind Wise men call "the enjoyer."*

- Albert Pike, lawyer

Do you ever feel like the little Indian girl whose job for the tribe was to tend the fire? She would work hard every day to gather firewood, select tinder, and light the fire by rubbing sticks together. She was diligent to keep the fire going throughout the day and evening. That was



hard enough, but it seemed like both nature and man were bent on putting the fire out! The rain would fall and make the fire sputter or the wind would blow it out of the fire pit. Then people would dump water on the fire, distract her from her duties, or say it's time to move the camp. If the fire went out, she would have to start all over and everyone would be displeased with her.

We have a fire inside of us that is more powerful than a thousand campfires. The fire is our spirit. Your spirit animates you. It is the "spark of life." I read about a study once where scientists weighed people right before they died and right after they died. Without exception, the people weighed 52 grams less after death. It appears that the human spirit weighs 52 grams!

If no one tends the fire of our spirit, it dies down to a glowing ember. In the lowest days of our lives, it even feels like the fire has gone completely out. This is only a feeling, though. The essential characteristic of the human spirit is that it is eternal. While we are on this journey through eternity, we have a choice about how

big or how small our fire is at any given moment. Some choose to live continually in a state of being an ember. Others choose to live like a bonfire! Most of us live somewhere in between, going up and down depending on our circumstances. Consider what kinds of things build up the fire and what kinds of things extinguish it.

A fire needs three things: a catalyst, air, and fuel. Without a catalyst, like lightning or friction, the fire cannot start. Without air, the fire cannot breathe. Without fuel, the fire cannot grow. All three things are necessary for "fire" to happen. The human spirit also needs three things: a purpose, freedom and energy. Without a purpose, the spirit merely exists – days become a long string of nothingness. Without freedom, the spirit is restricted within a personalized prison with cells named circumstance, dogma, culture, misconception and so on. Without energy, the spirit is weak and acquiesces to whatever powers it perceives control it. All three elements are required for a spirit to experience its potential. Without freedom, for example, fulfilling a purpose is much more difficult. Without energy, freedom cannot be fully enjoyed. Without purpose, there is little need for freedom or energy.

A fire has outside forces that influence what it does. Rain puts it out and wind makes it flare. The spirit is influenced by only one thing – perception. Whatever may happen to you, whoever may hurt you, or wherever life may lead you, your perceptions define your spiritual state. We think we know the truth until a higher truth expands our perception.

Wouldn't you love to have a continual blazing fire? It is possible, but not on our own. Our "spark" is part of a greater fire – the fire that lit the sun, created the earth, and breathed life into clay. When your fire burns low, ask God for what you need, whether it be purpose, freedom, or energy. He's waiting for us to ask for what we need so that He can supply it. He wants your fire to blaze; casting light, warmth, and goodness for all to

enjoy. Even God doesn't always get what He wants, and that's mostly because He gave us the power to make choices. When we allow something to quench our own spirit, we are quenching a part of the Great Spirit. That may be why the biblical writer to the Thessalonians said, "Quench not the Spirit."

What does this have to do with weight issues? Everything! We get stuck in a certain condition and blame it on our environment. The truth is that our spirit constructs our environment! How would our lives be different if we all had purpose, freedom and energy? Everything we set our minds to would be accomplished, including weight optimization. If you are unable to accomplish whatever you want to do, something is quenching your fire. What is it?

Principle: The human spirit needs a purpose, freedom, and energy.

Action Step: Write the answers to these questions. What is your purpose? What does freedom mean in your personal life? What gives you energy – a zest for living? Identify what makes your fire blaze and add more of that to your life. Identify what extinguishes your fire and adjust or release those things from your life.

Affirmation:

I will indentify and fulfill my purpose. I am free to make choices. My life is abundant and full of blessings.

Resources:

- Book - *The Purpose Driven® Life: What on Earth Am I Here For?* by Rick Warren (website www.purposedrivenlife.com)

The Great Switcheroo

*"Adapt or perish, now as ever, is nature's
inexorable imperative."*

- H. G. Wells, writer

I've tried lots of diets. At first, any diet works for me. Then, the initial great results begin to dissipate and I go back to the weight my body seems to like and that I hate. Why does this happen over and over again? Consider that our bodies were made for adaptation. They were made to adapt to any situation in order to survive. Whether the body is exposed to famine or feast, hard work or no work, danger or peace, storm or calm, the body learns quickly how to adjust to the changing conditions. When we first go on a diet, the body responds with this adaptation mechanism. Over time, however, adaptation switches to acclimation. The body becomes acclimated to constant conditions and stops adjusting. When the body is in stasis, nothing changes. It may even revert to what it knew before it had to make major adjustments. Welcome back to the land of ruts.

Now, consider how you live each day in light of the adaptation concept. Do you not eat basically the same foods every day? You probably eat the foods you like – the same foods you have eaten since childhood. When you exercise, you probably do the same exercises because those are the ones you like or feel most comfortable doing. By eating the same foods and doing the same exercises, you put your body into acclimation and stasis – the state of not changing. Lord knows, you want your body to change. If *you* know you want your body to change, make periodic choices that cause your body to adapt.

Principle: In adaptation mode, the body changes.

Action Step: Make a list of the foods you eat regularly. Next to each food, list two similar foods (make sure they are healthy choices!). For example, next to chicken, you might put turkey and fish. Next to almonds, you might put walnuts and cashews. For the next three days, eat from the second column instead of the first. Take two days off and eat your original foods. Repeat the process again for the next three days, making a new list and taking two days to go back to what you originally liked. Do the same with your exercise choices.

Affirmation:

My body is changing and becoming healthier.

Resources:

- E-book – *Burn the Fat, Feed the Muscle* by Tom Venuto (The book can be purchased on the website www.burnthefat.com. It's a good program with lots of advice on nutrition, exercise, and health.)

Roller Coaster Forces

"Your present circumstances don't determine where you can go; they merely determine where you start."

- Nido Qubein, businessman

How many times have you tried to overcome this weight issue? At any point in the struggle, we seem to be on a roller coaster of ups, when we feel like we can do anything, and downs, when we feel like we can do nothing. Our instincts tell us we should be on a nice flat track, but instead we are continually soaring and plunging. Why is this?



Let's examine a roller coaster in more depth and see if it holds some jewels for our journey. Roller coasters are an amazing study in physics, particularly in regards to the conditions of inertia and gravity. Initially, you are sitting in the cart on a flat track. You aren't moving at all. You are in a state of inertia. Inertia is the tendency of a body to resist acceleration. The body tends to remain at rest. Inertia also says that a body moving in a straight line will keep moving in a straight line unless it is acted upon by an outside force.

Suddenly, the cart jolts forward. Power from an outside force (the roller coaster mechanism) has grabbed the line of carts and begins to pull them up a steep slope. The only powered part of the ride is that first long climb up to the highest point of the track. After that, gravity takes over. Gravity is a natural force of attraction that tends to draw objects from the surface toward the center of a celestial body. That first dive toward earth is both exhilarating and frightening. We feel totally out of

control. Just before we meet certain death, the track veers to the side and the full impact of ups, downs, twists and turns is experienced. The ride doesn't really last that long, but it feels like an eternity if you aren't enjoying it.

Now, let's apply these concepts to weight issues. We like inertia, don't we? Our bodies like to stay in a still state. We resist moving forward once we are settled. If we do start to head in a particular direction, say toward weight gain, we tend to stay on that path unless some outside force – a doctor's warning, going up another pant size, someone's comment, or whatever – causes us to want to change our course. This change from inertia to movement occurs completely in the emotional realm. We have feelings about it. Our feelings determine our actions. Usually, the more positive the feelings are, the more positive the action will be. For example, a positive feeling might be "I feel motivated to become healthier." A negative feeling might be "I'm discouraged and cannot do this." Positive actions are more likely to bring positive results. Negative actions are more likely to make us feel out of control.

The key to fostering more positive actions is to determine which types of outside forces will be allowed to influence you. Just like gravity pulls object toward the center of a body, you can decide what body you want to be pulled toward. The first body you can be pulled toward is your own body. Listening to yourself and your deepest desires is so important – those things really matter! The next body you can be pulled toward is someone who loves you. He or she will tell you honestly what actions are appropriate for your recovery. Do you want society to be one of the bodies that influences you? It's easy to say, "No." It's harder to ignore its pull. Societal influences can pull you down a path that leads to destruction. Take a good look at the outside forces in your life and see in which direction they are pulling you. Then, decide if you want to allow that.

Unlike the rider of a regular roller coaster, you have the power to stop the ride, change the track, and then continue.

Principle: You can decide which outside forces will affect you.

Action Step: Make a list of the forces that influence you. Then, decide if you are going to allow that anymore.

Affirmation:

I am strong enough to make changes in the course of my life.

Resources:

- Consider these three definitions
 1. www.answers.com/topic/force
 2. www.answers.com/topic/inertia
 3. www.answers.com/topic/acceleration

Soaring Comfort

"It is too great a comfort which turns a man against himself."

- Emile Durkheim, French sociologist

Food is a convenient comforter. It asks nothing in return. It releases chemicals that shift focus from the nervous system to the digestive system, giving us a temporary break from our brains. Food makes us feel happy and satisfied. Food will be there for us no matter what time of day or night we call on it.



The problem with food as a comforter is that it has no intelligence, no emotion and no conscience. As easily as it can befriend, food can become a mortal enemy. At some point in our love affair with food, it may turn on us and become like a replay of the movie "Fatal Attraction." Food can become a trap that lures us into believing, "It's okay. Just this once." But, the once turns into twice and the twice into twenty. Used properly and in context, food is a necessary part of sustaining the body. Used improperly, it eventually causes the body to harm itself.

To say, "I won't use food as a comforter anymore," won't work. Pain demands relief. If pain is not soothed, it becomes like a fire, burning us up from the inside out. Something or someone must be found that supplies the soothing balm of comfort.

Humans who are good at comforting are rare. If you know one and they love you, count it as a supreme blessing. However, even the best human comforters cannot be expected to delve into the deep rivers of our pain and make everything okay. After so much hurt and struggle, having someone say, "There, there. Poor little thing," just isn't enough. We need real solutions, real healing. It's a lot to ask of another human. You've

probably experienced the disappointment of someone not being able to fulfill that role for you.

So, what do you do?

Food, especially, is a poor substitute for divinity. God has intelligence, emotion and a giant conscience. He excels in comforting and never grows weary of it. He longs to wrap His arms around us and give us the comfort we need. Even though we don't understand all of His ways, we know that He is faithful and will not forsake us. He is the great sustainer of life. It is, after all, His energy that put the universe into motion. In Him we move and have our being. He can and will comfort us, if we run to Him in our time of need.

Pain makes us tired and weak. Food can bring temporary comfort, helping us to forget for a little while how tired and weak we feel. After the thrill is gone, we are more tired and weak than we were before. The comfort of food falls short compared to the everlasting comfort offered by THE Comforter. If we hope in God, He will renew our strength. He will help us release the tether of food addiction from our lives. He will comfort our pain.

Principle: No one and no thing can comfort us like God.

Action Step: Take a step back emotionally from food. Look at its role in your life. Decide if that role is appropriate. Is food your friend or your foe? Putting food in its proper place in your life will break its hold on your freedom to soar like an eagle. In a quiet time on your own, close your eyes and imagine yourself tucked into the lap of God. He's holding you close, stroking your hair and telling you all the things you've been longing to hear. Feel His deep and abiding love for you. Draw comfort from His presence. Ask Him to help you remove the tether of food addiction from your life.

Affirmation:

I will be comforted, but not by fickle food.

Resources:

- Book - *Intuitive Eating: A Revolutionary Program That Works* by Evelyn Tribole, Evelyn Tribole, M.S., R.D., Elyse Resch

90/10 Ratio

"I know a man who gave up smoking, drinking, sex, and rich food. He was healthy right up to the day he killed himself."

- Johnny Carson, comedian

Most people who desire a different weight would understand that the "d" in diet stands for deny. In exchange for what you consider to be an optimum weight, you deny yourself any number of things: fewer calories, no sweets, tasty foods, trips to the ice



cream shop, etc. Dieting this way is no fun. Plus, in denying yourself everything you enjoy, you may be slowing your progress. Our emotions play an important role in how our bodies function. If you are unhappy, your body will also be unhappy. It may communicate its dissatisfaction with cravings for all the things you are denying it.

