

THE **SCALE** CONSPIRACY

**Solve Your Problem With Emotional Eating
Once And For All! And Never Cheat Again!**



**Deal with the
Stress of Emotions
Not the
Stress Causing Emotions!**

by Richard Kuhns, B.S. Ch.E
NGH Certified

The Scale Conspiracy

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NGH Certified

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WORLD HEALTH MEDICAL GROUP

WARREN M. LEVIN, M.D., F.A.A.E.P., F.A.C.N.

Foreword by Warren Levin, M.D. November,

Did you know that your chances of being "cured" of obesity are worse — — much worse — — than being cured of cancer? Study after study from the finest medical institutions in the world report that only 10 to 15 percent of patients who start out with the intention of losing weight have actually lost a significant amount of weight at the end of one year! By the end of the second year, about half of those are back to square one! Despite decades of research into the basic metabolism of the obese patient, which is clearly different from the metabolism of the non-obese individual, the long — term treatment of obesity remains one of the most perplexing, frustrating, discouraging failures of modern medicine.

Clearly, there is more to this problem than the old concept of "calories in/calories out." That's not to say that the caloric balance is unimportant, but all of us know people who complain because they eat and eat and can't gain weight, and others who really eat very little and seem to gain weight just from thinking about food. The fact is, both those body types exist, and very little can be done to change them — — they are the extremes on a spectrum of metabolic activity, with many other gradations in between. That means that there are some individuals who have a tendency to gain weight but can be controlled by change — — change in food intake, change in calories expended by changing the activity level. In addition, there must be change in mental attitude for long — term weight control. It is this last change that Richard Kuhns addresses in this important contribution to the management of obesity.

This book is chock — full of important insights into the mechanisms of behavior that lead us astray and interfere with our abilities to maintain control of the changes that are required for successful weight loss. I am amazed at the number of specific problems that have been covered in these general rules for identifying your problems and "getting your act together." This book is a treasure trove of truths — — and the truth will set you free.

I would go so far as to say that if every overweight patient learned all of the lessons that are presented in this magnum opus, the success rate in treating their obesity would be dramatically improved.

Warren Levin, M.D. (see Appendix B for bio)

Daniel Jass MD of Princeton, NJ writes:

“This is a practical, common—sense, and interesting "holistic" approach to health and weight management. Richard Kuhns writes from the down—to—earth perspective of someone who has "been there" himself and came back with a wealth of helpful hints for the rest of us. He draws on an extended background of professional work in many health—related fields and freely shares his many trials and errors. From his expertise in hypnosis, we learn how ordinary words and phrases can keep us in a "fat frame of mind." He shares all the nutritional hints and psychological insights necessary to easily develop thin eating habits. Despite the completeness, this book does not read like a text book. Mr. Kuhns is not an academician but a reformed "fatty" himself. His own experience in self—change has led him first to pursue a career in helping others and now to publish the techniques that he has developed over 14 years in private practice to benefit a much larger audience. You can rest assured that these insights came' not from an ivory—tower researcher but from an individual who understands the problem of^, overeating from having been there himself and who is now writing down the directions from a little farther down the path

Contrary to what you might think, he expects some "gluttony" from everyone and states that the key is not avoiding gluttony but learning how to choose when it is OK. Far from being a researcher or pedantic bookworm, he is a fellow traveler in the problem of obesity who solved his own weight problem and since then spent years in his private practice helping others do likewise. He provides unique insight into issues such as:

- How "being right" helps keep people fat.
- The "dirty dozen" suggestions.
- Nutrition in a nutshell.
- How some foods or liquids trigger the consumption of other foods.
- How the foods you like the most can produce an allergy—like food sensitivity, including some unpredictable recommendations to rectify the problem.

Details of these and other innovative concepts abound in this book.”

Typical comments made by program participants

"It's not an approach, it's The APPROACH"

"My friends hate me because they're getting fat on all the food I leave on the plate."

"You don't recognize me, do you? I came to you three years ago and got rid of 110 pounds since then."

"I want to thank you for your book "Scale Conspiracy". I have just finished reading it for my first time. Your no nonsense approach to emotional issues is so down to earth. I have read many self help books and yours is very simplistic, yet such profound information. I have always felt like life should be handled in a simple way, as we tend to complicate things along the way. When we complicate things, we get stressed. Reading your book has helped me to put this "simplicity" back on track. Now I realize why nothing I tried in the past worked, but I know this will because this was my answer to the "why" and "how" questions that has been on my mind for weeks now."

W.P. from Ward Cove, AK

"I have been listening to the tape as I sleep at night.....and have lost 12 pounds in two weeks! I have co-workers who don't believe me that it works but I am a total believer.

I have noticed little things changing like wanting a glass of water when I wake up each morning. There is no other explanation as far as I'm concerned. Thanks!

JJ from Lexington Park, MD

The skinny book is giving me motivation. Now I look at shedding pounds not losing weight. It also allows you to relate to what your mind set is on food and how to control it. Why are you really eating? Are you hungry? Most times I am not. I think the skinny book gives you insight to putting out positive energy and attitude and if anyone is sending you negative energy---don't let them. You have the power to control your own destiny and get SKINNY. Read the Skinny book.

Susan Redmond

"Life is more often about the plans that fall through than it is about the plans that we make."

Richard Kuhns



"Stumbling is not falling."

~Portuguese Proverb

INTRODUCTION

This book was created out of my personal experience. Two decades ago I shed 40 pounds. The next 10 years were years of commitment, sweat, elation, aggravation, and developing this program for others. I found that just because I was able to shed the weight using my method didn't mean that my clients could. In fact, for the first eight years following my success in shedding weight I used every approach I could find for my clients. I hired nutritionists; called in counselors trained in techniques developed by bariatric specialists such as Peter Lindner, M.D., of California and Warren Levin, M.D., of New York City; tried behavior modification, hypnosis, self-hypnosis, self-image psychology— the list goes on and on. Certainly I had some successes, but the failures far outweighed them.

Initially, I dropped weight simply by using self-hypnosis—at least, I thought that was all I did. With a "gung-ho" attitude, I instructed my clients in using the same technique. The first two weeks always seemed to be fantastic for most people. They loved the relaxation, and 40 to 50 percent of them started dropping weight. But about the time the remainder of the group began noticing some change, the first part of the group began having difficulty and gained back the weight. It was obvious that there was more to this than simply using self-hypnosis.

Meanwhile, my private practice in stress management continued to flourish. In fact, much to my surprise, clients who came to get rid of headaches, anxiety, and so on through learning stress management reported that they were dropping excess weight, even though we never focused on the weight issue.

Thus my next attempt for weight management was to use stress management. I developed a 15—week course. Even though the clients enjoyed it and got rid of their headaches and other complaints, they did not get rid of the weight. In retrospect, I believe this was for several reasons:

1. At this time I was still ignorant of the importance of

effective thinking (chapter III).

2. No differentiation was made among the types of eating that were being handled at any time, as explained in the next few paragraphs.
3. The skills for handling emotions were still to be developed.
4. Many clients themselves were unwilling to look beyond the eating issue.
5. The program was too expensive and time consuming for many prospective clients.

And in re-evaluation of my own experience, I now realize that I did a lot more than use self-hypnosis when I got rid of the weight. I had begun looking for a purpose in life. I had changed careers and undertaken an active role in overcoming shyness and self-consciousness. It just so happened that the new career I chose also gave me a tremendous opportunity to learn about myself and how to manage stress.

