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Why Isn't My Diet Working?

YOU'VE DIETED FOR COMPETITIONS THAT MANY TIMES AND LOSING THE WEIGHT WAS ALWAYS A CINCH FOR YOU... BUT THIS TIME IT'S NOT WORKING. WHAT'S GOING ON?!

By Joanne M Prior

It can be confronting and challenging when your former weight-loss tactics just don't reap the rewards they used to. Feeling like you can't change your body in the way you want can wear away at your confidence and cause you to feel vulnerable and insecure. You wonder what this means for your future. Does this mean you are stuck with these extra kilos for life?

For a woman who is fit, active, athletic and lean, the thought of being stuck in this fat and frumpy stage is highly unappealing! So what do you do in this circumstance? What is truly going on here? Why are the old strategies not working as effectively as they used to?

To begin, hormonal imbalances in the body can cause you to become 'weight-loss resistant.' Long-term stress, anxiety, worry or constantly feeling low, moody, irritated, frustrated and agitated all have been shown to lead to chemical imbalances in your hormones. This, in turn, can cause your body to shift into fat storage mode.

“Why are the old strategies not working as effectively as they used to?”

We're getting run down because of the daily challenges so many of us face. Our bodies, for the most part, can cope well with occasional bouts of stress but when life continually gets us down, our bodies start to struggle. Then the simple act of losing a few extra kilos becomes an insurmountable task - our bodies just don't have the energy, strength or motivation.

Are you destined to feel fat for the rest of your days because your body just can't do it any more? Of course not. There is a way for you to look and feel great again. Here's what you need to do...

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“Getting your mind and emotions in check is the key to achieving weight-loss success!”

“Your body is always sending your mind signals as to how it feels, what it needs and what is best for it.”

Firstly, accept that your body is not deliberately trying to trip you up or disappoint you, - it's actually trying to get your attention! It's trying to tell you that something is not right here. Your body is always sending your mind signals as to how it feels, what it needs and what is best for it. Sometimes we're so busy with our lives and others we don't hear the words or guidance from within. Our body is talking and we're not paying any attention!

Be willing to take a moment and listen to what the core cause of your body's weight-loss resistance is.

Secondly, ask yourself what the core cause of this weight resistance is. From asking the right questions you will gain the right answers.

Thirdly, take action once you know the answer. If you've had a tough few years emotionally that have left you feeling burnt out, stressed or depressed for long periods of time then it is likely that your cortisol levels are too high. As an avid reader of Oxygen magazine, you probably already know that increased cortisol levels, over time, cause you to eat more and store fat.

Because this overriding stress hormone causes you to retain weight, getting your mind and emotions in check is the key to achieving weight-loss success! Get a good mentor, PT, naturopath or holistic GP who will be able to help you take this first step in the right direction.

Once you get your mind and emotions around what your body is trying to tell you, weight-loss resistance will be a thing of the past for you! You'll be back to your lean and gorgeous self before you know it! Well done for taking the steps to listen. It pays off magnificently. ☺

Joanne's background is B.Sc. (Nutrition), followed by post grad studies in counselling and a Reiki Master accreditation. Joanne is a published author, sought-after speaker in the area of weight loss and runs a successful private practice in Sydney. For further information about Joanne's work visit www.joanneprior.com or email jo@joanneprior.com.

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