You don't have to give up everything you enjoy! Consider using the 90/10 ratio: 90 percent of the time, eat things that are good for you, and the remaining 10 percent of the time eat what you really want. Many of us live the opposite way, eating what is good for us only 10 percent of the time. One reason a diet fails, or we fail in dieting, is that the food selection is too restrictive or too bizarre. We can do something different for a while, but it must become a part of who we are or we will abandon it. With the 90/10 ratio, you can have a piece of birthday cake at the party, but you won't eat it every day. What you eat every day is more important than what you eat now and then.

Remember the 90/10 ratio and cut yourself some slack. This will help you resist quitting.

Note: If you are battling some serious health issues, you may need to go 100 percent healthy – at least for a while. Be good to yourself. You are precious and irreplaceable.

Principle: Most of the time, do what is good for you.

Action Step: At home, put a 3X5 card on your refrigerator door that asks, “Is this visit part of the 90% or part of the 10%?” Answer the question each time you open the door. Understand and make peace with your answer. When away, decide before you select your foods (or activities) what will bring you the most benefit.

Affirmation:

My choices will benefit me. Occasionally eating comfort food is fine.

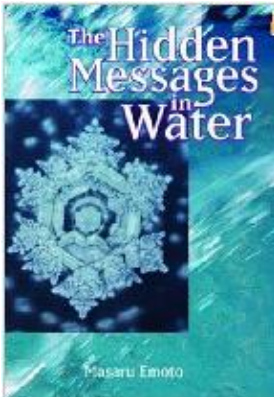
Resources:

- Website - www.eatingwell.com
 1. Click on Recipes
 2. Click on Healthy Recipe Collections
 3. Under Lifestyle/Theme, click on Comfort Food

Crystal Thoughts

"Make every thought, every fact, that comes into your mind pay you a profit. Make it work and produce for you. Think of things not as they are but as they might be. Don't merely dream - but create!"

- Robert Collier, publisher



Have you ever read the book called, "The Hidden Messages of Water," by Dr. Emoto? Dr. Masaru Emoto of Japan studied water for 10 years before he discovered that water is affected by energy. He froze water and then used a high-powered microscope and camera to photograph the crystals that formed as the water froze. Classical music formed beautiful crystals, but expressions of negativity made deformed crystals. One of the most stunning crystals is formed when water is exposed to two words, not separately, but together. The two words are "Love and Gratitude." Since the human body is mostly water, these two words have power to transform how a person feels, emotionally and physically.

We give love and gratitude to other people, but don't save much of it for ourselves. Those of us who struggle with weight issues are prone to think cruel thoughts about our precious bodies. The source of that cruelty may be rooted in our past and in the messages we absorb from our society about beauty. I heard a comedian speak in a serious way about this topic. He expressed with angst that magazines have done a terrible injustice to America because they have stolen a normal woman's ability to see herself as beautiful. He said, "When a woman doesn't see her own beauty, it hurts men, too." That's a concept worth

evaluating. Most men do not see physical imperfections when the woman they love is passionate. However, it's hard to be passionate when you think you are ugly. So, we are stuck in a kind of vice that is almost impossible to release. Our self-perception influences our choices. I remember feeling so ugly that I did not even try to be pretty in any way. And, I was so mean to myself in the mirror. I'm breaking out of that, but it still shocks me sometimes when I look in the mirror and think, "Hi, gorgeous!" Have you ever said to yourself in the mirror, "You are so beautiful!" It's strange, but the energy is so positive. What we say to ourselves will manifest in one way or another. Why not say good things?

A friend of mine was telling a story about a certain tree she owned. She said the tree was failing, even though she tried every remedy recommended by the nursery. She was sad just thinking about having to dig it up. So, instead of doing that, she decided to try an experiment in transferring positive energy. Every day she went up to the tree and told it how beautiful it was, how tall it could grow, and how much she loved it and wanted it to live. It wasn't very long and the tree started to thrive! Now, she says she is amazed at how great that tree is doing. If it can work for a tree, it can certainly work for us!

Grace and mercy – think about those two words. Grace means that the receiver did not do the work to earn a reward or pardon. Mercy means that we accept that person exactly where they are and do not judge them for past choices. We need to give ourselves more grace and mercy. Say to yourself, "I may not look like the people on the magazine covers, but I do have many good qualities." Keep giving yourself positive messages and see what happens! You might be pleasantly surprised. The water within you may begin forming beautiful crystals!

Principle: Every thought has energy – positive or negative.

Action Step: If you had a friend that was struggling with a weight issue, what would you tell her? When she stood in front of her would you say, "Geez! Your thighs are so chunky!" or "Yuck," or "You are so fat," – would you? Of course not. You are as precious as your friend. Consider your thoughts toward yourself. Choose very positive thoughts. Block the negative ones.

Affirmation:

I will treat myself the same way I treat my best friend.

Resources:

- Book - *The Hidden Messages in Water* by Masaru Emoto
- *Loving Yourself: Four Steps to a Happier You* by Daphne Rose Kingma

Laugh It Off

"Hearty laughter is a good way to jog internally without having to go outdoors."

- Norman Cousins, editor

Norman Cousins, who wrote the quote for this topic, was suffering from a collagen disease. He went to a hotel room and spent time watching humorous movies. Two amazing things happened. First, ten minutes of laughter gave him two hours of sleep without pain, and second, the laughter eventually cured the disease.



Leigh Anne Jasheway wrote a book called, "Don't Get Mad, Get Funny!" She says that laughter increases antibodies in the saliva combating respiratory infections and relaxes muscles throughout the body. It helps move nutrients and oxygen to body tissues. Laughter also massages internal organs. This can aid in digestion and improve the flow of blood throughout the body. When you laugh you get better blood flow to all your major organs, including your brain. You can think more clearly, be more creative and solve problems better.

Laughter has also been proven to lessen fatigue and burn calories. So start laughing more and make other people laugh. It's good for your health and theirs.

Here's a joke to get you started...

An atheist was walking through the woods.

"What majestic trees!"

"What powerful rivers!"

"What beautiful animals!" he said to himself.

As he was walking alongside the river, he heard a rustling in the bushes behind him. He turned to look. He saw a 7-foot grizzly bear charging towards him. He ran as fast as he could up the path. He looked over his shoulder and saw that the bear was closing in on him. He ran faster. He looked over his shoulder again, and the bear was even closer. He tripped and fell on the ground. He rolled over to pick himself up, but saw that the bear was right on top of him, reaching for him with his left paw and raising his right paw to strike him.

At that instant the Atheist cried out, "Oh my God"!!!

Time Stopped.

The bear froze.

The forest was silent.

As a bright light shone upon the man, a voice came out of the sky. "You deny my existence for all these years, teach others I don't exist and even credit creation to cosmic accident. Do you expect me to help you out of this predicament? Am I to count you as a believer"?

The atheist looked directly into the light, "It would be hypocritical of me to suddenly ask You to treat me as a Christian now, but perhaps You could make the BEAR a Christian"?

"Very well," said the voice.

The light went out.

The sounds of the forest resumed.

And the bear dropped his right paw, brought both paws together, bowed his head and spoke, "*Lord bless this food, which I am about to receive from thy bounty through Christ, our Lord. Amen.*"

Principle: Laughter is good for the body, mind and spirit.

Action Step: If you have gone through an entire day without laughing, find something to tickle your funny bone. Hang out with a 6-year-old, a puppy, a kitten, a bunny or a happy friend. Watch a funny movie!

Affirmation:

I will create a reason to laugh every day.

Resources:

- Website - www.laughterforhealth.com. This man has made laughter into a therapy.
- Book - *Serious Laughter: Live a Happier, Healthier, More Productive Life* by Yvonne F. Conte
- Book - *Don't Get Mad, Get Funny! A Light-Hearted Approach to Stress Management* by Leigh Anne Jasheway

Cleaning House

"I believe in getting into hot water; it keeps you clean."

- Gilbert K. Chesterton, writer

Some people take a shower every day. Do you know why? Just stand next to someone who hasn't taken a shower in a couple weeks and you will be able to answer that question. The skin is the largest organ in the body. It is a permeable surface, meaning it has the ability to absorb and excrete. Normally, the skin is absorbing moisture and excreting toxins. Our skin also can expel water in the form of sweat to cool down the body. If the skin organ is not cleansed regularly, the excretions build up and become odorous.



Skin is not the only organ of the body that needs to be cleansed. Your body has five "trash cans" into which it either dumps toxins or eliminates them. The trash cans of the body are the skin, liver, colon, kidneys, and lungs. Like your household trashcan, over time your internal disposals can become dirty or clogged. You can't take a hose to your insides, so you'll need to consider the following cleanses.

Note: Many companies offer products that assist in cleansing internal organs and fluids. We cannot make recommendations for specific products, so the following are just suggestions and a place for you to begin your own research.

Blood

Blood carries the toxins to the trashcans. To cleanse the blood, consider using blood purifying herbs (burdock root, butcher's broom, cayenne, dandelion root, ginger

root, kelp, Pau D' Arco, red clover, yellow dock), chlorophyll, and colloidal silver.

Lymph

The lymphatic system filters out and traps bacteria, viruses, cancer cells, and other unwanted substances, and to make sure they are safely eliminated from the body. The lymphatic system does not have a pump. Jack Shields, M.D., a lymphologist from Santa Barbara, California, conducted a study on the effects of breathing on the lymphatic system. Using cameras inside the body, he found that deep, diaphragmatic breathing stimulated the cleansing of the lymph system by creating a vacuum effect that sucked the lymph through the bloodstream. Jumping on a trampoline also helps move lymphatic fluids. To cleanse the lymph, consider using lymph/immune system herbs (capsicum, goldenseal, parthenium, yarrow), chlorophyll, colloidal silver, oxygen, aromatherapy oils, skin brushing, herbal steam, yoga postures.

Liver

The liver is the largest and most complex organ inside the body. Compounds are broken down, synthesized, altered, burned, detoxified and excreted. It can easily get clogged. To cleanse the liver, consider liver cleansing herbs such as angelica, birch, black cohosh, blessed thistle, chamomile, dandelion, gentian, golden rod, horsetail, parsley, red beet and yellow dock. You may also consider cayenne, ginger, and garlic combined with Epsom Salts, dandelion teas, liver herbal tinctures, lime-honey drinks, and colloidal silver.

Kidney

The kidneys cannot function properly without enough water. When they do not work to capacity, some of their load is dumped on the liver. One of the liver's primary functions is to metabolize stored fat into usable energy

for the body. But if the liver has to do some of the kidney's work, it cannot work at full throttle. This may contribute to weight gain. To cleanse the kidneys, drink lots of water and consider the following herbs: asparagus, plantain, juniper, and golden rod. Other websites suggest watermelon juice, minerals, herbal tonic, oxygen spray, and colloidal silver.

Colon

The colon is responsible for absorption of water, plus the formation and elimination of fecal matter. Some people who are not overweight are carrying around from 7 to 25 pounds of dried fecal matter. A potbelly is a sign of colon issues. Clearing (two to three healthy bowel movements per day) the colon after every meal is critical to overall health. Cleansing should be done periodically to remove old, non-evacuated fecal matter. Herbs for cleansing the colon include cascara sagrada, slippery elm, activated charcoal, hydrated bentonite, pepsin, marshmallow, buckthorn, capsicum, couch grass, ginger, licorice, Oregon grape, and red clover. Other websites suggest oxygen magnesium drinks, colloidal silver, herbal blend, lime-honey-minerals drinks, oxygen spray, reflex points stimulation, and Yoga postures. A colon cleanse is the first cleanse you should do before any other cleanses because it is the largest elimination channel.

Lungs

The lungs filter impurities from inhaled air and expel carbon dioxide. Deep breathing is the best way to help clear the lungs. Herbs that help strengthen the lungs include aster root, astragalus root, blue citrus, bupleurum root, citrus peel, dang gui root, licorice root, lycium fruit, and ophiopogon root. Other websites suggest oxygen spray, aroma spray, aroma oils, skin brushing, herbal steam, colloidal silver, yoga postures, reflex points stimulation.

Principle: Internal cleansing is important as external cleansing.

Action Step: Research the cleanses listed above and decide which ones are right for you. Customize the cleanses for your unique body. Consider a progressive cleansing that goes from one to the next. Start with the colon because it is the main conduit of exit from the body.