The House of Gluttony

Putting it all together for me meant stepping back and looking at everything from a distance. In varying degrees, everything I had ever done in weight management did work, and I had already concluded that different people ate for different reasons. The cloud of confusion lifted as I realized there are essentially three types of eaters: habitual, emotional, and self-defeating. Many individuals combine the different types. Some are habitual and emotional eaters, or emotional and self-defeating eaters, and some exhibit all three types of eating behavior—some more of one type than another. As much as 70 percent of an individual's excess eating could be habitual in nature, another 25 percent emotional in nature, and another 5 percent self-defeating in nature. Another person may be only 10 percent habitual, 30 percent emotional and 60 percent self-defeating.

Whatever the combination, it's as if these behavior types were rooms in a house—a house of gluttony. When you're

stuck in this house, you may spend infinite amounts of time in the different rooms without ever finding the way outside. The overweight person is stuck in a house of gluttony— —and is virtually a prisoner to food.



The real objective is to discover which room you're in, find the doors, unlock them, and be able to escape the house of gluttony whenever you want.

I knew all along that hypnosis was an invaluable tool, but I just didn't know how to integrate it. I also knew that many people, as they became more and more gluttonous and put on more and more weight became more and more reclusive—stuck at home. Their own house literally and figuratively becomes a house of gluttony.

Further experience with the different mechanisms of eating lead to the structure of the three rooms (i.e., habitual, emotional, and self-defeating). Voila! By combining the art of suggestion (hypnosis) with this revelation, and designing an effective transition enabling one to refocus from food and eating behavior to the real issues of life, the program became a success.

This book is about your success. It will help you determine which room of the house of gluttony you're in, and then it will show you how to deal with your type of overeating and escape the house of gluttony so that you can eat what you really want. And you'll find that what you really want to eat is a lot less in quantity and far more nutritious than you ever imagined possible.

About Hypnosis

In case you're wondering about missing out on the hypnosis part of it, relax. Not only have I learned a lot about weight management over the years, I've also learned a lot more about hypnosis. Working with more than 15,000 people in private practice and in groups, I've seen that the only thing that ever stands in the way of gaining the full value of hypnosis is the idea that being hypnotized means being "put out" or "put under."

Hypnosis may not be what you think it is. Forget the image of a hypnotist swinging a pendulum to put the subject into a deep trance that will make him forget where he is and what is happening. Hypnosis is not some kind of psychic surgery.



During hypnosis, the subject is always aware of the sounds and happenings going on around him and is able to think his own thoughts. Often relaxation is a part of the hypnotist's therapy. But the most powerful kind of hypnosis, that which surrounds us daily, is the Madison Avenue variety — waking hypnosis. You can't drive more than two

miles, read more than three pages, or watch or listen to more than 15 minutes of radio or TV without being bombarded by suggestion. "Eat, it looks good, it tastes great, you deserve it."

This waking hypnosis is at the root of your buying and eating habits. And this book uses the same type of "waking hypnosis" to dehypnotize you from buying, eating, or desiring excess or unhealthy food.

The Most Important Ingredient

The single, most important ingredient in learning to manage your eating habits is your willingness to follow simple instructions—call them suggestions. This program will teach you to live with food and to thoroughly enjoy every morsel, rather than being at the effect of food and letting it control your thoughts and life.

An Extra Dimension



If you are very tense and think you would benefit from learning how to relax or if you would prefer to hear the suggestions over and over again rather than to read this book over and over again, this program is available on four CDs.

The CDs are an additional advantage in that they can be played as you sleep. It's like having someone read a couple of chapters of this book to you every night as you drift to sleep. The suggestions are recorded by your subconscious mind as you sleep, giving you an extra dimension. The program is effective whether you give yourself the suggestions in this book or whether you get them from them from a CD. But, either way, it's important that you get the suggestions every day. They are also available as mp3 downloads.

The Train

If you want to shed weight, all that's required is to reduce your caloric intake, right? Friends, relatives, even physicians

will say, "Just don't eat too much, it's as simple as that." Or, "Just go on a diet and you'll lose it all."

Their advice runs like water, and yet it's estimated that of all dieters who "lose" the desired weight, only 5 percent of them keep it off after a year. Everywhere there are diet institutes, fat farms, and all types of therapies, hypnosis, behavior modification, weight watchers, fat, and starch blockers, slim shakes, cortisol enhancers, etc. It has become a multi-billion dollar industry. No



one loses but you. And then you'll also have those who are looking out for your weight rather than your health or best interests.

I imagine that you've already gone through practically every program available. And yet you're still preoccupied with food. Have you awakened thinking about food and continued wondering for most of the day when you'd next get an opportunity to eat? Only recently has there been a glimmer of hope. Some are recognizing the importance of words and eliminating words such as "diet." In this book you'll discover over a dozen commonly used words and phrases that actually cause nervousness and a desire to eat more.

One of the first books to shed light on the psychological implications of the over-eater was *Fat Is a Feminist Issue*, which could be more correctly titled "Fat Is a Role Issue". There are hundreds of books on the subject, many of a depressing nature, written as if weight management were like

training a dog to do a trick.

The problem is that weight management is multi-faceted. The drawback of practically every program is that it focuses on only one or two facets and invariably uses "weight loss" as the measure of effectiveness. Thus, 85 percent of obese or heavy people run out of steam before they reach their goal and then 95 percent of those who do get to their goal gain the weight back. The truth is that you'll get a lot farther by forgetting about the "fat" issue.

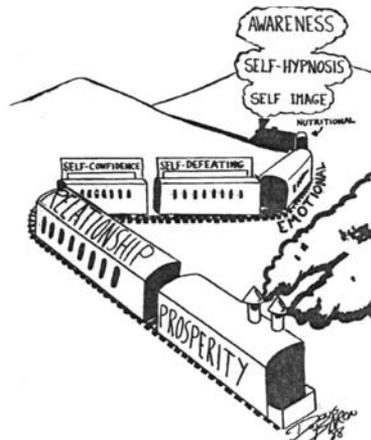


They reach their goal and then 95 percent of those who do get to their goal gain the weight back. The truth is that you'll get a lot farther by forgetting about the "fat" issue.

To understand this, think of weight management as a train on a rail road.

By refocusing from food and excess eating behavior to the real issues of life, the program became a success.

The train is the old-fashioned steam variety with a locomotive, tender, and several cars. Most weight management programs are purely about the locomotive and tender. The tender supplies



fuel to the locomotive, so with a diet and some pep talk, the people in these programs build up a head of steam to get the locomotive moving. For three or four weeks or even longer, they may be on the diet. They lose the weight initially and feel good about it, only to hit a plateau, or have a calamity happen, or have a bout with a cold, or have relatives visit, or take a vacation, and so on, and then they gain it all back, feeling disgusted and a failure.

Why? Because the program only dealt with a part of the locomotive and ignored the rest of the train. Or perhaps it's the people on these programs who only wanted to deal with the locomotive and ignored the rest of the train. Actually, the brakes on the locomotive, the tender, and all the cars may be locked. So building up a head of steam with a pep talk is a waste of time.

The truth is that you will do far better by taking away the emphasis on "losing weight" and, instead, releasing the brakes on the locomotive and each of the cars on the train. When this is done, the train will coast downhill to its goal; for if it were intended that humans be over-weight, we'd have been created spherical – like balls. Instead we have legs and arms.

Chapter by Chapter: Thinness Is Yours— Pounds Away!

