

NUTRITION SPECIAL:

THINK

**YOURSELF
THINNER**

HARNESS THE POWER OF YOUR MIND AND
YOUR WEIGHT LOSS GOALS CAN BE ACHIEVED.



'I JUST CAN'T STOP MYSELF from eating and it scares me! I eat right and I go to the gym three times a week but my clothes are getting tighter and tighter (I'm down to my last pair of jeans and two t-shirts that still fit before I will have to buy a 'bigger' size). Being savvy about food and exercise doesn't seem to be enough to stop me from eating food I know I'm not supposed to! What do I do?'

Does this sound like you? If 'yes', then you are not alone. Considering that 65 per cent of men and 55 per cent of women in Australia are overweight (as per the *Australian National Health Survey 2007-2008*) it may indicate that there are many others who can't stop themselves from eating either.

It seems that being savvy about food and exercise does not always guarantee you will find it easy to lose weight and keep it off for life. What I hear my clients say so often is 'If it is meant to be so simple to lose weight and keep it off for life then why can't I just do it?'

So, why do so many of us find it difficult to stop eating before we become overweight? Even when we know precisely what it is we are meant to be doing in order to lose the weight, why do we find it so hard to just do it?

The answer lies in identifying and understanding the forces that may be driving us to eat beyond our body's natural inclination to be lean, well and healthy.

Our body's natural inclination to be lean, well and healthy refers to the fact that our body does not want to fight or struggle with us to be in a healthy state; instead, it wants to work with us to create an experience of wellness that is pleasurable, satisfying and peaceful.

The bottom line is that your body doesn't want to be overweight because it is a stressful state for it to be in. Because it means there are more cells to feed and nourish, it takes more effort to pump blood and nutrients around your system, and the fat that deposits in and around your organs actually inhibits your organs' ability to function optimally, which then potentially causes disease further down the track.

And so, the question begs: if it is our body's natural inclination to remain lean, trim and healthy, then what stands in the way of this built-in automatic regulating force from doing its thing?

Firstly, our own thoughts and beliefs play a big role. We have at least 60,000 thoughts

passing through our minds on any one day. The quality of these thoughts has a huge impact on how we feel and what actions we take. If we think in a way that is negative, then we will feel low and depressed which often causes us to eat foods we think might make us feel better. And often those foods are things like chocolate, ice cream, biscuits or even alcohol and although our tastebuds may tell a different story, our body does not love these types of foods because they are difficult to process. These foods are so high in calories and so poor in nutritional value that our bodies struggle to use them for anything other than converting them to body fat. And so, when our negative thoughts prevail, our body's natural inclination to be trim, lean and well is overrun by the 'hurtful thinking', and as a result, we keep getting fatter because we can't stop eating, even

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when we know we should.

So what can you do to become someone who can stop eating when they know they have had enough?

The first step is accepting that in actuality, beneath the eating and weight struggle, your body actually does not have a problem with food and weight. Your body is perfect in every possible way and it is capable and able of working with you to create weight loss success. All you need to do is be willing to work with it to bring around this natural state of being trim, lean and healthy.

The second step is being willing to see where your thinking is either helping you or hindering your ability to stop eating when you know you have had enough. If you spend the majority of your time worrying or feeling anxious, or if you are too hard on yourself by 'beating yourself up' over your efforts, then you will benefit immensely by switching your mindset to start treating yourself kindly, by using words of support and encouragement. And the more loving and accepting you are of yourself the less likely you will be to over-eat.

It really can become easier to lose weight, when you truly commit your head and heart to the task.

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Joanne's mission is to help people get their minds and emotions around 'how to' lose weight successfully. Through a step-by-step process of looking at mindset and how to apply new learning around self, eating and weight Joanne's clients are provided with the confidence, skills and abilities to end the battle with food and weight. She is the director of Think Yourself... Successful, author of the *Think Yourself Thin* eBook and a contributing author to Australia's leading health and fitness magazines. For further information or to contact Joanne visit www.joanneprior.com