Affirmation:

*Cleanliness is next to godliness –
inside and out.*

Resources:

- Book - *Dr. Jensen's Guide to Better Bowel Care: A Complete Program for Tissue Cleansing through Bowel Management* by Dr. Bernard Jensen
- Book - *Dr. Jensen's Guide to Diet and Detoxification : Healthy Secrets from Around the World* by Dr. Bernard Jensen

The Attic of Your Mind

"Some people are afraid of what they might find if they try to analyze themselves too much, but you have to crawl into your wounds to discover where your fears are. Once the bleeding starts, the cleansing can begin."

- Tori Amos, American musician

She went up into the attic to find something. It could have been anything, but the objects she found instead distracted her from the original mission. She finds a doll, once forgotten, now remembered, held with larger hands, but hugged just the same. The metal latch is lifted to reveal a trunk of full of papers full of words full of memories.



Not everything is precious. Some of what she finds is truly worthless, broken, and without value. Some things were kept just because they were kept, not because they were wanted. Of all the things in the attic, she contributed less than half of them with her life. Other people filled her attic with their things. She feels frustrated by this, but the truth is that she is in control of her own attic. She could clear out the worthless, misplaced things and keep only the precious things up there. All these years, she could have done it, but she didn't do it. Why not?

The attic is your brain. What is in there that doesn't belong anymore? Are there fantasies about how your life is supposed to be? Are there words encased in memories that are precious? Are there broken or worthless things that should be discarded? Sometimes, we feel like what is in our mind must remain there forever. The truth is that you can clear out your mind, just like you can clear

an attic. If, for example, you were told or decided that you were not beautiful. It's not true. Like the doll, your beauty may have been forgotten, but it can be remembered. Perhaps someone deposited trash in your mind. Clean it up. Your mind really can be renewed! It can be transformed. All you need do is choose to sort through it and make decisions. Sort through your attic this week and make a conscious decision about what you will keep and what you will discard. Perhaps some of what you are keeping is causing you to retain your weight. If the attic is full, it better have a big house under it, right? Empty the attic and the house won't need to be so large.

Principle: The mind can be changed, renewed, and transformed.

Action Step: Get a pad of sticky notes, a shoebox and a trashcan. At the top of the first note, write down the first item in your mind that needs to be addressed. Then, decide if it is something you want to keep or something you want to throw away. The keepers go in the shoebox. The trash goes in the trash. Just the act of doing this will help cleanse your mind.

Affirmation:

*If it does not benefit me now,
I will discard it.*

Resources:

- Book - *Organizing for Life: Declutter Your Mind to Declutter Your World* by Sandra Felton
- Website - <http://zenhabits.net>

Multi-level Cleansing

"The simplest, most direct method of creating sacredness into everyday surroundings is cleaning. I know this activity is usually relegated to the realm of drudgery, but it can become a practical means of infusing consciousness into your surroundings. Sacredness is experienced in the qualities of purity, orderliness, balance, and renewal. All of these are achieved through cleaning. In the process, neglected objects and corners of our living environments receive love and attention. The glow of consciousness passes into floors, furniture, dishes, and countertops, making them shine. Without spending a penny on redesign, the room is transformed."

– Anthony Lawlor in *The Temple in the House*

Take the concept of cleaning your house to a new level. As you clean your house, liken a particular part of your home to a part of your body, mind, or spirit. Here are some examples using three common areas of a house. Physically, the basement might be your feet, the kitchen is your stomach, and the attic is your brain. Mentally, the basement might be where you store your secret thoughts, the kitchen is where your mind works the most, and the attic holds your lofty goals. Spiritually, the basement might be where you keep old spiritual concepts, the kitchen is where you meet with kindred spirits, and the attic is where you are nearest to heavenly wisdom. And, be careful not to procrastinate.

Consider how easy it is to walk by a mess and say, "I'll clean that up later." You walk by it later and say, "Oh, I don't feel like cleaning that now." The next time you walk by you may not even see the mess anymore. By some strange quirk of nature, the only time you can see such messes is when someone says they are coming over for a visit. Suddenly, all those messes appear!

We can do the same thing in the body, mind, and spirit. The best approach is to take care of things that are out of place right away so that you are not overwhelmed at some time in the future.

Principle: Cleansing is necessary not only in the home, but also in the body, mind, and spirit.

Action Step: Bring consciousness into everything you do. Since we are focusing on cleansing, choose a part of your house and draw a mental correlation between that part of your house and a part of your being that needs cleansing. As you do the physical act, do the same act with your spirit on behalf of the part that needs help. This can be a powerful exercise!

Affirmation:

I will quickly clean up the messes in my life.

Resources:

- Book - *The Temple in the House: Finding the Sacred in Everyday Architecture* by Anthony Lawlor
- Book - *Shelter for the Spirit: Create Your Own Haven in a Hectic World* by Victoria Moran

Tending the Garden

"In my garden there is a large place for sentiment. My garden of flowers is also my garden of thoughts and dreams. The thoughts grow as freely as the flowers, and the dreams are as beautiful."

- Abram L. Urban, writer

Consider that our lives are like a garden. Each person has their own plot, with its unique configuration of plantings and mixtures of soils. Some people acquire, through birth or through circumstance, rocky soil that requires great strength and enduring patience to pull out the rocks so that plants can flourish. Others have soil that is mostly clay, in which plants struggle to put down roots of depth, while others seem to have the perfect soil that seems to effortlessly grow healthy plants. Whatever the soil, each person must tend his or her plot in order to attain the goal of a plentiful harvest (a happy life). What a task it is to not only grow useful plants, but also to prevent the growth of weeds that choke the life out of the other plants. Those weeds appear without warning, borne on the winds of childhood or sneaking in from under the ground. Wherever their source, every plot has weeds and they must be consistently destroyed if the garden is to not only survive, but bring benefit to the world.



Amending our soil, planting the best crops, tending our plants, destroying weeds – these are tasks that should keep us busy enough. Unfortunately, we have a tendency to gaze over into other gardens and analyze what is going on there, rather than taking care of our

own plot. Sometimes, this gazing is invited or natural, as is usually the case with friends and family. We often, because of love, are motivated to help each other out. We swap advice, lend tools, and warn of sprouting weeds. Sometimes, however, the gazing is more like invasion than invitation.

The gazing can quickly transform into critical examination of the other person's weeds, almost to the point of using a microscope in order to expose the intricate details of the erroneous plants. While in this process of examination, we are neglecting our own plot and there were weeds of greater insidiousness growing beneath us as our attentions are focused elsewhere. When we point out to the weed growing in the other person's plot, we are usually not speaking out of love, but out of judgment. Rather than desiring to protect their healthy plants, we may be fearful that their weeds might infect our garden. Or worse, we are belittling the other person's ability to garden. So, while we are judging our neighbor, the weeds in us are choking our beautiful plants.

If you find yourself examining other's lives frequently or tend toward giving lots of advice, consider that the behavior may be a coping mechanism to divert your attention from your own pain or perceived shortcomings. Healing rarely comes without internal examination, so any diversion from the exercise delays the healing. The ability to help another person effectively depends greatly on our own level of health.

Let us each tend our own garden and, when our gaze falls on another plot, see the flowers rather than the weeds.

Principle: Finding fault in others creates faults in us.

Action Step: Sometimes focusing on other people is a coping mechanism to keep us from facing our own issues. Write a paragraph about the kinds of flowers that grow in your garden (blessings in your life). Write another paragraph about the weeds that tend

to grow in your garden. Develop a plan for eliminating the weeds and encouraging more flowers to grow. Then, diligently implement the plan.

Affirmation:

*My life is a garden full of fragrant flowers.
I primarily tend my own life.*

Resources:

- Book - *Criticism Management: How to More Effectively Give, Receive, and Seek Criticism in Our Lives* by Randy Garner
- Book - *The Power of Self-Coaching: The Five Essential Steps to Creating the Life You Want* by Joseph J. Luciani

Stuck in Trauma

"We are all physical beings and energy beings, but since the physical world cannot be controlled, the task before us is to master our inner responses to the external world, our thoughts and emotions."

– Caroline Myss, author

To "eddy out" is a boating term. My parents owned a canoe company when I was in high school. They taught me that along the banks of any stream some indentations will form where the water circles back upstream and then downstream, forming a gentle whirlpool, called an "eddy." If you steer your boat into the eddy, you can rest from paddling. If you stay there too long, though, you won't be going anywhere.

Sometimes our reaction to the more challenging events in life causes us to eddy out emotionally. For several years, I have been formulating a psychological concept that has helped to explain some of the childish behaviors I have observed in many people, including myself. My concept is this, "Emotional growth stops at the age unresolved trauma occurred."

For example, I have a friend who used to see the world through the eyes of a 12-year-old boy. He struggled with serious relationships, was prone to fibbing, and his temper flared frequently. He loved collecting sports cards and fervently rooted for his favorite team. Candy was his obsession. He was often selfish one minute and loving the next. His trauma



occurred when he was twelve and involved recurrent beatings from an over-bearing stepfather.

I successfully identified this connection between trauma and emotional ages in several other people. At the age

of 45, I realized it also applied to me! Between the ages of ten and eleven, I was sexually molested, my sister was hit by a car and died, my parents divorced, my mother remarried, and we moved 500 miles away from where I grew up. My memories of the following year are almost non-existent. When you think of a ten-year-old girl and how she perceives the world, you might have some ideas about how I handled being a teenager and young adult. I was too innocent and gullible. I desperately wanted to be loved. Responsibility was often abandoned when fun was the other option. I was nice and loving, but also rebellious and insensitive. I liked to do what I liked to do and didn't want to do what I didn't want to do. All through my marriage, I "played house." Intimacy was not only unknown to me, it scared me. I would play hide and seek with anything unpleasant. Projects would be started and never finished. My dresser was piled with clothes and I rarely made the bed. All these behaviors are consistent with a 10-year-old girl.

One way to grow emotionally when stuck in a trauma is to mentally return to that time of trauma and systematically work through the event and resulting issues from an adult perspective. At the age of 37, I tried to work through my traumas, but depression had such a deep hold on my emotional life that I could not break through. I had to drastically change my physical environment and the way I lived my life to break that emotional stronghold. I also had to go through a time I call "spiritual vertigo" so that my spirit could be cleansed. Lastly, I learned about natural health to regenerate my neglected body. With the gradual healing of my body, mind, and spirit, I started growing up. The most growth occurred when I was finally able to return to that year of trauma and work through the issues without becoming depressed.

Some health practitioners believe that trauma is stored in our nervous systems where it creates damaging and often enduring symptoms. Psychologists use a therapy called "somatic trauma release" to help people work

their way through stored traumatic events. I have experienced this therapy and found it to be quite valuable for the continuance of my emotional growth.

Emotional growth appears to be accelerated compared to physical growth. Two years after working through the trauma of my 10th year of life, I felt I was about 23 years old emotionally. In time, my emotional age will be the same as my physical age.

As I grow older emotionally, I'm able to look at my childish behaviors and make conscious decisions to alter them. I'm not hiding anymore and I'm not so gullible. Intimacy is not fearful. I'm able to complete projects because I don't give up when a challenge arises. I'm shouldering my part of the responsibility and actually liking that. The dresser still has clothes on it, but, hey, nobody's perfect!

As for my friend, he has been growing up, too. He had to go back in time and forgive his stepfather. Many of his negative behaviors are no longer a part of his life.

Principle: Unresolved trauma is an emotional prison.

Action Step: Write a list of the traumas in your life and see if any of them caused you to stop growing emotionally. Evaluate your perspective of life and see if it is mature. Decide what age you want to be.

Affirmation:

I am ready to grow up.

Resources:

- Book - *Anatomy of the Spirit* by Caroline Myss
- Book - *Waking the Tiger : Healing Trauma : The Innate Capacity to Transform Overwhelming Experiences* by Peter A. Levine and Ann Frederick

Sleeper, Awake!

"It's exhilarating to be alive in a time of awakening consciousness; it can also be confusing, disorienting, and painful."

- Adrienne Rich, poet

You are dreaming. The sun is shining and, somewhere, children are laughing. A soft breeze is blowing and you are chatting with the uncle of President Lincoln. (Hey, dreams don't always make sense.) Suddenly, a giant cloud covers the sky and the wind picks up. In the distance, you see a tornado forming. The uncle has disappeared, which is okay, but you cannot find the children. Where are the children? You rush about in a place you do not know, searching, searching. The tornado is getting closer... CRASH!



You are jolted awake. Your cat had knocked over a plant. Even though your heart is still racing, you are relieved to discover "it was only a dream."