To release the brakes, it's important to study each part of the train. The locomotive and the tender are about the fundamentals and mechanics of appropriate eating habits (chapters I thru VI). Chapter I is about discovering the reality of how thin people can "oink out" and how they stay thin. It explains how your intelligence has been programmed to cause



you to eat to enhance pleasure as well as to survive, and it points out the difference between a symptom and a problem. It gets you started in shifting your focus, having fun and being serious about managing your eating habits.

To release the brakes on the locomotive, you use positive affirmations and suggestions and develop a positive self image (chapters II, III, V and VI). Chapter II covers the ways your own thinking can create hurdles. It identifies "fat thinking" and shows you our basic desire to be right can keep you a prisoner to poor eating habits. Chapters III and V are about utilizing a technique for effective thinking. It goes beyond the power of positive thinking, cognitive restructuring, stop thinking, etc. and provides you with an ultimate technique of self-communication while helping you discover how to be your own best friend. You can then introduce the element of choice (chapter V). Finally, chapter VI unlocks the secrets to eliminating habitual eating.

The tender supplies fuel to the locomotive and nutritious eating habits (chapter IV) releases the brakes on the tender. This chapter reveals the basics of healthy nutrition and also reveals the possible link between food addictions and allergies.

The first car on your train is the "emotion" car (chapter VII). To release these brakes, it's important for you to learn to handle emotions to break the connection between emotions and food. Chapter VII provides the first course of its kind in handling emotions and how to free your self of emotional eating. In itself it is a landmark in gaining an understanding of why you feel the emotions you feel, how to recognize them, and how to successfully use them to your advantage while keeping you healthy and thin and improving the quality of your relationships with others.

Your second car is "making peace" with yourself (chapter VIII). Releasing these brakes means making friends with your own worst enemy—you. This car is about overcoming your self-defeating eating by overcoming the resistances to

shedding weight. It is chock-full of self-discovery techniques that unveil how you might sometimes use food to avoid being successful, sexy, loved, and more. And of course it gives the step-by-step means of achieving freedom from food and self-defeating mechanisms.

Other cars on your train are Worry and Guilt, Anxiety, Handling Criticism, Making Relationships Work, Handling Anger, and Self Confidence (chapters X and XI). Chapter X is about how your owning expectations and goals for shedding weight can affect your progress. Chapter XI goes into the reality of how some of your friends and relatives may profit by you staying overweight or a junkaholic. It gives you a means to recognize the saboteurs and effectively handle them. It also instructs you in how to have your friends support you effectively.

The last chapter (XII) is a landmark chapter covering the issues of self-worth. Not only can it be invaluable in making it easier to manage your eating habits, but it can also help develop immunity to identity crisis.

As you release the brakes of each car the excess pounds begin dropping away. Overall I'm sure you'll enjoy reading, and more importantly, living this book.

This book is about your success. It will help you determine which room of the house of gluttony you're in, and then it will show you how to deal with your type of overeating and escape the house of gluttony so that you can eat what you really want. And you'll find that what you really want to eat is a lot less in quantity and far more nutritious than you ever imagined possible.

How CDs Can Make A Difference

This complete program is also available on 4 CDs. Scholars have for years known that the learning process is enhanced by using multiple senses. With this book and the instructions, you'll

you'll be using sight and touch (writing down the affirmations and reactions). The CD programs utilize the auditory sense and the suggestions given apply the use of visual imagery to enhance suggestion.

The CD program can be used independently or in addition to this book. As you follow this book, no effort is required on your part to apply the CD program. Simply listen to them and enjoy them. Listening to the CDs is somewhat like having the chapters read to you over and over again. You can even listen to them as you sleep. Additionally they are packed with subliminal suggestions for shedding weight.

I suggest that you use this book and/or its CD program to direct and catapult you into the dealing with the real issues and fears of your life, as discussed in Chapters VII, VIII, and XII. At the end of the book is a complete listing of other available CD programs that simply pick up where this program leaves off.

“If you focus on results, you will never change. If you focus on change, you will get results.”

~Jack Dixon



“Obstacles don’t have to stop you. If you run into a wall, don’t turn around and give up. Figure out how to climb it, go through it, or work around it.”

~Michael Jordan

CONTENTS

INTRODUCTION	i
CHAPTER I	
The House of Gluttony	1
CHAPTER II	
Bouncing Around in the House of Gluttony	14
CHAPTER III	
Finding the Doors to Escape Gluttony	34
CHAPTER IV	
Nutrition in a Nutshell	44
CHAPTER V	
Talking to Yourself	60
CHAPTER VI	
Escape from the Room of Habitual Gluttony	67
CHAPTER VII	
Escape from the Room of Emotional Gluttony	75
CHAPTER VIII	
Escape from the Room of Self-Destructive Gluttony	110
CHAPTER IX	
Hypnosis Can Work for You	137
CHAPTER X	
Expectations Can be Dangerous	153
CHAPTER XI	
Saboteurs and Supporters	168
CHAPTER XII	
Self-Worth	177
Appendix A, B, & C	190

*“Quite often we change our jobs, friends
and spouses instead of
changing ourselves.”*

~Akbarali H. Jetha



*“As long as a man stands in his own
way, everything seems to be in his way.”*

~Ralph Waldo Emerson

The Scale Conspiracy

*“People only see what they are
prepared to see.”*

~Ralph Waldo Emerson



*“If you find a path with no obstacles, it
probably doesn't lead anywhere.”*

~Unknown

CHAPTER I

The House of Gluttony

Most weight management specialists, promoting their various diets, say "eat as I say" and never tell you what they really eat. I remember one young, thin, attractive weight management specialist confiding in me that she actually "pigged out" the night before she conducted her weight management sessions. She felt guilty telling her clients not to eat this way when she herself did.

I, too remember many times "oinking out" before I likewise conducted a group and similarly feeling guilty. Did I share this with my clients? Did my clients ever suspect that I not only enjoyed oinking out but actually did it? Of course not, she and I lived a lie.

Do you think that she and I are the only ones who pig out? Shame on you for even thinking that--we are hardly the only impure oinkers. Practically every thin person I know is a specialist when it comes to oinking down food. We get away with it, and all of you oinkers who don't know our secret think that we eat very little or that we are blessed with a metabolism that lets us get away with it. After all, it's your metabolism—that's the problem, right? Or is there a lie here somewhere?

Indeed, there is a lie. Most likely, the problem is not your metabolism or that you are physically different from us. The truth is that we could get fat too—I've been there. The real difference is that we can oink out and refocus. Over the long run, this ability to refocus keeps our eating habits nutritious and our bodies thin. The essence of this program is to provide you with the abc's to refocus and as a result manage your eating habits.

The fact is that most people enjoy being gluttonous from time to time. However, some individuals really are

incapable of choosing to be gluttonous—it's as though gluttony chooses them. Yet to expect to go through life and be totally free of gluttonous eating is rather impractical. A more practical goal is to recognize that gluttony can be enjoyable when it is managed. Rather than attempt to eliminate it, we can learn how to live with it and enjoy it instead of feeling guilty about it. In fact there are programs that encourage cheating claiming that controlled cheating is the way to success. Yes, diet for six days and cheat for the seventh day. The only problem is that until you learn to refocus the seventh day gets stretched into the eighth and ninth day and eventually it's "to hell with the diet."

Choose to Enjoy Gluttony

Let's be honest: I thoroughly enjoy food. It's one of my favorite pastimes. In fact, on occasion, I plan on and enjoy being gluttonous.

When I wrote this, I had a big slice of boysenberry pie with milk, granola, and carob ice cream for breakfast. And you thought that I had two eggs, whole wheat toast, and tea. Sometimes I do have eggs, or Wheatena with fruit and milk; sometimes oatmeal, other times fish and potatoes; sometimes I'll have a bagel with cottage cheese and apple butter, or one with honey and peanut butter.

