

DOES THIS DIET MAKE ME LOOK FAT?

DIETING MAKES YOU FAT.

PLANNING TO GO ON A
DIET MAKES YOU FAT.

LET ME EXPLAIN!

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We are all becoming familiar with the fact that restricting your calorie intake below 1,200 calories per day puts your body into starvation mode. This means your body is not getting enough calories and nutrients to meet its most fundamental needs for survival.

The maintenance of your internal organs depends on a regular and consistent intake of healthy food. On a very low calorie diet you are compromising the very organs that keep you alive! Very low calorie diets are very hard to stick to in the long run. Even the most dedicated follower will find their enthusiasm waning (normally about 4-6 weeks into the program) because every fibre of their being is screaming 'EAT!', which then drives them to do just that.

The eating that results, of course, is not the healthy kind and weight gain soon follows. As you probably are already aware, once your body is in starvation mode it will drive you to eat anything you can lay your hands on. All of a sudden, that packet of Tim Tam's becomes irresistible - and you just can't stop at one. That bread

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you have been diligently denying yourself becomes a gift from the heavens when toasted with a huge slab of butter. All your willpower evaporates in the face of a hungry body determined to get some fuel to keep itself alive.

Your body is an extremely intelligent combination of systems designed to ensure survival. If your mind does not work with your body on this objective, then your body will take over and will cause you to gain weight. It will drive you to eat to make up for what it has lost and more as insurance against the next famine you might decide to bring on yourself.

This is demoralising to say the least. It erodes your confidence in yourself and your belief in your ability to achieve your weight loss dream.

How can you eat, lose weight and keep it off for life? How do you ensure you are working with your body and not against it? How do you take control and remain in control?

The answer lies in your mindset.

Your thoughts control your reality. You have control over how simple and easy it is to lose weight. You are free to think thoughts that can make it a simple and easy process.

You need to discover precisely what thoughts you are having that are causing

you to make the weight loss process difficult. This is not about blaming yourself. It is about taking responsibility for what you can so that you can create positive change in your life.

Your thinking is one of the few aspects of life you have control over. Also, what food you choose to put in your mouth is completely your choice. There is no excuse not to eat well when there are so many options available to us.

You may be limited as to how often you can exercise. You might not be able to get to your gym everyday but you are free to choose to exercise as many times as is practical for you. Again, it's your choice.

So you have the freedom to choose your thoughts and are free to choose what you eat, when you eat, how much you eat and how often you eat. You are also free to choose how much exercise is right and best for you.

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**“YOUR BODY
CAN WORK
WITH YOU
TO BE LEAN,
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“YOU HAVE CONTROL OVER HOW SIMPLE AND EASY IT IS TO LOSE WEIGHT.”

Thoughts drive how you feel which drive your actions. So if you want to make the food and exercise choices that ensure you don't sabotage yourself, read on.

What I have discovered from working with many individuals on the quality of their thinking and their resulting weight loss is that even the thought of 'dieting' is enough to send them into over-eating and weight gain.

You don't even have to restrict your calorie intake to cause you to gain weight and eat too much, you just have to think about it and then all of a sudden you decide to eat more junk food than ever!

For example, a client sent me through the eating plan she had decided to use to lose 20 kilos. This client had been struggling for about four years with this weight. She had been an elite athlete before giving up her extreme exercise routine to have her family. Two pregnancies and not getting a chance to exercise as she used to caused the kilos to pile on.

What was interesting to note was that this was a woman who knew about good nutrition and the benefit of regular exercise. But she couldn't get herself back on the track of looking and feeling great.



On initial analysis, what struck me first was the lack of calories on her eating plan. Lunch was a 'green smoothie', which was super high in micro-nutrients, but very low in calories and macro nutrients, like carbohydrate, protein and essential fats. In theory, my client was planning to eat at breakfast and dinner and not in between.

Everyday my client ended up picking at food outside her plan. She then felt disappointed when instead of losing weight she gained it. Just the thought of planning to undertake this restrictive diet everyday sent her running straight to the pantry to eat the kids' Tiny Teddies!

If each day you wake up promising yourself that today will be the day you will stick to your restrictive eating plan, then each day your body will react by forcing you to eat more.

How can we solve this problem once and for all? For it is possible for your thoughts to work in harmony with your body.

First Step

Choose to think each day that you are going to eat in a way that completely sustains your body to be lean, well and healthy. Look beyond just losing weight to a more holistic picture of how you want to look, feel and be in your life.


Shifting your thinking from 'diet mode' to 'health mode' allows your body to trust you again. It needs to know you are not planning to take action that will hurt it! You are now going to ensure your body will look and feel great for life.

Second Step

Look at you're eating and see where you can bring in more nourishment. A visit to a naturopath or nutritionist would go a long way in helping your body bear witness to this healthy intention. So many people I work with think that if they don't eat that is how they will lose weight and keep it off for life. As we know, this thought often causes the opposite effect. Be willing in your mind to allow yourself to eat. 'I eat healthy to lose weight' is a good thought to have. This is not giving you carte blanche to pig out. This thought is to assist you in sticking with a very natural and healthy way of eating.

Third Step

Diligently persist in thinking in your new way. Consistent, constant and persistent focus will turn your weight loss experience around. You need to be patient as you re-train your mind and your body to relax enough to trust yourself to take perfect care of you.

You and your body both want you to be lean, well and healthy. You both want to look and feel great for life. The important thing is how you plan to get there. Plan to get there by healthy eating. Make sure you are getting all you need to be well nourished. That way, your body can work with you to be lean, well and healthy. 

Joanne M Prior is Director of 'Think Yourself... Successful'. Joanne's mission is to help women and men who want to lose weight successfully. Through a step-by-step process of looking at mindset and eating, Joanne's clients are provided with the confidence, skills and abilities to never battle with food and weight again. For further information about Joanne's work, please visit www.joanneprior.com or email jo@joanneprior.com.



“MAKE THE FOOD AND EXERCISE CHOICES THAT ENSURE YOU DON'T SABOTAGE YOURSELF.”