Life is like the dream. Usually things are great, sometimes nothing makes sense, and once in a while dark times cause us to run for cover. Your journey through your consciousness is also like the dream. Many of us are sleepwalkers when it comes to knowing ourselves. Dreams are directed by the mind. The dreamer's mind created the tornado in our example dream. If the mind wanted the scene to remain pleasant, it would not have formed the cloud. Why did the mind form the cloud? The mind was expressing a warning. Why did the mind start the tornado? Something in the subconscious is experiencing feelings

of being unsafe or out of control. The mind expresses this feeling in the dream.

In the same way your mind can create the scenarios in your dreams, it can influence the unfolding of your "awake" life. Your thoughts are powerful, more powerful than you realize. We want life to be pleasant, but, when troubles come, we rarely acknowledge to what level we personally contributed to the onset of trouble. Thoughts become words that move energetically in the physical, emotional, and spiritual realms. We can curse or praise with the same mouth. All verbalizations have repercussions in the physical world, but so do unspoken thoughts. If we consider this in light of *Why Weight*, we realize that the thoughts of the mind can influence the body in which it operates. The more we are aware of the influence of our mind over matter, the more we can direct the energetic outcome. If we release our negative thoughts without paying attention to their impact, the resulting troubles seem to come out of nowhere. They are mysterious and unpredictable. The unpleasant circumstances may cause "dark clouds" to form in our bodies or emotions. Then, the tornados come. What should you do? Go to the source to find the answer to the mystery. It all started in the mind.

We wake up when we realize the power of our thoughts. When we awaken to ourselves and why we do what we do, the awakening is often like the bang of a metal spoon on a pan or the sudden dropping of dishes. We are jolted into consciousness. We might experience disorientation, confusion, or even pain. It's not always like that. Occasionally, we get to slowly awaken with a sound of "ah-ha." Those are the blessed awakenings. Whichever way we come to consciousness, it's almost impossible to fall asleep again and recover the most recent dream. With consciousness comes responsibility. We may wish we could go back to sleep, back to when we were not conscious of why we do what we do, but we cannot go back. The best we can do is stretch and let go of the old dreams. Once they are gone, we can be

thankful for a new level of awareness that keeps those dark clouds from forming.

Principle: Asleep or awake, your mind influences your life. Being awake – fully conscious – makes you the master of your thought power. You can use that power to affect change in your physical, emotional, and spiritual life.

Action Step: Answer these questions: Are you asleep, awake, or somewhere in between? How aware are you of the power of your thoughts? Do you know that many of the troubles you experience were initiated or allowed by your mind to become troubling to you? What will happen to your troubles if you keep sleeping? Will the outcome change if you open your eyes and become aware?

Affirmation:

The alarm is beeping.

It's time to wake up.

Resources:

- Book - *Awareness* by Anthony De Mello

Who Is To Blame?

"You can't blame the water for finding a hole in the boat."

– Kelley Graham, author

Even though we have been exploring physical, emotional, and spiritual keys in Why Weight, I find that I am still blaming my body for my weight problem. Are you doing the same? In reality, my body is trying to do exactly what my mind is telling it to do. It is not my body that feeds itself; it is my mind. My mind tells my hand to pick up either a cookie or a grape. My mind tells my body to exercise or to sit. My body is a machine that accepts input and carries out instructions. The instructions come from my mind. My mind is influenced by my emotions.



Karol Truman, in her book, *Feelings Buried Alive Never Die* draws the connection between our emotions and our bodies. She says that when we struggle with weight, these are the probable feelings that may be causing the illness:

- Using food as a substitute for affection
- Inability to admit to self or others what you really want
- Inability to express true feelings
- Seeking love
- Protecting the body
- Trying to fulfill the self
- Stuffed feelings

If any of those things seems true for you, it could be a major key to start healing your body through addressing emotional issues.

I know that my weight problems were rooted in several of those things. I know this because of the ways in which my body manifests the thoughts of my mind. These symptoms have been consistent for years, even though it was a mystery for most of those years. One day, a revelation occurred to me and I began to make a list of how my body reacts to my mind. Here is the list:

- When zits appear on my body, it is me hating myself.
- When my back hurts, it is me resisting being controlled and resenting the controller.
- When my intestines stop working, I am afraid.
- When my stomach is upset, I am out of control.
- When my head hurts, I am anxious or worried.
- When I crave sugar, I feel alone and empty.
- When I breathe shallowly, I'm in fight or flight mode (usually resulting in flight).
- When I get a sinus infection, my thoughts have been toxic.
- When I ignore my body's needs, I am punishing myself.
- When I'm gaining weight, I'm trying to protect myself.
- When I'm losing weight, I am allowing myself to change.
- When I'm maintaining an acceptable weight, I am accepting who I am.

Think about ways in which the thoughts of your mind manifest in your body. Thoughts are invisible, but they apparently can become physical. Your invisible thoughts are creating your body.

Certainly, there are things you can do to relieve your suffering, such as cleansing and watching your diet, but the mental source of your distress will make your efforts

in the physical realms harder than they need to be. Most distress originates in the mind. When you consider the part your thoughts play in both your illness and your recovery, clarity will come. Weight issues often originate and are solved in the mind rather than in the body.

Principle: You can change your health by changing your thoughts.

Action Step: Please stop blaming your body for being overweight or underweight. Take your focus off your body and put it on your emotions. Discover the root cause of your emotional distress that manifests itself in your physical body and take steps to address the cause.

Affirmation:

My body is innocent.

My mind is powerful.

My spirit rules.

Resources:

- Book - *Mind Over Body: The Key to Lasting Weight Loss Is All in Your Head* by Nordine Zouareg
- Book - *Heal Your Body A-Z: The Mental Causes for Physical Illness and the Way to Overcome Them* by Louise Hay

The Wanderer

*"What makes the desert beautiful is that
somewhere it hides a well."*

- Antoine de Saint-Exupery, French novelist

The journey of faith can lift us to the top of the tallest mountain. It can show us lush, fertile valleys and streams of living water. Sometimes, though, faith becomes like a desert. The ground is dry and cracked. The sun is hot and relentless. If we



try to rest, vultures descend. Where is God? Every fiber of our being cries out for water, for soul-quenching refreshment. We find the desert to be a cruel place where shimmering water on the horizon forever recedes from our grasp.

In truth, the desert is a glorious place that hides its glory. The revealing of its beauty is fleeting and the abundant life is only seen by the patient and careful eye.

In the early 1990's I traveled three times to the deserts of Mexico. I took teenagers with me so that I could work them in the hot sun and change their perceptions of the "hard life" they live in America. One year, they created a video chronicle of the trip. As part of the video, they described in "scientific terms" the multitude of insects they found as they worked. One spider was called "spidera longus." It was amazing to me when I saw the video that I had not seen the insects. I was there, too. I did not see them because my focus was on other things. We were only in Mexico for one week each time. If I could have stayed longer, I would eventually have seen the insects and the other living things I overlooked.

On one of the first days, the temperature was nearing 110 degrees. I noticed that many of the teens were looking at their watches and bemoaning the slowness of time progression toward break time. Their complaining was wearing on my nerves. So, the next day, I asked them to give me their watches. As you might guess, they worked without complaining and were pleasantly surprised when break time was announced. They were content in their work because they did not mark the passage of time.

The desert of faith is no different. If we pay attention to how long we are there, we feel as though our suffering and torment will never end. That's how most of the teens felt the first few days of our treks into a foreign land. After that initial acclimation period, they settled into their new life and found joy in it. We can do the same when we find ourselves in a dry time. Accept the lack of water and seek life. Both the water and the life will make themselves known when our focus is not on other things. Pay attention to your desert of faith. Find its beauty. Wander through its arroyos, towering cactus and shifting sands. Store the sun's heat in your inner places – to be pulled out when winter's frost invades. Resist not the harshness of the landscape for it will bloom for you if you wait patiently. Let time pass, accepting its ability to change your world.

Wander your desert of faith with expectation of the rains that always come.

Principle: Resistance delays healing.

Action Step: Journaling is a most powerful tool when in the desert. Consider another format for writing, such as making scrapbook-like pages with cutout pictures, drawings, and words that express how you are feeling right now. Record evidence of life in your desert.

Affirmation:

*I will wait patiently
for healing rain to fall on my life.*

Resources:

- Book - *A Blossom in the Desert: Reflections of Faith in the Art and Writings of Liliás Trotter* by Miriam Huffman Rockness
- Book - *When God Whispers Your Name* by Max Lucado

Blood Sugar Imbalances

"What was so upsetting was I didn't really know anything about diabetes except that Ella Fitzgerald lost her legs and later died from it."

- Della Reese, musician

The pancreas is a small gland located near the lower part of the stomach and at the beginning of the small intestine. This gland produces about 3 pints of juices every day and has two main functions. First, it produces



digestive enzymes that it secretes into the digestive tract to break down proteins, carbohydrates, and fats that the mouth, stomach or bile salts from the liver did not break down sufficiently. Next, it produces hormones that are secreted directly into the bloodstream. Insulin is the most famous hormone produced by the pancreas.

Insulin is used to transport glucose (blood sugar) into the cells to be burned for energy, stored as glycogen in the liver, or stored as fat. Some foods, such as sugar, refined flour, high fructose corn syrup, most fruit juices, and starchy fruits and vegetables, are so quickly transformed into glucose that they cause the pancreas to spike its insulin production.

If insulin levels are kept high for an extended period of time, the cells of the body may become overwhelmed and then resistant to insulin. Without insulin, the cells cannot get the energy (glucose) they need. Plus, glucose that should be in the cells continues to circulate in the blood causing hyperglycemia (high blood glucose). Insulin resistance is the most common cause of Type 2 diabetes. If this condition goes on too long, the pancreas may drastically slow or stop insulin production, resulting in Type 1 diabetes. A person with this condition must take insulin via injection. Diabetes is the fifth leading cause of death in America. Many natural health

instructors believe that Type 2 diabetes can be controlled by diet, which means one might be able to reverse the condition by making healthy food choices.

Allowing the pancreas to rest is a good thing. This can be done by removing the majority of sugars from the diet and supplying the body with a high-quality protein to sustain muscle mass. Vegetables supply nutrients, fiber, and an energy source that does not burden the pancreas to produce large amounts of insulin. For optimum health and weight, keep in mind how your food choices influence the function of the pancreas.

Principle: Ignoring blood sugar issues is a detriment to both weight and health.

Action Step: If you haven't recently, go to the doctor and have your blood drawn and analyzed. Ask about your blood sugar levels and your risks. No matter what the results, do what you must to assure that blood sugar is not having a negative impact on your health and weight.

Affirmation:

*I am mindful of how my food choices
affect my pancreas.*

Resources:

- Program – *The Pancreatic Protocol*. Contact Julie Phillips at (813) 695-4372.

Remember Thy Thyroid

"I have to be cautious, have my thyroid levels checked, and as long as I do that, I'm fine." - Gail Devers, athlete

Metabolism is the process by which oxygen and calories are turned into energy by the body's cells. The thyroid gland, which is located at the front of your neck, controls metabolism. It does this by taking iodine, which is a trace mineral, and converting it into thyroid hormones that are transported throughout the body through the blood stream. Every cell in the body depends upon thyroid hormones for regulation of metabolism.

When the thyroid gland does not produce enough of its hormones (a condition known as hypothyroidism), the body will tend to store the energy as fat, rather than burning it for fuel. This makes it difficult to both lose weight and not gain weight.



One way to help the thyroid function properly is to eat foods rich in iodine. Table salt with iodine added is the main food source of iodine for most people. Sea salt already contains iodine and is the most natural source. Seafood is naturally rich in iodine. Cod, sea bass, haddock, and perch are good sources. Kelp is the most common vegetable seafood that is a rich source of iodine.

Even if you have enough iodine in your diet, you may not be able to absorb it. The body's internal pH (acid/alkaline) balance affects the absorption of minerals. Iodine has a very narrow absorption window on the pH scale, requiring an almost perfectly balanced pH. Eating alkalizing foods, such as lemons and green leafy vegetables, may help an acidic body become more alkalized.

Many months of iodine deficiency in a person's diet may cause goiter or hypothyroidism. Without enough iodine, the thyroid cells and the thyroid gland may become enlarged. In this state, the gland is less efficient in its production of thyroid hormones. This cycle of not getting iodine and then not being able to process iodine efficiently is a challenge in recovery.