For lunch, I had a chicken sandwich on whole wheat bread, with mayonnaise, tomato, onion, and beet leaves (lettuce substitute since iceberg lettuce is nutritionally deficient). Sometimes I'll have sardines, sometimes cottage cheese and fruit, sometimes nothing, sometimes a candy bar for lunch. A candy bar? Yes, froth with chocolate and I enjoy it knowing it's a rare occasion. Basically, except for the candy bar, everything I've listed here is nutritious, as you'll find in the chapter on nutrition. The boysenberry pie was homemade with all natural ingredients, and so was the ice cream. However, my definition of "natural" is a little different than the food industry's definition of natural.

Once when I was conducting a stress management program for a well-known corporation specializing in the production of flavorings, perfumes... two chemists approached me during the break to share their professional opinions. They were concerned that I was overstating the potential effects of artificial flavorings on the human body as opposed to the effects of genuine flavorings. They felt there was no scientific proof to say that the artificial flavorings were any more hazardous than those from the organic—the fruit itself—source. They went on to point out that their customers pay five to seven times as much for the exact (same product when they label it "natural") instead of "artificial". In other words, just because it is labeled "natural" doesn't mean the product is any different than perfume made in a chemical reactor.



So when I say, "my ingredients are natural", I mean all ingredients are from the farmer and the fruit stand rather than from a chemical reactor.



Dinner? The day I wrote this, I skipped dinner. Why? It was unaffordable as I gluttonized myself two nights before with a soft-shell crab and eggplant rolatini appetizers, mixed

seafood de pesce with a side dish of pasta, several glasses of white wine, pineapple cake for dessert, and an aperitif. I know it takes about two days of eating very moderately to compensate for my most enjoyable gluttonous experience.

The good news is that the truth is in a realistic world you can thoroughly enjoy gluttony from time to time. It's a fat lie (fantasy world), to go on thinking that thin people never eat gluttonously and that they have the wrong metabolism?

Gluttonous Thinking

To understand more about the house of gluttony, let's look at how one thinks when stuck in the house of gluttony. Unfortunately, for many, it's as though life is about food. "What will I have for breakfast? What's for lunch? I hope I don't snack at 10:00 am. If I do, it'll only be a little something. I wonder what I'll have for dinner. Do I have chips to watch TV with tonight?" (It's as though two people were watching TV—you and chips). "I'm not going to eat the snack before bed tonight. God, I've got to do something about my weight. I don't eat that much during the day, but why is it so hard to resist at night?" These thoughts are endless. It's as though a huge hamburger or chocolate soda were chasing you through life.



This is how one thinks when one is stuck in "the house of gluttony."

All eating is not the same. In fact, in my years of

experience I've discovered that there are three types of overeating behavior. Your behavior may be any one of these or a combination of all three. Yet most programs treat all over-eating the same. Treating all types of eating the same is like saying, "Most sports use a ball. A football is a ball. A basketball is a ball. Therefore basketball can be played with a football."

I've discovered that some people are habitual eaters. They just eat because it's there or because it looks appealing. Then there are those who are emotional eaters. They eat when they are sad, happy, lonely, bored, confused, uncertain, upset, excited. And then there are self-defeating eaters. They often eat because they are afraid to actually be thin. So, the house of gluttony has three rooms: habitual, emotional, and self-defeating. You may be an emotional eater sometimes, a self-defeating eater at another time, and a habitual eater in other situations. Or you might find that you're typically only one type.

Nevertheless, you probably are tired of bouncing around the walls in the house of gluttony and would like to get out. Each room has a door leading outside as well as a door leading to the other rooms. The doors leading to the other rooms are open and easy to find, but the doors leading outside are locked and difficult to find.

The purpose of this program is to locate the doors leading outside, light up the exit signs, unlock the doors, and escape from the house of gluttony.

Our goal is to enjoy gluttony and be free of being ruled by it. If you are already near your goal weight, this program will



provide some incredible enlightenment in the successful management of your eating habits. And yes, you can from time to time enjoy gluttony. On the other hand, if you are overweight by five, ten, twenty, eighty, a hundred pounds or more, you can still gain from the same enlightenment but it will simply be less affordable for you to be gluttonous from time to time until you are closer to your goal weight. In fact, it's important to start getting downright serious—and excited—about shedding the weight.

Getting Excited

This just happens to be your one and only life and body. If you're happy about being overweight that's OK. But if you're unhappy, let's get serious. This means that you are unhappy about your physical appearance or condition every day. Of course you probably keep thinking, "One of these days I'll lose the weight," but you keep putting it off. The end result is that you are just letting life pass you by. Getting serious means that you start getting excited about how little food you consume in a day compared to how much you used to consume. It means getting excited about the quality of food you consume. It's about how well you're taking care of yourself. It's getting excited about:

- Your ability to climb stairs or do other physical feats and feel less encumbered.
- The looseness of your clothing and how much better your clothes are beginning to fit.
- Passing up snacks.
- All the extra time you'll have.
- Discovering new interests and things to do.
- Finding new ways of self reward.
- Drinking water and herbal teas.
- Finding the whole world beyond food.
- Looking forward to physical exercise.
- Feeling and enjoying a sensation that in your past you confused with hunger.
- Going to a restaurant and:
 - having an appetizer instead of an entree.

- ordering broiled seafood instead of foods laden with cheese, gravies, stuffing, etc.
- filling up on half of the entree and leaving the remainder, taking it home, or having a friend finish it.
- having fresh fruit instead of dessert.
- Passing up the junk food aisles in the grocery store.
- The taste of water flavored with a lemon wedge.
- The taste of unsweetened cereals, fruits and beverages.
- The taste of unadulterated vegetables free of high caloric dressings.
- Using herbal flavorings instead of butter and sour cream on baked potatoes, corn, vegetables, and salads.
- Relying on yourself to handle disappointments and upsets rather than food—Oops, getting ahead of myself. Of course this is important; in fact, it's a lot of what this book is about.

Over the long run, the scale will provide some excitement as the pounds dissolve. But for now wait a month or so before you give in to the desire to check the scale.

For some, it's getting excited every time they exercise, if only for five minutes, or skip a meal. For some, it's getting excited about knowing that even silly things like flatulence, belching, or using the toilet are part of getting rid of excess weight. That's getting excited! (Chemically speaking, gas is a product of a reaction that requires the utilization of many calories to complete. Thus these calories, instead of getting stored in the body as fat, are released via flatulence and belching (assuming you're not drinking carbonated beverages).)

Of course you most likely have gotten excited for a period of time about some diet and then found your self losing interest because the results were so slow to occur—maybe even questioning if your scale was telling the truth and began to wonder if it was somehow conspiring against you. You soon lost interest and stayed stuck in the house of gluttony. This

program isn't about "diets." It's about discovering why and how you are stuck in the house of gluttony. This program assures maximum success by showing you how to get a handle on each type of eating behavior, which will definitely make a difference in your life, and then learning how to refocus to escape it, so you can get excited about getting thin and staying thin. Use it to completely transform your eating habits, and even the rest of your life if you are so inclined.

Before we begin to look for the doors, let's have a lesson in logic and honesty.

