



# “I USED TO BE SO THIN!”

You used to be so thin. **What happened?**

You used to be committed to eating clean and saying no to junk food but lately you’ve found it too hard to not eat those foods that you know you shouldn’t be eating. What’s going on? Where do you go from here?

By Joanne M Prior

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## SOUND FAMILIAR?

It can feel torturous to your soul when you feel that your body isn't looking too good - especially when you used to look and feel great! Before, the heads would turn and compliments abounded but now you feel embarrassed and ashamed. It's not like you're that overweight, you just don't feel as attractive as before. You've noticed that not so many heads turn in your direction anymore and the compliments are few and far between. It's not that you care so much what people think of you, it's more about how you feel about yourself. You just don't feel like you any more.

Because you don't feel as confident and attractive as before, it actually causes you to hide away and not put yourself out there like you used to. You'd rather stay home than make the effort to go out and socialise. You used to love getting dressed up to go out when you were thinner but, now that you are slightly heavier, you just don't feel confident enough.

## TURN IT AROUND

Carrying a few extra kilos is not just about carrying a few extra kilos! It's about the huge impact it has on your life in terms of how you feel and the limits you place on yourself. Losing that extra weight could give you the confidence to pursue your goals, free from the worry of not being 'thin enough' to do it.

How do you get started on this journey back to freedom? How do you feel like you again?

## GET REAL!

The first step is, be willing to admit that you've let yourself go - at least a little bit anyway! Stop pretending that you've gained weight unexpectedly and you don't know how it happened. Be honest! What has changed? What foods have you been eating? Has 'wine o'clock' become an 'every night thing' as opposed to just Friday night? Have your three moderately sized meals ballooned into super-sized meals? Extra weight doesn't come from nowhere so be willing to be honest with yourself!

“You've noticed that not so many heads turn in your direction any more and the compliments are few and far between.”



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## CLEAN UP YOUR ACT

Once you can see where your eating has become ‘messy,’ be willing to tidy it up. If you want to look and feel like a tidy package you need to eat in a tidy way. Stick to three moderately sized meals of ‘real’ food a day. If you are a five-small-meals-a-day person, then commit to this again. Stick to the foods you know work best for weight loss. Remember, over-processed foods that are high in sugar and fat only make you fat! Fresh produce is your ticket to weight-loss success. Be honest about appropriate portion size and stick with it. Your body doesn’t lie! It shows you what you have been putting into it.

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## KEEP GOING!

The final step is persistence. Persist past all the negativity in your mind that tries to stop you from succeeding. When that inner voice tries to tempt you to indulge in fatty food treats with ‘just eat it, it won’t matter,’ answer it with a firm ‘thank you for sharing,’ and move on! Just because you have a thought doesn’t mean you have to act on it. Choose not to act on this voice.

Believe it or not, you are in control and are free to choose. Choose to be the very best expression of you. Say no to the unhealthy food treats and get back to living with the treat of how good it feels to be you - you’ll never have to say no to fun again! ☺

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Joanne M Prior: Joanne’s background is B.Sc. (Nutrition), followed by postgrad 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.joaneprior.com](http://www.joaneprior.com) or email [jo@joaneprior.com](mailto:jo@joaneprior.com).

“Choose to be the very best expression of you.”