Most doctors will prescribe an artificial thyroid hormone to adjust for the lack of natural hormones. The levels are difficult to manage because a synthetic substance is not intelligent like the thyroid gland, knowing how much hormone to release and when. Management is difficult, but not impossible. A struggling thyroid gland will benefit from natural sources of iodine. When the thyroid absorbs the iodine it needs, it may eventually begin to function normally. The result will be a healthy metabolism where energy is used for fuel rather than stored as fat. Inform yourself about the thyroid gland!

If you suspect thyroid dysfunction, seek professional help in determining the status of your thyroid gland.

Principle: The thyroid gland influences weight.

Action Step: If you haven't recently, go to the doctor and have your blood drawn and analyzed. Ask about your thyroid levels. No matter what the results, do what you must to assure that this is not having a negative impact on your health and weight.

Affirmation:

I will include my thyroid gland in health considerations.

Resources:

- Book - *The Thyroid Solution: A Revolutionary Mind-Body Program for Regaining Your Emotional and Physical Health* by Ridha Areem

Candida Overgrowth

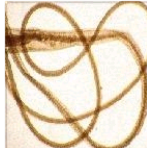
"Believe it or not, Americans today are host to more than 130 different kinds of parasites, ranging from microscopic organisms to foot-long tapeworms."

- Dr. Anne Louise Gittleman

Did you know that your body is a host for a wide variety of organisms? Some of these passengers are beneficial, such as probiotics, living in synergy with us. Other microbes, such as harmful bacteria, fungus, viruses, and parasites, are not so benevolent.



Intestinal fluke



Whipworm



Dwarf tapeworm

One of these uninvited guests is *candida albicans*, commonly known as yeast. Candida naturally occurs in the human body; problems occur when we have too much of it. Symptoms of candida overgrowth include allergies, chemical sensitivities, anxiety, hyperactivity, chronic inflammation and irritation of the eye, diarrhea, abdominal cramps alleviated by bowel movements, eye fatigue, facial rash, frequent urination, frequent yeast infections in women, hives, inflammation of hair follicles, lactose intolerance, muscle weakness and bone pain, Obsessive Compulsive Disorder, psoriasis, dandruff, dry or itchy skin, rectal itching, sinus problems, swollen lips or face, and a white coating on the tongue. Another sign of candida overgrowth is when symptoms increase after ingesting high sugar or mold-based foods.

Candida overgrowth usually occurs when the good bacteria (probiotics) population in the intestinal tract is not at the level it should be. People who have been on antibiotics, hormone replacement therapy, prescription medications, or birth control pills are especially susceptible to candida overgrowth. Coffee or caffeine

drinkers, people who are over-stressed, or those who consume too much sugar and table salt are also at risk. Food sources of yeast include bread and beer.

If you have a history of the above listed symptoms, a comprehensive treatment program and a special diet may help. Consult with your health care professional if you suspect yeast overgrowth.

Side note: Amazing advances have been made with using frequency treatments to identify and eliminate parasites in the body. Contact the author if you would like more information about this technology.

Principle: Nobody wants or needs a parasite.

Action Step: Yeast die when they are starved, so eliminating sugar from your diet is a good first step. Taking supplemental probiotics and digestive enzymes may also help. Natural health practitioners have excellent methods for combating parasites and yeast overgrowth.

Affirmation:

I will do what I must to be parasite free.

Resources:

- Book - *Guess What Came to Dinner?: Parasites and Your Health* by Ph.D., CNS, Ann Louise Gittleman
- Website – www.candidasupport.org

Weight of Stress

"The greatest weapon against stress is our ability to choose one thought over another."

- William James, philosopher (1842-1910)

The modern world has shortened the word "distress" to "stress," but the impact of being under its influence has increased as humanity races toward the future. Stress is our unseen enemy because it sets in motion a series of actions and reactions that are normally reserved for when the body is in danger. Stress may lead to inflammation in our bodies, mostly in the form of excessive output of adrenal hormones like cortisol, the hormone of stress. Consider that stress is found in many areas of life:



- **Mental Stress**—problems at work, school exams, high-pressure situations, worry
- **Emotional Stress**—difficult relationships, marriage, children, grief, resentment, past hurts that are unforgiven
- **Physical Stress**—injury, surgery, medical procedures, poor digestion, malnutrition, dehydration, insufficient rest, illness
- **Environmental Stress**—air pollution, pesticides, food additives, preservatives, toxic chemicals, computer electro-magnetic frequencies
- **Spiritual Stress**—unrest in beliefs, over-commitment, unfulfilled dreams, not knowing why you exist, lack of purpose

Are any of these stresses a part of your life? Stress steals your energy and reduces your resistance to illness. Be aware that each time you feel stressed, there is a negative impact on the state of your overall health. Stress may also affect how well you do on a diet.

For example, after a stressful day, are you more likely to make yourself a salad or a frozen pizza? To help yourself choose health over convenience, plan ahead. In the morning, or even the night before, have everything for your salad chopped and ready to be tossed together.

What is the source of stress? We tend to point our finger at people, places, or events and say, "He/She/It is the reason I'm stressed out." In reality, the source of stress is not the circumstance or person, but your reaction. We don't have much control over our feelings, but we have absolute control over our reaction to the feelings. Two people can experience the same event and have completely different reactions to it. One might get agitated while the other remains neutral. Each person made a decision about how they were going to react to the situation. Your choices are more important than your circumstances.

If you acknowledge "distress" as part of your life, you are allowing your health to be adversely affected by your choices. Your success in attaining health and optimum weight depends on eliminating stress.

Principle: Your reactions create your stress.

Action Step: Taking responsibility for your reactions is the first step to eliminating stress. Making choices that reorient your reality to a peaceful perspective is vital for optimum health. Choose to be emotionally mature and stop blaming others for your issues. To counteract the effects of past stress, consider meditation, prayer, yoga, hugs, and doing whatever brings you peace within. If the stress is environmental, make progressive choices to either change the environment or leave it.

Affirmation:

*My choices are more important
than my circumstances.*

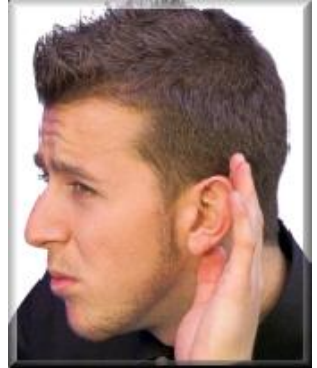
Resources:

- Book - *Stress Less* by Dr. Don Colbert
- Website - www.stress.org (American Institute of Stress)

Listening to Your Body

You need to listen to your body because your body is listening to you. – Dr. Phillip C. McGraw, author

As a child, you used every sense to explore your environment. You grabbed everything in sight, stopped to listen to sounds, and tasted anything. As most of us grow older we don't seem to use our senses as much. We become less aware. As adults, we should be aware of not only the external environment, but also the internal environment of our bodies.



You are used to receiving signals from your body for hunger or needing to empty the bladder, but most of us cannot feel the normal internal operations of our bodies. For example, you cannot normally feel the functioning of blood vessels, glands, nerves, or kidneys. Many such processes occur without our awareness, as long as the function is normal.

If, however, some part of the body is struggling to function properly, the body will send a message to your conscious mind through your nervous system. If you are not aware of the initial messages regarding problems, eventually your body will send loud messages in the form of unpleasant symptoms.

Avoiding those unpleasant symptoms requires knowing basic physiology and listening more carefully to your body. You do not need to be a doctor to know the locations of the organs and systems in your body. Most people understand more about how their cars function than they do about how their bodies function! If you have a pain on your left side, is it from your liver or your pancreas? If you don't know where the organs of our body are located and how the basics of digestion,

elimination, circulation, and energetic flow, it's time you sat down with a good book and learned about your amazing body. Once you have a general idea of how the body functions, understanding the messages you hear from your body will be easier.

Listening is a form of paying attention. You can listen more effectively to your body by heightening all of your senses, including sight, smell, taste, touch and hearing. Your intuition is also a valuable tool when seeking answers. Reawakening all of your senses will alert you to physical problems before your body exhibits symptoms.

So, how do you go about waking up your senses? The first thing is to acknowledge the ability you already have for receiving messages from your body. For example, if I placed before you a plate of various fruits, what would you pick first? How many of each fruit would you take? Something within you is making a request. Your body might want the pineapple to help with digestion. Or maybe it wants some lemon to alkalize your body. The next time around, you will probably choose a different fruit or a different amount because your body has different needs at that time. Your body's needs change minute by minute based on your internal and external environment. Watch and listen for subtle changes. Your body is telling you what it wants. By using as many senses as possible, you will have a clearer picture of what your body is telling you.

Your body and your mind have a relationship with each other that is like marriage. It's difficult to determine where one starts and the other ends – they are intertwined with each other. Sometimes the body is sending messages to the mind. This is where listening with the senses is most valuable. Sometimes the mind is sending messages to the body. This is where knowledge is most valuable. These conversations occur continuously throughout your life on earth. The body may send a craving signal that the mind overrules for health's sake. The mind may ignore the body when it

signals a need for water or sustenance. As with any mutually beneficial relationship, the environment is wholesome when the two entities respond appropriately to each other.

When you have knowledge about your body and increase your awareness of your body's needs, signs, changes and responses, you will be able to determine such things as:

- What foods to eat and how much
- How much sleep to get
- The intensity and duration of exercise
- When your body is in distress
- How much of a supplement or nutrient to take
- And much more!

What if "I want chocolate cake" is the message you hear? First ask, where did that message come from? If the message originates in the body, it may well be that your body wants the antioxidant properties of chocolate to fight free radicals or that its blood sugar levels are too low. If the message originates in the mind, the cake is likely a comfort food you use to soothe your emotions. If this is the case, your spirit must take over to determine a more appropriate solution to balance your emotional state. If chocolate cake is physically harmful to you, then supply the base needs such as a richer source of antioxidants (from certain fruits, for example) or a better glycemic choice to balance blood sugar.

Keep in mind the 90/10 ratio where you do what is best for your health 90 percent of the time. Having a piece of chocolate cake once in a while isn't likely to hurt you. In fact, it may be the most appropriate choice.

The key is to listen to your body and respond quickly to give it what it needs to function at its best. Making healthy choices requires collaboration between body, mind, and spirit.

Principle: When you listen to your body and respond appropriately to the signals, optimizing your health and weight will be easier.

Affirmation:

I hear my body right now.

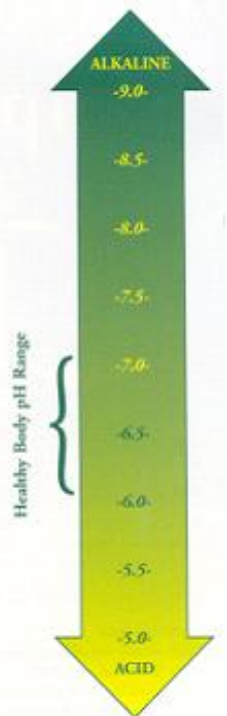
Resources:

- Book - *Essentials of Anatomy And Physiology* by Valerie C. Scanlon and Tina Sanders
- Book - *The Quantum Mind and Healing: How to Listen and Respond to Your Body's Symptoms* by Arnold Mindell
- Audio CD - *Listen to Your Body Clinical Hypnosis Program* by Steve G. Jones, M.Ed.

Balance Your pH

"The most general law in nature is equity-the principle of balance and symmetry which guides the growth of forms along the lines of the greatest structural efficiency." - Herbert Read, English poet

Gardeners and swimming pool technicians know about the effect of acid and alkalinity on plant life. Some plants prefer soil with more acid, while others would die in the same soil. Swimming pools grow algae if the chemical balance between acid and alkaline is not just right. Likewise, our bodies continually attempt to balance acid and alkaline levels. To quantify this balancing act, scientists came up with the term "pH level." Without getting technical, pH is a measuring scale of acid to alkaline. A body's pH can be determined by testing body fluids and tissues. The scale displayed to the right shows the optimum urine and saliva pH balance is around 6.4. Too much acidity in the body is linked to many illnesses including arthritis, lack of energy, painful joints, and infertility. Plus, an acidic environment encourages microbials, such as viruses, bacteria, and fungus, to thrive.



Proper pH balance is imperative for absorption and utilization of nutrients inside the cells of the body. For example, iodine is more easily absorbed when pH is between 6.3 and 6.6. If your pH is lower than 6.3, your body may struggle to absorb iodine, which is a vital element for proper thyroid function.

The fluctuation of pH throughout the day will enhance or detract from the absorption of nutrients. Keeping your pH at optimum levels involves managing the amount of acid inside the body.