Lesson in Logic: Problem vs. Symptom

Why do you have a weight problem? Because you eat too much, right? Yes, but not always. Jane says she ate like a little bird and was still 40 pounds overweight. Her problem was that she was eating the wrong kind of bird food. Birds don't eat sweets and potato chips. So if you feel that your problem is that you eat too much or that you eat the wrong kind of food, this book is for you. Even though the end result of eating too much (i.e., overweight) may be different from the end result of eating the wrong kind of food (i.e., nutritionally related health problems), the solution to both is the same. If on the other hand, you're free of overeating, eat properly, and are still overweight, it may be more appropriate for you to see a physician specializing in nutrition who can help you deal with an under active thyroid or other possible metabolic disorders. Assuming that we know that your weight problem is a result of eating too much or eating improperly, we still have to ask, "Why do you have a weight problem?" Before we attempt to answer this question it might be useful to discuss the difference between a problem and a symptom. Logically, it would seem that you have a weight problem, an eating problem, and it is ruining your life to some degree. Is this correct? If you are sneezing a lot because of a common cold, do you have a sneezing problem or is the cold the problem? Obviously, sneezing is the symptom and the cold virus is the problem. Does an alcoholic have a drinking problem? Or is the

excessive consumption of alcohol the symptom and dealing with reality the problem? Actually, the consumption of alcohol is the symptom and the problem is that the person who tends to consume excess alcohol has a problem dealing with reality (life's stress).

The Fat Lie

In having worked with literally thousands of people who claimed to have a weight or an eating problem, I can unequivocally say that in every situation that was a fib--the lie--I have an eating problem. The truth is that excess eating and weight is the symptom, and the problem is a "thinking" and a stress management problem.



The thinking problem is simply due to ignorance as to how the brain processes words, phrases, and thoughts. Inevitably those who believe they have an eating problem consistently use thinking that will cause them to be anxious and nervous and desire to eat more and more. Chapter II explores in depth the "fat frame of mind" and how it contributes to habitual gluttony. Chapters III, V, and VIII give the secrets to thinking thin, eliminating habitual eating, and building a healthy self-image.

The stress problem is the stress of dealing with boredom, rewarding oneself, happiness, aggravations, the passing of a loved one, unrealized self-expectations, anxiety, a questionable relationship/marriage or career, poor self-worth, loneliness, juggling family and career, un-certainties, guilt of the

past, the challenges of future opportunity, making decisions, and so on. Chapters VII and VIII explore stress, and its role in emotional and self-defeating eating in depth. Chapter XII is entirely devoted to effectively building self-esteem.

So if excessive eating is only the symptom of a thinking problem or a stress management problem, why do you have this symptom of excessive eating as opposed to booze, cocaine, or other possible unhealthy reactions?

Why Your Brain Says "Eat"

What organ in your body do you think is responsible for your raids on the kitchen? Right! Your brain is, of course. That being so, it's important for us to understand how the brain works. We can start by understanding that the brain has two built in directives: pleasure seeking and survival. Which one influences our eating behavior? Both!

The Pleasure—Seeking Program

First, how many holidays have you celebrated since you were a child? Add to that the birthdays and other special occasions, such as weddings and anniversaries, and you may total between eight and fifteen per year. All of these occasions brought with them friends, relatives, attention, love, warmth, and what else? You got it--wall to wall food!

What happened when you ate your peas or cleaned your room? You were rewarded with what? Dessert! Or Daddy would pack up the family on Sunday and take you where? Dairy Queen?

Little wonder your brain often says, "Eat, you'll feel better; be nice to yourself; it tastes good; you deserve it."

The Survival Program

When you were a baby and you cried—for most any reason—what was the answer? The bottle, right? Anytime you were frustrated or upset, the bottle was there. The result was that you learned an early association with food and frustration. And when you ate your baby food—especially peas and carrots, you were rewarded with kudos and related food with pleasurable feelings.

Later when you were a toddler, maybe you made an overture toward another little boy or girl and were rejected, or you lost or broke a toy, or the teacher yelled at you because you didn't have your homework, or you didn't have a date for the first dance, or some other calamity happened, and you ran home crying, "Mommy, Mommy, the world's coming to an end." And what did Mommy say? "Come have some milk and cookies. You'll feel better in a little while." Sure enough, a little while later you felt better. All this time you have thought it was the cookies and milk, when it was really just the passing of time. No wonder your brain often says, "Eat, you've had a rough day," or "Eat, you got a lot done today," or "Given all the bull you've put up with today, you deserve something," or "Eat. If you don't, it'll get thrown away and you'll be wasting money," or "Eat. Be nice to yourself and treat yourself to something good!"

The Result

For many years this was OK. Then at some point you discovered that you had a weight problem. At what age? Seven, fifteen, thirty-five? The age is irrelevant. The first five or six years of your life are the most formative. By the time you realized you had a weight



problem, you had already been perfectly conditioned to eat in response to pleasure and/or survival.

You knew what you had to do to get rid of this problem. Not eat so much, right? And from that day on you've been trying to turn off the conditioned responses that tell you to eat. What have you been saying to yourself to turn off that suggestion? Most likely Chapter II says it all!

Chapter Review

Symptom and problem can be easily confused. If you believe that the symptom of excessive, non-nutritious, or unhealthy eating is the problem, that's the lie. The truth is that you have a "thinking" and/or a stress problem. You can spend your life being "right" about having an eating problem and stay fat or get fatter, or you can learn how to think effectively and manage stress. This book is about how to eliminate the symptom, get thin and manage your eating habits.

Your symptom is excessive eating because your brain does exactly what it's been programmed to do. For years there have been associations between food and pleasure or survival. But to successfully shed weight means getting serious about life and getting excited about the rewards from modifying your eating habits. To do this it's important to get beyond all that childhood programming and all the other gluttonous thinking identified in the next chapter.

Make a list of your specific pleasure and survival programs. Observe the tremendous emphasis on food in your family, culture, and our society. Notice how your parents and other role models used food. Do this in a nonjudgmental way—simply observe.

Also make a list of the things you want to get serious about in your life as you shed weight. From the "getting excited" list given in this chapter, pick out at least six items about which you'd like to get excited.

The bottom line is that if you want to stop doing something you enjoy (and you do enjoy some or all of the excessive or non-nutritional eating), then it's important to have a good reason for stopping or you won't stop or modify your eating habits.

In fact, if your weight is presently stabilized, after you shed the excess weight, you can eat just as much as you are right now and be free of gaining it back. Sound incredible? Read chapter II and see how this can be true. Thus, the goal of this program is for you to learn how to enjoy gluttony when you choose it and to escape it when desired.

This program assures maximum success by showing you how to get a handle on each type of eating behavior, which will definitely make a difference in your life. Use it to completely transform your eating habits, and even the rest of your life if you are so inclined.

“You will never change your life until you change something you do daily.”

~Mike Murdock



“A stumble may prevent a fall.” ~English Proverb

CHAPTER II

Bouncing Around in the House of Gluttony

Enjoying being gluttonous from time to time is one thing, but being gluttonous every day eventually gets boring and frustrating and leaves your body unshapely. Now that we understand why your brain says "eat," how can we escape the house of gluttony if we so desire? Let's begin by looking at what you have been telling yourself to resist food or state your goals.

Are you being fair to yourself if you expect that from desperation you will make this window of time work just because you have now decided to "have to lose weight?" Open this window and throw away your time piece.

Yet, if you listen to Tony Robbins, the modern-age guru (a man who certainly creates far more wealth from empowering others than most everyone else in the field), he will tell you that you **MUST** and **HAVE TO** get fired up about making change. This is the predominate theme through out all of his material. It's the essence of setting and achieving all goals. Without pain, there's no gain. Without pain, you do nothing. And being fat is psychological pain and you **MUST** or **HAVE TO** or **GOT TO** do something about it.