Some acids in the body are produced by its natural functions. For example, have you ever experienced sore muscles from overexertion? The muscles are sore because the lactic acid produced by the hard-working muscle was not completely expelled from the muscle before you stopped using it. You instinctively rub the muscle to get the acid out. Some organs, like the stomach, produce acid. Rotting foods also produce acid.

To compensate for excess acid, the body uses minerals as an alkalizing agent. If the minerals are not in the foods we eat, our bodies may try to pull them from our bones and tissues.

The foods you eat may cause your body to either form acid residue or alkaline residue. You will see from the food lists below that the bulk of the American diet consists of high-acid foods. For example, the pH level of a typical soft drink is 2.6, which is very acidic.

Note: The lists in this section should be approached with a sense of balance. If your diet consists of mostly acidic foods, consider adding more alkalizing foods to help your body balance itself.

In order to help maintain a proper pH with food, most people need 80 percent of their foods to come from alkaline foods and 20 percent to come from acidic foods.

An old quote says, "Change the chemistry; change the condition." Think of it this way: if you had a swimming pool with an algae problem, you could either keep scrubbing the algae off or you could change the chemistry of the water so that the algae would not grow. If microbials such as viruses, bacteria, and fungus thrive in an acid environment, the easiest way to get rid of them is to alkalize the environment.

If a person starts to feel ill, his or her internal environment (the inside of the body) is probably acidic. A good first step is to start alkalizing the body with foods from the highly alkaline list to counteract the acid. A fast way to alkalize is by supplementing with minerals such as calcium. Minerals are used in the body to buffer acids. If a body is overly acidic, the calcium may be pulled from the bones and other tissues to buffer the acid. Therefore, it is vitally important that everyone's diet includes adequate quantities of minerals.

You cannot chew on a nail to get the iron you need. Iron in that form is inorganic and toxic. The body can only absorb minerals that have been absorbed into the tissues of plants. Plants get the minerals from the soil, and we get the minerals from the plants. Such minerals are called "organic." Since most of our soils are depleted of minerals, due to modern farming methods, plants have fewer minerals in their tissues. Adding a mineral supplement to your daily routine is one way to compensate for this deficiency.

Testing Your pH

The body's urine and saliva pH levels naturally fluctuate in a 24-hour period, but a good average is 6.4 on the acid/alkaline scale. Testing bodily fluids can give a good indication of overall pH levels. You can purchase pH test strips for analyzing your urine and saliva. You'll want to test your pH in the morning and at night so that food has less of an influence on the reading.

Another way to test your pH is to listen to your body. Symptoms of acidity may include lack of energy, stiff joints, sore muscles, aches, pains, acid stomach, and so on. Also, if you are living a stressful life, you may be more acidic because stress can cause organs to secrete more acid. When an acidic body is alkalized enough to restore a good pH balance, symptoms of acidity usually dissipate.

Using the pH Food List

As you look through this list, consider marking the foods you eat the most so that you can evaluate how you might need to adjust your food choices. This is a partial list and not meant to be comprehensive. The foods in each section are not listed in alphabetical order, but rather from most acidic to least. Therefore, the most acidic item from this list that you can eat is an artificial sweetener. The most alkalizing item from this list that you can eat is a lime, followed by lemons, and watermelon.



Note: Some of the foods mentioned below, such as fruits, are not allowed during Stages 1 and 2 of the Matol program.

Highly Alkaline Foods

This list includes the best selection of alkalizing foods for balancing an acidic body. The most alkalizing foods include: limes, lemons, watermelon, organic sea salt, cantaloupe, cayenne pepper, mango, seedless grapes, pears, pineapple, raisins, almonds, bananas, beets, blackberries, spinach, avocados, carrots, raspberries, garlic, broccoli, kiwifruit, papaya, and parsley.

Moderately Alkaline Foods

Some foods form significant amounts of alkaline residue in the body. From most moderately alkaline to least moderately alkaline, they include: apple cider vinegar, cabbage, cauliflower, egg whites, olive oil, coffee substitutes, onion, peas, asparagus, celery, peaches, tomatoes, peppers, lettuce (romaine, leaf), eggplant, grapefruit, soy milk, cucumbers, coconut, herbs (leafy green), strawberries, and raw milk.

Moderately Acidic Foods

Some foods form significant amounts of acid residue in the body. Again, from most moderately acidic to least moderately acidic, they include: sweetened yogurt, brown rice, ketchup, mayonnaise, soy sauce, fish, commercial pickles, whole-wheat foods, wine, cheeses, beans, salted butter, egg yolk, commercial milk, unsweetened fruit juices, mustard, oats, fructose, honey, cranberries, blueberries, popcorn, plums, and shellfish.

Highly Acidic Foods

Some foods form a very acidic residue in the body. Starting with the most highly acidic food and progressing to the least highly acidic food, they include: artificial sweeteners, sugar, white flour, soft drinks, distilled vinegar, white rice, table salt, white pasta, jellies and jams, coffee, brown sugar, beer and alcohol, beef, chicken, caffeine, commercial cereals, prescription and OTC drugs, tobacco, pastries, squash, wheat berries, peanuts and peanut butter, white bread, and sweetened fruit juices.

Acidic Foods that Turn Alkaline

Some foods that are naturally acidic turn alkaline when digested. They include: berries, grapefruit, lemons, limes, oranges, pineapples, and sour grapes.

Neutral Foods

Some foods do not change the body's pH levels. They include: sesame oil coconut oil, sunflower oil, almond oil, butter (fresh, unsalted), and yogurt (plain).

Principle: Balanced pH in the body promotes good health.

Action Step: One of the quickest ways to attain and then maintain an appropriate pH level in the body is

to remove refined sugar from your diet. Negative and positive thoughts, stress, food, shallow breathing, medications, and supplements all affect the body's pH balance. Therefore, ways to balance pH include doing deep breathing, reducing stress, drinking plenty of purified water, and eating more alkaline foods.

Affirmation:

*I choose foods, emotions, and activities
that keep my pH balanced.*

Resources:

- Book - *Alkalize or Die* by Dr. Theodore Baroody
- Book - *The Acid Alkaline Balance Diet : An Innovative Program for Ridding Your Body of Acidic Wastes* by Felicia Drury Kliment

Hormones Make Me Moan

"The medical mindset of estrogen prescribed alone represents a victory of advertising over science."

- John R. Lee, M.D.

Another issue that may contribute to weight gain is an imbalance in three sex hormones called estrogen, progesterone and testosterone. When the imbalance favors estrogen, the condition is known as "estrogen dominance."

Most women in developed countries have too much estrogen. Where does the estrogen come from? One source comes from a woman's follicle on the ovary. Another source is from fat cells, which produce estrogen. Women who take the pill or use a skin patch for hormone replacement or for birth control have another estrogen source.

A more ominous source of estrogen is from chemicals known as xenoestrogens (pronounced "zeno-estrogens") that mimic estrogen. Xenoestrogens are much more powerful than natural estrogens, so they are particularly harmful to the delicate hormonal balance of the body.

Xenoestrogens are emitted from plastic wrap and leak from plastic containers used for food and water. (Look for beverage containers that have a number 7 or higher in the recycle triangle graphic. These bottles do not leach like the others.) Xenoestrogens are found in most laundry detergents, dry cleaning agents, dishwasher soaps, detergent breakdown products, dental filling composites, dairy foods, and many other products. Pesticides are a type of xenoestrogen that often remain on the skin and in the flesh of non-organic fruits and vegetables. Many personal care products for skin and hair contain xenoestrogens. Xenoestrogens also include synthetic estrogens fed to agricultural animals to make them fatter faster. When we eat the meat from those animals, we also ingest the estrogen.

Left unattended, estrogen dominance may contribute to obesity, endometriosis, fibroid tumors, prostate cancer, and breast cancer. Estrogen dominance contributes to an increasingly earlier onset of menses in young girls, PMS, infertility, and the terrible struggles many women experience when going through menopause.

Balancing hormones is a tricky business, as many pharmaceutical companies and doctors have learned. A natural solution to this issue involves a two-pronged approach. The first step is to reduce your exposure to xenoestrogens. For starters, use glass containers, eat organic foods (fruits, vegetables, and especially meats), and choose personal care products that do not contain xenoestrogens. The second step is to reduce excess weight. During weight loss, junk hormones will be released as the fat cells are burned for energy, and ideally the hormones will escape through open bowels. Another optional step is to balance your excess estrogen by providing sufficient amounts of estrogen's complimentary hormone, progesterone.

If enough progesterone is available in the right amount, the estrogen is no longer dominant. Besides balancing out estrogen, progesterone has other benefits like preventing depression, converting fat into energy, and assisting in building bones.

This is not just a female issue. More and more men are suffering from estrogen dominance, which imbalances their testosterone levels. Estrogen levels in men are supposed to be substantially lower than in women. You can imagine the impact of too much estrogen in both younger and older men. Usually, reduced exposure to xenoestrogens is all males need to conquer the syndrome. However, some men will benefit from the application of progesterone.

Fat cells produce estrogen, so the more fat you have, the more estrogen you have. The more estrogen you have, the harder it is to lose weight. The Matol Diet helps break that cycle.

If you have more questions about this issue, educate yourself and talk with a qualified health care professional.

Principle: Hormones must be balanced.

Affirmation:

I will regularly have my hormone levels checked and then take appropriate action to balance them.

Resources:

- Book - *The Estrogen Alternative (A Guide to Natural Hormone Balancing)* by Dr. Judi Gerstung and Raquel Martin
- Book - *Hormone Deception: How Everyday Foods and Products Are Disrupting Your Hormones--and How to Protect Yourself and Your Family* by D. Lindsey Berkson
- Book - *Our Stolen Future: Are We Threatening Our Fertility, Intelligence, and Survival?--A Scientific Detective Story* by Theo Colborn, Dianne Dumanoski, and John Peter Meyers (website www.ourstolenfuture.com)

Our Romance with Food

"Romance is not a science but an art, no less so than the art of eating well. And it takes cultivation and refinement if a relationship is to offer its fullest rewards." - Mireille Guiliano, author

It was a rough day, but now you're home. You've lit the candles, put on soft music, and arranged the sofa pillows into a comfortable pocket. You are now ready for a romantic evening with your beloved chocolate chip cheesecake.



Food can mean so much more to us than mere sustenance – the way to fuel the biological body. Food can be a comforter when life hurts or an entertainer when boredom strikes. Food can be a reminder of golden yesterdays or an obsession when the world is less than satisfying. Food can be the punisher when a mark has been missed or the absolver when an old record of accusation is playing in the mind. Even though food can be all these things, it really is best at being sustenance. It is not good at being a lover.

It's true that food can be lovely and sensual, but it becomes a double-edged sword when we use it to meet our emotional needs. One edge of the sword is the potential development of a compulsive physical and psychological need – also known as an addiction. Anything that controls your behavior through dominating your thoughts puts you in a prison. You may say that food is less harmful than chemicals or drugs, but any addiction is contrary to optimum health.

The other edge of the sword is how the body adapts to an inappropriate relationship with food. The body is a fuel-burning factory designed to produce energy. When too much fuel is supplied, the body stores the metabolized energy in fat cells. The excess food may

clog the digestive tract, causing the immune system to focus on pockets of rotting food rather than incoming invaders. Metabolism and hormone regulation are often affected. The body is simply responding to what the mind has directed.

Every romance has its core in emotions. Emotions are the expression of feelings. If we can identify and address the core feelings that are feeding the romance with food, we have a greater opportunity to establish a healthier relationship with it. Acknowledging core feelings will add to the likelihood that the diet will have long-lasting results without a struggle.

Principle: True love is ultimately beneficial.

Action Step: Draw three columns on a blank piece of paper. In the first column list the foods you adore. In the second column attach an emotion to each food in the first column. How do you feel when you eat that food? What emotion does the food generate within you? In the third column, identify another activity or object that gives you the same feeling.

Affirmation:

I have an appropriate relationship with food – enjoying it, but not expecting it to fulfill me.

Resources:

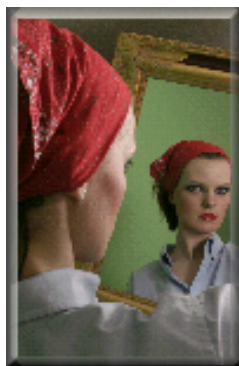
- Book - *Food and Love* by Gary Smalley and Rex Russell
- Book - *When Food Is Love: Exploring the Relationship Between Eating and Intimacy* by Geneen Roth

Loving the One I Call Me

"Self-love is not opposed to the love of other people. You cannot really love yourself and do yourself a favor without doing people a favor, and vice versa."

- Karl A. Menninger, psychologist

Examine how you treat other people and then compare that to how you treat yourself. We give love and gratitude to other people, but don't save much of it for ourselves. People who struggle with weight issues are prone to think cruel thoughts about their precious bodies. The source of that cruelty may be rooted in the past and in the messages absorbed from society about beauty.



A famous comedian spoke in a serious way about the topic of beauty as part of his stand-up routine. He expressed with angst that magazines have done a terrible injustice to America because they have stolen a normal woman's ability to see herself as beautiful. He said, "When a woman doesn't see her own beauty, it hurts men, too." That's a concept worth evaluating. Most men do not see physical imperfections when the woman they love is passionate. However, it's challenging for a woman to be passionate when she thinks she is ugly. We get stuck in a kind of vice that locks us into a pattern of self-loathing and physical sacrifice to meet the needs of our mates. Some women are so desperate to release the pressure that they do not try to be pretty in any way, while others will use any product, device, or procedure available in an attempt to capture beauty. Both actions are rooted in the thought life. Only our thoughts can release the grip of the beauty vice.

Our thoughts are very powerful, having the ability to heal or harm. Rather than being mean to ourselves in the mirror, we should look in the mirror and say, "Hi,

gorgeous!" It's strange, but the energy is so positive. What we say to ourselves will manifest in one way or another. Why not say good things? We usually don't say the good things because we don't believe them. We don't believe the good things because we think we have failed or fallen short of someone else's standard.

Grace and mercy – think about those two words. Grace means that the receiver did not do the work to earn a reward or pardon. Mercy means that we accept that person exactly where they are and do not judge them for past choices. We need to give ourselves more grace and mercy. Go to a mirror today and say to yourself, "I may not be a supermodel, but I am beautiful." The next day, leave off the supermodel part. Keep giving yourself positive messages, especially if all you hear are negative ones.

Positive messages are easier to produce from a heart of gratitude. Find ways to nurture a profound thankfulness for the amazing gift of life. Our bodies are mysterious marvels given to each of us for analyzing and interacting with the world. Gratitude causes beauty to bloom from the inside out. Mother Teresa was not physically beautiful by the world's standards, but everyone she met was pleased to be in her presence. Her beauty came from a thankful heart. It was always shining, even through her wrinkles. Let your beauty be that of the inner kind so that, no matter what you look like, you will always be beautiful.

Lastly, think of your best friend. You are probably thankful for that person and do your best to treat him or her with loving-kindness. It doesn't matter much to you what your friend looks like, does it? Treat yourself the same way you would treat your best friend. Loving yourself is not selfish if you love yourself as much as you love anyone else. Deciding to love yourself and be thankful releases your inhibitions. This, in turn, allows you to love others even more than you did before, which is the highest virtue.

Principle: We can love more effectively when we love ourselves appropriately.

Action Step: Each time you look in a mirror, say something positive about what you see. Then, add something positive about who you are as a person.

Affirmation:

I love me.

Resources:

- Book - *Your Body's Telling You: Love Yourself!* by Lise Bourbeau
- Book - *Body Clutter: Love Your Body, Love Yourself* by Marla Cilley and Leanne Ely (website www.flylady.net)

Feed the Hump

"Now, stress comes in all different forms, but usually when people are stressed, they turn to comfort foods to sort of make them feel better. We have found that that is the most responsible for weight gain and overeating." - Jenny Craig, celebrity

In the movie called "Curly Sue," a little homeless girl explains that her dad taught her to "feed the hump" when the opportunity presents itself because you never know when you'll get your next meal. She is referring to how a camel holds all its water in its hump to prepare for lack of water in the future. If you feel like you want to eat a large amount of food, especially in the evening, this may be happening to you. Your body probably is not getting the sustenance it needs throughout the day, so when dinner comes, it compels you to "feed the hump." One option to counteract this situation is to choose your dinner portions before you eat and limit yourself to what you chose. This is not very nice to a starving body, though, so it will likely revolt. A more long-term solution is to eat smaller meals more frequently throughout the day, assuring your body that it is going to get what it needs at regular intervals.

Depending on what you do for a living, eating smaller meals throughout the day may be difficult. You could pack your food for the day in containers that have the time that item is to be eaten listed on the outside. Set your computer to remind you to eat. Is there any other way? Remember that your life depends on figuring this out. You are important!



When you're not hungry, your body may actually be in a lower metabolic state. When you get hungry, the system revives and revs. The problem with overeating is that it stresses the digestive organs and causes the body to store the calories rather than burn them. Eating smaller meals is easy for the digestion. Metabolism stays in a burn mode. The body does not need to rev itself past what is normal. You will not want to overeat. One particular meal is not the focus. Making a meal, like dinner, the focus of your daily eating sets you up to eat more. When no meal is more important than any other, you'll be more in control of your intake because you won't be emotionally involved in eating.

Consider changing the names of your meals. Call your first meal, the "8 o'clock meal." The next one would be the "10 o'clock meal," which is followed by the "12 o'clock meal," etc. In the evening you'll have a "6 o'clock meal" and an "8 o'clock meal." Then, you're done for the day! At 6:00 PM, your body will know that it gets to eat again, so it will not want more. If you are choosing to eat seven times a day rather than three, you will train your body to exist on a smaller intake. Your stomach will shrink, too. When we eat big meals, our stomach stretches. As is commonly said, "Nature abhors a vacuum," so the body will try to fill a large stomach before sending the "full" signal.

One way to implement this eating style is to eat only half of what you usually eat at breakfast. Save the other half for two hours later. Eat only half of what you would usually eat for lunch and save the rest for two hours later. Add the four o'clock meal and then split your dinner.

If possible, you want each meal to contain a protein, carbohydrate, and good fat. If that's not possible, get a good amount of one of those three.

You now have the choice to "feed the hump" or retrain your body to handle food differently. Be sure to ask for your body's cooperation. You'll have to plan ahead.

One downside to this system is that once you get yourself trained, missing one of the small meals is painful. I've been doing this for a while and if I miss that 10 o'clock meal because I didn't plan ahead, I'm so starving it hurts. One morning, I went to Denver to pick up my books. I did not get to eat again until 1:00 PM. By that time, I could not eat even a third of the salad I ordered. A headache followed, but I got on track again when I got back home and the pain went away. I'm a much better planner from the experience.

Principle: Smaller, more frequent meals contribute to higher metabolic responses in the body and are better for digestion.

Affirmation:

My eating routine is beneficial to my physical health.

Resources:

- Book - *Eat All Day Diet: Eat 6 Meals a Day and Lose Weight Fast* by Helen Foster
- Book - *The World's Healthiest Foods, Essential Guide for the Healthiest Way of Eating* by George Mateljan

Tools of the Food Trade

"We shape our tools and afterwards our tools shape us." - Marshall McLuhan, sociologist

As I prepared an omelet of eggs and mushrooms, I saw the ingredients for what they are: tools. I also realized that everything temporal is meant as a tool for us. We were given the intelligence to use tools and even create new ones. At some point, a person discovers

a tool that makes their life better and they start to love the tool. For fear of not having the tool, the person may collect more tools. If I have a lot of nails, it's a good idea to have a hammer. But, I don't need to have a thousand hammers. One will do, as long as it is fit for the task. Money is a tool. Food is a tool. A computer is a tool. The earth is a tool. The question is, "For what are we using these tools?"

In elementary school we learned that humans are set apart from other animals by the use of tools. When an animal finds a way to use a tool, we marvel at its intelligence. An example is a monkey using a stick to dig up termites. He sees the termites and looks for a stick on the ground. The monkey is smart enough to know that almost any stick will do. He does not cuddle a particular stick or hoard sticks from other monkeys. If he's hungry, he finds a good stick lying about and uses it. When he's done, he puts it down and forgets about it. We humans are not like that, are we?

We get physically, emotionally and spiritually attached to the tools of earth. We find comfort in them, nurture them and even worship them. Food, for example, has become something more to us than a tool. We use it,



but we also cherish it and indulge in it. We don't treat our vitamin capsules like that. We see them as tools of health. What is it about food that is so captivating? It is the way it fills the emptiness inside. The filling is only temporary, but while it is there, it is wonderful. We feel stronger and more comfortable. The problem with food is that the fullness doesn't last. When the emptiness returns a few hours later, we long again for fullness. Emptiness in the stomach symbolizes emptiness in the soul. The space inside the soul is not dead, but alive with longing to be filled. We try to fill it with a myriad of things - tools - but the filling never lasts. The only way to experience the unending fullness within is to be joined with God. In the maturing process, most of us distance ourselves from His energy, purity and love. Nothing satisfies us like being filled with all that is the goodness of God. Food is the temporary tool that fills our stomach. God is the eternal Source that fills our soul. Food was created by the Source, but it is not to be treated as the Source. Yet, we do it every day.

Let those of us who struggle with this addiction take a step back and look at the tool of food with open eyes. How might your day be different if you used food as a means to extend your life so that you could accomplish your purpose? Food is not your purpose and it should not be your focus. For the monkey, the most important thing is the sustenance he gains from the termites, not the stick that helps him get them. If he had the mental capacity, he would be puzzled at how we focus on the tool so intently. We should be puzzled, as well. The temporal tool of food simply assists in the continuance of the temporal body. Since the body is temporal, it also is a tool. The tool is not the sustenance.

Principle: The tool is not the sustenance.

Action Step: Identify the tools in your life on which you place too much emphasis. Return each tool to its appropriate value. If a tool has no purpose in your life, give it to someone who can use it well.

Affirmation:

I use my tools. My tools do not use me.

Resources:

- Book - *Mind Hacks: Tips & Tricks for Using Your Brain* by Tom Stafford and Matt Webb
- Book - *The Handbook of Journaling: Tools for the Healing of Mind, Body & Spirit (Second Edition)* by Neil F. Neimark

The Quest for a Healthy Life

"The longest journey is the journey inwards. Of him who has chosen his destiny, who has started upon his quest for the source of his being."

- Dag Hammarskjold, Swedish diplomat

If you were just a body, without a mind or a spirit, you could focus your healing efforts exclusively on physical health and do quite well. The truth is that you are not just a body, but that your body is animated by a spirit and



coordinated by a mind. Complete healing requires a three-fold approach to health that includes the body, the mind, and the spirit. Many people refer this type of approach as holistic or "wholistic" because it treats the person as a whole person instead of a collection of physical parts. If you have heart issues, you have them not only on the physical level, but also emotionally and spiritually. When one of the three is struggling, they are all struggling. If one of the three becomes stronger, the other two will be strengthened.

You can lose weight physically, but when you also lose it emotionally, you can maintain your weight loss.

The power of your thoughts is of paramount importance in your health. Your thoughts alone have the power to bring healing or illness. For example, studies have shown that positive thinking helps in balancing a person's acid/alkaline pH levels. One of the best ways to generate positive thoughts is to laugh. Laughter can be a major factor in our health. Laugh often every day, in addition to getting plenty of relaxation and enjoyment. It's hard to be grumpy when you're having a good time!

Health comes from within. A healthy person has a vitalized and efficient body, an active and open mind, and a loving and expanding spirit. When all three components are at their best, the organism is as close to healthy as it can be in that moment. The three parts of our being intertwine in function and, together, influence our health.

The level at which you care for your body influences the quality of the information received by your mind. If you do not care for yourself, the information you receive will be limited and of a lower nature. The more you invest vitality into your body, the information received will be unlimited and of a higher nature. For example, if your eyes are clouded, you see less than if they were absolutely clear. When any of your five senses (sight, hearing, taste, smell and touch) are diminished, the input is also diminished. The same can be said for intuition.

Both the body and the mind are dependent on the spirit for continuance. The spirit is the eternal part of who we are; it is the "divine spark." The body and the mind are tools of the spirit to help it observe life and experience what it means to be alive. The spirit is the essence of intelligence. A consummate explorer of the universe, the spirit is seeking both its origins and continuity. We fear death because we perceive it as the end of existence.

In truth, you are a spiritual being having a physical experience. When the physical part of your journey is complete, your spirit will continue – in a different form, perhaps, but the unique energy that you are will not dissipate. It is forever. Eventually, every spirit finds its origins and continuity within pure love. Love heals us, strengthens us, and connects us. Love is the ultimate reality of who we are and what life is about.