Actually, the **HAVE TO**, **GOT TO** and **MUST** thing is a double edged sword and in a sense both he and Dr. Howard Paul, a presenter at biofeedback conferences, are right. How so? "I **MUST LOSE WEIGHT**" by itself is very nonspecific and therefore generally sets one up for failure. **LOSE WEIGHT**, how? By dieting? Or Exercising? Or managing stress? Or?

Let's say, it's a beneficial thought to get you to this point and is beneficial to now say, "I **MUST**, **GOT TO** or **HAVE TO** follow through with this program." Still, because many of us are Type A personalities, the **HAVE TO** or **GOT TO** or **MUST** thing may generate hormones contrary to one's good

health. Type A individuals when dealing with external or self imposed deadlines as often connected with the HAVE TO or GOT TO or MUST syndrome have a tendency to create higher levels of cortisol—a quick acting fight hormone which metabolizes blood sugar, then metabolizes fat and if a sufficient amount of it exists, it metabolizes protein. The by-product is plaque in the arteries—bad news for those who are prone to heart disease--which may under some circumstances question the use of Relicor as a method to drop weight by burning fat—especially if one is a Type A personality. Relicor in this instance might be like adding fuel to a fire.

Back to our thinking: It's true that our brain is like a computer and it actually does what we tell it to do, problem is that much of what we tell it to do is interpreted by the brain to be the opposite of our desires. Following are the twelve largest mistakes we make in our self communication or self talk—I call them sins of suggestion. .

The Twelve Sins of Suggestion

You've probably been saying something like the following:

1. I am not going to eat so much.
2. I should not eat cake (or whatever your particular downfall is).
3. I haven't had that much to eat.
4. I am going to try to quit overeating. Or, I am going to try to lose weight.
5. I am giving up eating snacks.
6. I'll do without candy (or whatever).
7. I must (have to) (got to) lose ___ pounds.
8. I can't stand this fat.
9. I'll eat today and starve (diet) tomorrow.
10. I shouldn't eat that—it's fattening.
11. I'm so hungry; I could eat a horse (house).
12. I'll be missing taste.

What happens when you say or think any of the above twelve statements to yourself? You go on eating, right?

Or you simply think about food and have difficulty getting it out of your mind. That's because each statement is actually a command causing you to want to eat more!

Your brain does exactly what you tell it to do, but as you shall see for a variety of reasons, each of these suggestions is directly or indirectly a suggestion to eat. So in reality all the things you've been telling yourself are effectively strengthening and reinforcing the suggestion to eat.



I call them sins because originally the word "sin" was a term applied to archery in biblical days. To miss your target was to sin. Similarly, if you think or say any of these "Deceiving Commandments," you will miss the mark in managing your eating habits.

If you're eating when you'd rather be free of food, it's important to see how these suggestions might be contributing to this dilemma. They represent a personal check and balance system. Although the intention of the words is to turn off the conditioned response to eat, the result is deception and you end up wanting food even more. Let's take a look at each one and see how this is true.

The Brain Skips Notes

Let's look at Sins #1 and #2: "I am not going to eat so much" and "I should not eat cake" (or whatever). To understand the problem with these sins, I'd like you to stand up (if it's possible). Turn to the next page when you're standing.



Next, please follow the next instruction. "Please do not stand!"

Confused? Let's see what is happening. There's only one word in common with "Please do not stand" and "I am not going to eat." What word is common to both sentences? That's right, the word "not."

It takes the brain one third longer to process a negative. This may be what you have just experienced. For example, when asked to stand and to follow the instruction, "Please do not stand," you may have thought something like, "I didn't hear 'Simon Says'" or "What the heck do you mean? You just asked me to stand!" You had to figure out what the word "not" meant before you knew to do something else. And the truth is that if I hadn't put you in a position where it was important to figure out what was happening, you would have simply ignored me and continued standing.

So any suggestion such as "I am ~~not~~ going to eat" registers in the brain as "I am ~~not~~ going to eat." There are other variations to this suggestion: "I cannot have that." "I do ~~not~~ want that." "I do ~~not~~ want to think about food." "I should ~~not~~ eat that." "I am ~~not~~ going to the store to buy ice cream." And of course as soon as you say this, your car is in fifth gear and headed toward the grocery store.

The Boomerangs

A boomerang can be a deadly weapon. If the thrower is careless the boomerang can return with sufficient force to

do physical harm. So if you say Sin #3, "I haven't had that much to eat today," what might your brain think about doing? Your brain might start thinking about making up for lost time. The focus is on food.



This suggestion likewise encourages eating. Similarly, suggestions such as "I don't like sweets anymore," or "I don't eat that much anymore," or "I don't care that much for dessert anymore," or "I'm not that hungry," or "I don't want much" all become boomerangs.

These suggestions are one of the largest reasons people go off diets and eating plans or gain all the weight back once they've gotten rid of it. Typically they reduce their calorie intake to reduce weight. Then after some success they remember the foods they've avoided and celebrate mentally by saying something like, "I haven't had any desserts (or snacks, or whatever) for a month!" Next they start thinking more and more of the foods they've avoided, and before they know it they're obsessed with eating again. Only they eat twice as much of whatever it was than they did before they went on the eating plan. They end up gaining back most of the weight and sometimes more before they again begin to stabilize. What a pity! All because of the "not" boomerang! Then there are many people who



resist going on an eating plan simply because they think in terms of all the foods they "can't" have in order to get rid of the weight.

Your Child Always Wins

Then again, simply figuring out the "not" is insufficient to totally solve the problem. What happens when you say "no" to a child? The child wants to do it even more, right? And what do children do to get their way? Have temper tantrums! So what is a withdrawal symptom? Is it pain, nervousness, agony, or an empty feeling? Or is it a grown-up temper tantrum?

Yes, it's a grown-up temper tantrum created from the nature of our thinking. There is a child within each of us. As usual, when the parent tells the child not to do something, the child rebels and does it.

Or if the child can't do it, it will create a temper tantrum. When adults feel it, they call it the DT's and withdrawal or an incredible empty feeling.

This is the heart of transactional analysis (Parent/Child/Adult).

The parent within you says, "I shouldn't eat this." Your child, in response to this, will most likely silently say, "I'll teach you. I'll show you, I'll create within you a bottomless pit. I'll teach you to tell me what I can't have!"



This is the classic parent—child battle. This idea astonishes the minds of food addicts who have rationalized

their symptoms as the effects of withdrawal from caffeine, sugar, or other "addictive agents." It's true that these substances do have a physiological effect, but as I've learned in my experience with thousands of food addicts, this physiological effect can be eliminated by improved eating habits (see chapter IV). When you stop ingesting the addictive substance, for the first three days you will probably drink more water and eat more fresh fruit (a natural source of sugar) than usual. The fruit and water and the appropriate self-suggestions (see chapter III) are sufficient to avoid what is typically known as "withdrawal."

The real problem is in the parent—child thinking which we will handle by waking up the adult.

Let's Wake Up the Adult

The pure child in you will go into a candy store wanting everything. The pure parent in you will say, "You can't have any candy. It's not good for you." It's either **all** or **nothing**. Whenever your child and parent go into battle, your child will eventually win (unless you suffer from anorexia, in which case your parent always wins). Rather than making this a life-long battle, let's develop the adult.

My adult can eat anything he really wants. I remember that a decade ago potato chips, peanuts, Dunkin' Doughnuts, and chocolate were a problem for me. Now, whenever I think about having chips, chocolate, and so on, I ask myself, "Do I really want that?" This is like asking, "Do I want a problem?" In reality, I already have enough problems. So, for the most part, I leave junk food out of my life.

Because I know I can eat what I really want, I find that what I really want is less in quantity and far more nutritious than I ever before imagined possible.

Getting tied in "Nots"

Essentially, our society has become very lazy when it comes to our reliance on the word "not." This dependency ties our behavior in knots. Our language is rich with other options. For instance, instead of saying "I don't like" something, say "I dislike" it or it "is a problem for me."

Instead of saying "this not that," use words and phrases such as "avoid" or "instead of" or "rather than" or "as opposed to." Instead of saying something "doesn't matter," consider saying that it's "irrelevant," or "immaterial," or "unimportant." Say "I'm uninterested" as opposed to "I'm not interested." Make a conscious attempt to delete "not" from your vocabulary.

The Losing Suggestion

Sin #4: "I am going to try to quit overeating," or "I am going to try to lose weight." There are three words in each of these sentences that can cause anxiety, withdrawal, and failure. The words are "going," "try," and "quit" or "lose." The word "going" creates anxiety because it's so indefinite. Invariably, participants in weight management programs eat twice as much the day or two preceding the program just because they know they are "going" to the program. Others simply come to the program. If a friend says that she's coming to visit you, what's the first thing you want to know? When, right? The brain likes things to be definite.

The word "try" is synonymous with failure. It becomes an excuse for failure ("At least I tried.") Do you say, "I'm going to try to go to work today?" No, you simply go to work. Of course if there were a snow storm you might be "trying" to go to work. But quite frankly, there aren't a dozen people stuffing forks of food in your mouth—no need to defeat external forces—you simply shed weight.

Looking at the "quit" and "lose" words, it's important to note that we live in a competitive society where we learn at a very early age that winning is important. "Quitting" and "losing"

are the opposite of being a winner. Although we think these words will free us of unhealthy habits, the brain links too many unpleasant associations to them. Besides, when were you ever instructed to "lose" anything? Never! To the contrary, you've been told to remember where you put things so you would avoid losing them.

Yet here you want to "lose" weight. Sure, you'll lose ten or fifteen pounds. Then someone will look at you and say, "You look like you lost a lot of weight!" Do you know what your brain will tell you to do when this happens? "Go find it!" That is how the brain works.

Give It Up or Do Without

Sin #5, "I am giving up eating snacks," becomes self-defeating because of the phrase "giving up." Again, "giving up" connotes being a loser and suggests that you couldn't make the grade or weren't good enough.

Sin #6, "I'll do without snacks," is also a problem. In this land of plenty, who likes to do without? It's also a problem because the idea of doing without is equivalent to punishment, as if you were saying, "You're a bad boy (or girl); you have to go to bed without dinner."

It's impractical for most people to give up, do without, or quit a habit for longer than a short period of time. These suggestions are the foundation of habit substitution—quit one thing and start another; give up this and compensate with something else. Or if I'm not going to do this, I'll do something else. For instance, those who are not going to eat so much, quit, give up, or do without eating so much will turn to smoking, booze, or nervousness. It was this very problem of symptom—trading that led Freud away from hypnosis.

The ultimate knot is to say, "Don't give up, or don't do without, or don't quit." This will bring your child and parent into a nuclear war! I learned of sins #1 thru 6 from

Barry Konicov, President of Potentials Unlimited, at a conference in Chicago in 1980.

The "Got to" "Must," and "Have to" Syndrome

Sin #7, "I Got To" or "I Must" or "I Have To." Howard Paul, Ph.D., psychologist, feels that this type of thinking is at the heart of psychosomatic illness. It leaves no options— "I must lose weight." And if you don't, then what? Can't face your friends? Devastation? Suicide? Death? Are these viable alternatives? No! They create anxiety. When you're anxious, you are likely to eat more.

You gained the weight over a period of months and often years. Somewhere along the way, you became unhappy with your eating habits. This was probably when your clothes began to feel tight or a friend noticed a few extra pounds on your body. Did you do anything about it? Well, maybe you attempted to ignore the extra weight and rationalized, "the clothes must have shrunk at the cleaners," or "my friend is probably jealous about something else". Or maybe you began complaining to your friends about how fat you were getting, "Must be a shift in metabolism. After all, I could eat a lot more years ago," or "It must be the social life I'm keeping." Or maybe you went on a diet that a friend suggested.

You probably used one or more of these approaches for months or years. Maybe you even tried a liquid protein diet or fasting, all the while becoming heavier and heavier and more and more desperate until you hit the "I've got to lose weight" stage.

Perhaps you tried barbiturates by prescription, behavior modification, Jenny Craig, Slim Shakes, Relicor, etc. and when these failed you became even more desperate. You just "have to lose weight."

Usually at about this time a client will seek hypnosis or pick up a book about losing weight, with the attitude that

"this is my last hope." By this time the anxiety from being overweight is rampant. How long will the client give the technique to work--a week, ten days, a month? Clients often hang all their hopes in this short "window of time," even though it may have taken six months to ten years or more to gain the weight. Unfortunately, this short "window of time" has often been chosen from desperation, which tends to breed anxiety. Anxiety in turn often results in snacking.

Unless you can get rid of the "have to, got to, must" syndrome, impatience and anxiety will close your window of time. In reality, the hormones circulating through your body from this anxious "have to" energy will only stimulate your appetite. Look at this from another point of view. Do you truly know yourself? Do you know what makes you tick? Do you know any effective ways of managing stress?

Is your self-worth in part based on how you look, or what others think of you, or of what you think of yourself, or how well your children behave, or how much your intimate friends love you, or... ? Truly, "Know thyself," and I guarantee you thinness, health, and prosperity.

Are you being fair to yourself if you expect that from desperation you will make this window of time work just because you have now decided to "have to lose weight?" Open this window and throw away your time piece.

If You Can't Stand. You'll Have to --

Sin # 8, "I can't stand this fat." I often tease my clients and say that when you "can't stand" something or someone, a simple solution is to "sit down," which is a position where you're more likely to eat.

If you imagine all your self-confidence and esteem standing upright on a rug and someone pulling the rug out from under you, the result is self-hatred that will lead to self-defeating eating. The more you hate yourself, the more



you're likely to get even with yourself. What better way than to overeat?

The "T" That Saves Die

Sin #9: "I'll eat today and starve (diet) tomorrow." If you knew you would starve tomorrow, what would you do today? Eat a lot! It's amazing how tomorrow never comes.

But we'll do it tomorrow—there is always a tomorrow. Some people handle life just like they play Uno; they always assume there will be another chance to unload their unwanted cards. They forget about the Reverse and Skip cards. Just as Uno has Reverse and Skip cards, life has them too. Before you know what happened, you can be left holding "the fat bag."

Also, the word "diet" is "die" with a "t" on the end—"die" "t." For most of us this is synonymous with starvation, doing without, putting ourselves through hell, and missing out. You hear people on diets say things like "I'm starving to death." Remember, the brain takes things literally.

The Fat Suggestion

Sin #10: "I shouldn't eat that—it's fattening." There is reason to believe that telling your brain that something is fattening could actually cause your body to absorb more calories than it otherwise would absorb. Note that this theory has not yet been proven, but why take a chance?