Remember Your Quest

Living the healthy life is much like the journeys of King Arthur and his knights who set out on a quest to find the Holy Grail. They knew what they wanted, but had never seen it. They did not know where it was, but they set out to find it anyway. They helped each other along the way, employing virtues like valor, honor and sacrifice. They knew a higher power was helping them and believed in the signs given to assist them.

You also are on a quest, but the Holy Grail you seek is *health in your body, your mind and your spirit*. Your quest will take you to the far reaches of the universe and even deeper within yourself. Your body and your mind help you reach your spiritual potential; so take good care of them. The healthier they are, the further you can progress in the time you are given on earth.

Affirmation:

I live well.

I laugh often.

I love much.

Tell Us Your Story

Please be an encourager to others who are on this journey to wellness. Tell us what has happened to you as a result of reading Why Weight. Send an email to Teresa@3Thirds.com. I thank you in advance!

Below is a submission I received from my dear sister-in-law when I was writing this text.

Living to Eat

By Sammantha Smith-Ford

“Why should we live with such hurry and waste of life? We are determined to be starved before we are hungry.”

– Henry David Thoreau

When I was diagnosed with blood sugar issues my life took on a surreal spin. I remember sitting in the doctor's office and smiling and agreeing to the changes he said I needed in my life. On the wall behind the doctor was a clock. Although I was looking at the doctor, my focus was completely on the time. It was twenty minutes past noon and thus I was twenty minutes late to eat lunch. I wasn't hungry, but I was irked. The doctor's appointment was cutting into my schedule and I *might* get hungry very soon. That was not a chance I was willing to take. I, after all, would never do something so horrible to my body as let it get hungry. Not me.

An hour later I sat in the local food court, not feeling guilty over taking the extra time from work, but feeling guilty because I'd just spent ten dollars on a Philly-cheese steak sandwich, a soda (not diet) and a large wedge of fudge cheesecake. It would have been two large wedges except I knew I had half a pound of chocolate covered espresso beans stashed in my desk at work. These were not your average chocolate covered espresso beans. These were triple chocolate covered espresso beans. I had a date with that half-pound bag.

I was two bites into the sandwich before the doctor's words hit me. I stopped, sandwich half crammed into my mouth, and tried to understand the warnings he gave me. It simply didn't penetrate my thick skull. But what did sink in was panic. I gobbled down the rest of the food, snapping at each bite as if I'd truly been starving. On each bite I thought specifically, "This is it. You must remember how this tastes because you will never have this again. No more Philly-cheese steak, no more real soda and no more fudge cheesecakes." My heart almost stopped when I thought, "No more triple-chocolate covered espresso beans." Life as I had known it ended.

I should have skipped work. I didn't. I went there and finished the bag of beans, hating myself as I did so; they'd lost their glamour and were just dirty things to clean up. At home I cleaned out my cupboards, loading six grocery bags with cans, another two with cereal boxes. I foisted these off on family. Everything in my refrigerator went to neighbors. Then I went grocery shopping and came home with one grocery sack containing carrots, celery, oranges, apples, peanut butter (which I hated) and two steaks. All these items fit in one small space in the refrigerator. I'd set these items specifically where I'd kept the tower of pies I'd accumulated. And I – looking at the pathetic scene of empty white expanse – found myself in tears again because this was (I believed) essentially what I was reduced to.

Over the next year I shed over eighty-five pounds. Although I, still, never let myself go hungry, I hated every bite of carrot, every bite of celery and peanut butter that entered my mouth. Invariably people reacted to the 'new' me with two comments. For those who hadn't seen me in a while: "You look great!" This fueled my ego for all of five minutes. For those who were closer to me, "You should relax," or other suggestions that rankled and burned in my stomach. Invariably, I

ignored the quiet concern of this second group. Didn't they know what I was doing this for?

I don't remember much outside of my focus on keeping perfectly within the Diet. I even thought of it as a Diet (note the capital "D"). I experienced scores of doctor's appointments, hundreds of comments on how "well" things seemed to be going and lots of nights crying myself to sleep. I dreamt of fudge sundaes, fried chicken and cheesecake all on one plate and me eating them all in one sitting.

Thankfully, life intruded. I met my husband-to-be and on our third date I allowed him to make me dinner: one fried egg. I sat at the kitchen table while he worked at cleaning up in the kitchen. I looked down, ate the egg in two bites, and looked up to see he hadn't put the pan under the running water yet. Later, he stopped the movie we were watching to ask, "Are you all right? I mean, that's not normal and you can't call eating like that living." He was right. I wasn't living.

Everyone agrees that getting one's weight issues under control is important. Being too thin or too fat has drastic consequences on the health of one's organs, thoughts, and reproductive capabilities for both women and men. There are more than enough doctors out there who are happy to pinpoint how bad being overweight is and we have all read the growing volumes of information on the dire consequences of being too thin.

But there are not enough people who take a stand and say loudly and clearly, "There is a reason you are making positive changes beyond how much you weigh. You are doing this to get better. You are doing this so you can play hide-and-seek with your kids. And so you can enjoy a walk in the part of the park where the bunnies sprawl out on grass to watch joggers go by."

About the Author



Teresa Smith had been a college instructor and writer for over twenty years when her chronic health issues became unbearable. She had no energy to work and every day was filled with pain. Teresa's doctors did not offer viable solutions, so she found answers for herself. Through the application of sound health concepts, Teresa has recovered her vitality. She lives without pain and now shares the hope of healing with others who are suffering. Teresa continues to create educational materials and manage multiple

projects as President of 3 Thirds, Inc.

Contact Teresa via email at Teresa@3Thirds.com. For more resources on various topics, visit www.3Thirds.com.

Potential Topics for *Why Weight? 2*

New Forgiveness - A new perspective on forgiving people for causing us pain. It is embodied in this statement – “Thank you *for giving* me this experience.” We also mention what unforgiveness does inside the body.

Cellular Memory - The cells in our bodies regenerate constantly, so why do we continue to have malfunction if the cells are new? The nervous system tells the new cell how it will function. Therefore, the nervous system is an important aspect of recovery.

Mirror, Mirror on the Wall - Who is the fairest of them all? This message will tackle the mind's capacity to enhance an image. Anorexics will tell you of the power of the mind. People with weight issues also have perception issues.

Life as a Fat Cell - A unique approach to the physiology of fat storage and release. It follows the daily routine of a fat cell named “Chubs.”

You Need Fat to Lose Fat - A primer in EFA's and their affect on fat metabolism

Looking through Society's Eyes - Who is holding the mirror in which you see your reflection? You are influenced by their touch, be it society, your family, or yourself. Who is best qualified to hold the mirror?

Proactive versus Reactive - It's easier to react to a situation than to take action. How to apply that principle to weight loss.

May I Serve You? - Your weight is serving some purpose in your life. Ask these key questions to discover that purpose. Then, you will be able to take proactive actions that provide another means of fulfilling the purpose.

The Weight of Responsibility - Many people who struggle with weight are responsible for the continuance of other people's lives. They are so focused on keeping everyone else alive they die inside. A neglected body will find ways to build up resources to combat being ignored in the future.

Physiology of Obesity - Certain physiological changes occur when a person crosses from overweight to obese. Knowing these facts about how the body functions can help us reverse the process. (Sounds like a Matol thing!!!)

Trigger Responses (or Pushing the Buttons) - Sometimes we eat because of trigger events that result in runaway emotions. Eating is a comfort in such times. This message gives ways of taking the finger off of the triggers in our lives.

Life on a Balance Beam - For every action, there is an equal and opposite reaction. Even the smallest movement on the balance beam and throw the gymnast to the floor. Learn ways to balance your life and your eating.

Hiding from the Pain - Pain is a master of hide and seek. You count to make it go away, and when you are ready to sort through the emotions and physical issues, it won't let you see it clearly. Then, when you least expect it, pain jumps out at you. Learn to expose pain and use it to your advantage in the game of life.

Influence of Personality Types on Weight Issues Which type is more susceptible to weight issues? Discover ways to use your personality to your advantage in accomplishing your weight-loss goals.

Weighty Genetics - Because so many genetic variables exist in the human race, diet programs must be more general than specific. Therefore, adjustment of a program to your unique needs is up to you. Consider how your genetics may be affecting your success. Resource: Trace Your Genes to

Health: Use Your Family Tree to Guide Your Diet, Enhance Your Immune System and Overcome Chronic Disease by Chris Reading

Childhood Obesity - Learn the startling facts about the dangers of excess weight in the health of a child. Patterns can be reversed that left on their own will create a lifetime of pain and sorrow.

Peer Pressure - Does the way people look at you affect your emotions? Are there things said by your family or friends that hurl you into your pattern of self-destructive eating? Learn how to combat peer pressure. Find solace and strength from within.

The "E" Word (Exercise) - Ways to move that don't feel like moving are covered in this message. Chair exercising, stretching, and laughter are just a few examples. We introduce the options for movement by describing a creative walk to the mailbox.

Make My Day - If you aim at nothing, you will hit it. This message discusses the importance of making a plan and then sticking to the plan. We need some flexibility, of course, but a daily list that includes self-care, reflection, and accomplishment with enhance health.

When Nothing Works - So many dieters are frustrated and skeptical. What they do not realize is that their frustration and skepticism is defeating the potential for success. If no diet has worked so far, a deeper look within will reveal the reason. Some might call it an attitude adjustment.

How Would Life Be Different If... - Finish that sentence with a specific event in your past, but turn the outcome to the opposite of what actually happened. Then, answer the question. This is a wonderful tool for seeing life from another perspective. The message finishes with a suggestion to find ways to fulfill the opposite result from a past event.

Health is a Journey, Not an Event - Being patient is a challenge for people who want relief from their suffering. Here are some tips for ways to enjoy the journey.

The Affect of Blood Type on Weight - Based on the research of Dr. D'Adamo, this message describes how blood type affects how our bodies react to food. It also affects the kind of exercise to which our bodies more readily respond. If you've been forcing yourself to do a particular type of exercise and hate it, your body may be sending you a message.

Where Do I Go From Here? (Additional Resources) - A list of resources, such as books, websites, newsletters, etc. that will help a person continue their journey to wellness.

Affirmations

Affirmation:

Truth is the key that sets me free.

Affirmation:

I will find the keys I need to open the locked doors in my life.

Affirmation:

I am becoming more aware of the flow through my body.

Affirmation:

If I let it go, it will go away.

Affirmation:

My body and my mind have a good and loving relationship.

Affirmation:

I will faithfully and truthfully record what I eat so that I can accurately evaluate how food is affecting me.

Affirmation:

I can stop eating before I'm full.

Affirmation:

*My body is an efficient furnace that burns off
excess stored energy.*

Affirmation:

I will indentify and fulfill my purpose.

I am free to make choices.

My life is abundant and full of blessings.

Affirmation:

My body is changing and becoming healthier.

Affirmation:

I am strong enough

to make changes in the course of my life.

Affirmation:

I will be comforted, but not by fickle food.

Affirmation:

My choices will benefit me.

Affirmation:

*I will treat myself the same way I treat my
best friend.*

Affirmation:

I will create a reason to laugh every day.

Affirmation:

*Cleanliness is next to godliness –
inside and out.*

Affirmation:

*If it does not benefit me now,
I will discard it.*

Affirmation:

I will quickly clean up the messes in my life.

Affirmation:

*My life is a garden full of fragrant flowers.
I primarily tend my own life.*

Affirmation:

I am ready to grow up.

Affirmation:

*The alarm is beeping.
It's time to wake up.*

Affirmation:

*My body is innocent.
My mind is powerful.
My spirit rules.*

Affirmation:

*I will wait patiently
for healing rain to fall on my life.*

Affirmation:

*I am mindful
of how my food choices affect my pancreas.*

Affirmation:

*I will include my thyroid gland
in health considerations.*

Affirmation:

I will do what I must to be parasite free.

Affirmation:

*My choices are more important
than my circumstances.*

Affirmation:

I hear my body right now.

Affirmation:

*I choose foods, emotions, and activities
that keep my pH balanced.*

Affirmation:

I will regularly have my hormone levels checked and then take appropriate action to balance them.

Affirmation:

I have an appropriate relationship with food – enjoying it, but not expecting it to fulfill me.

Affirmation:

I love me.

Affirmation:

My eating routine is beneficial to my physical health.

Affirmation:

I use my tools. My tools do not use me.

Affirmation:

*I live well.
I laugh often.
I love much.*

What you think is what you are. I think you're great!