On Eating a Horse

Sin #11, "I'm so hungry, I could eat a horse," causes two problems. First, how do you know that you are hungry? It's a medical fact that you could stop eating for six weeks before you experienced hunger. Often you think you are hungry because of sensations in your stomach. Most people think these are



hunger pangs. Interestingly enough, this is a kind of hypnosis because you assume that those sensations are a result of being hungry. This assumption is erroneous, just as assuming that you'd bleed to death if you cut your little finger is erroneous. The reality is that it would take six weeks with no food before you'd be in the state of physiological hunger. Please note that in no way am I suggesting long—term fasting. Fasting for more than two days leads to various changes in hormones, metabolism, and so on that could lead to serious complications if not closely supervised by a medical doctor. I am only attempting to explain the power of the word "hungry" and dispel many of the common fallacies surrounding the word.

The Squirrel



What is really happening when you feel those sensations? Excess calories are being absorbed into the bloodstream and then converted into a substance in the liver (glycogen). The liver then stores this substance in the body's fat cells. When you reduce your calorie consumption, the liver retrieves this substance

from the fat cells and converts it back to energy. So the liver is like a squirrel that spends the fall storing away excess food. When the weather gets cold, he starts using his stores. When the weather changes, he gets a bit upset simply because he has to change his way of doing things. So the sensation you experience in the stomach is like the upset squirrel.



Liver Questions Sanity

We seldom think of our organs communicating with us, but they do. If the liver (squirrel) could send a telegram,

it would probably ask, "Do you know what you are doing? Do you realize that you are giving me fewer calories? Is this what you really want? Do you realize that I'll have to change my modus operand? Are you sane?"

The next time you experience that sensation you could say, "Fantastic—there go some fat cells into energy!" Anyone who has ever fasted knows that those sensations are short term, disappearing within minutes.

A second problem with "I'm so hungry, I could eat a horse (house)" is that a horse or house is a very big item. You are programming yourself to need to eat a lot of food to satisfy a sensation in your body that you incorrectly assumed was hunger.

Know Your Sugar Balance

Years ago when I had a weight problem, I wondered why I was gaining weight. It seemed that I only ate when my stomach told me to eat. I regarded my stomach as an empty gas tank and ate only to fill it up. After learning about the physiology of the liver, it became apparent that I should look forward to the sensation. It meant that the glycogen was being retrieved from the fat cells. Once I realized this, I discovered that in about three days I had learned to be comfortable with the sensations. In the past I had avoided them at all possible cost. So although you may initially be a bit uncomfortable with the sugar changes, once you discover your particular cycles you can easily learn to become as comfortable with them as I did.

As you go through a sugar change you might feel a bit anxious, impatient, and nervous. Instead of fighting it, acknowledge the sensation in your mid—section, reduce your physical activities, and remind yourself that you'd like to forget about food. Before you know it (usually within 30 minutes), your energy will have returned to normal, the sensation will be gone, and you'll feel good—free of the effects of food.

Another tip: Years ago I used a small piece of fruit to help me through the sugar changes. Today it's no longer necessary.

Missing Out?

Sin #12, "I'll be missing out on taste," usually is a signal of an unconscious feeling that shedding weight means missing something. Ask yourself, "What am I really missing?" Your brain will answer, "Taste," yet you probably remember what food tastes like. Do you remember what it felt like to be thin?

Most likely what you have forgotten is what it feels like to be thin. So it's important to set your brain straight: "I remember what so and so tastes like; what I'm really missing is having that thin body I want."

The Free Loader

Did you know that after you shed all the weight you desire (assuming of course that you've stabilized your new weight), you can eat all the foods you now eat in the same amounts, and be free of gaining back weight? And if you coupled your weight reduction program with an aerobic exercise program, you could eat more than you now eat and be free of gaining back weight? This is because "fat" cells are free loaders— they require no energy or calories to maintain. Muscles and organ tissue use calories. As you get rid of the weight you'll probably become more physically active, especially if you couple your weight reduction campaign with an exercise program. This will result in increased muscle mass, and as you readjust your eating habits at your goal weight, you'll find that you'll require more calories than before. You could eat exactly as before—you could even eat junk foods. However, I'm sure that as you become more in tune with your body and mind, you'll gravitate toward healthy and nutritious eating habits.

Gerry had surprised herself and gotten rid of 30 unwanted pounds from her body within three months. She stopped eating sweets, ice cream, and late night snacks. Someone told her how good she was beginning to look, which pleased her. Then she realized that she hadn't had any ice cream and sweets for three months. Even though she felt good about getting rid of 30 pounds, she couldn't deal with never having ice cream again. She began having just one small dish of it every evening. Her weight stabilized 30 pounds short of her goal. She refused to live "without" being able to have ice cream and felt discouraged, until she learned that being thin was about having it all. It was only important to forgo the ice cream during the process of shedding weight.

She discovered that she could even have one dish per week in the interim and still shed weight, and when she reaches her goal she can again have it once per evening and be free of gaining back the weight. This realization enabled her to again get back on target.

Again, it was the idea of "not" being able to have ice cream—or having to "do without" or "missing out"—that caused all the disruption in her continuing to shed weight.

And it's these same suggestions that ruin the success of many. They shed a lot of weight, feel good, and then start thinking of all they haven't had to eat. Before they know it they begin making up for lost time and end up eating twice as much as they did before they dropped the weight. Unfortunately, they usually are unable to stabilize until they've gained most or all of the weight back. A year or so later they get fed up with their appearance and go on another weight loss "kick," only to go through the same roller coaster experience as before.

Back to the House of Gluttony

As long as you continue to use these sins of suggestion

(deceiving suggestions), you'll bounce around the walls in the rooms of habitual, emotional, and self-defeating gluttony. It's possible that even when you find where you are in the house of gluttony, you'll only see the doors leading from one room to the next. The doors leading outside will remain hidden and locked, and you will remain a prisoner in the house of gluttony.

You Being Right

The last item we need to discuss is being right! You've been overweight for years. You know it and so does everyone else, right? Now would you be willing to let go of being right about having a weight problem? That sounds like a stupid question, but it's important to address this issue. The reality is that although shedding weight can be easy, it's important to let go of being right about having a "weight problem."

It's possible to resist leaving the house of gluttony just so you can continue being right about having a weight problem. Unfortunately, you get to be right at your own expense.

Melissa had a weight problem for 12 years (ever since she gave birth to her first child) and added another 10 pounds with each of the three children following. She complained to everyone about how difficult it was for her to be overweight and how nothing seemed to help for more than a short period of time. Of course, every time she tried a different approach and failed, it supported her belief that it would be impossible for her ever to be like a "normal" person.

When "being right" was discussed in a session, she remarked, "Oh, now I understand what you've been saying. The first time you mentioned it, I just thought you were being cute. Now I know what you mean. I've been unconsciously thwarting everything I've been doing because I could never imagine anything working for me. I've been my own worst enemy

just so I could continue being right about how difficult a problem I have. It's as though 'all the king's horses and all the king's men' couldn't make me shed weight. I've been like a broken record that refused to move to another groove."

With this realization Melisa went on to shed her excess weight. This basic realization was such a complete key to her success that the rest of this program was inconsequential to her.

Chapter Review

Watch for the twelve fundamental sins of suggestion. Imagine putting a big red flag on each sin (word or phrase).

PUT RED FLAGS ON:

- | | | |
|--------------|------------|---------------|
| • NOT | • DIET | • MISSING OUT |
| • DO WITHOUT | • HUNGRY | • GOING |
| • GIVE UP | • STARVING | • TRY |
| • QUIT | • HAVE TO | • LOSE |
| • MUST | • GOT TO | • CAN'T STAND |

Be Sherlock Holmes.

Watch for those red flags. When you observe one, stop a moment and repeat the thought again to see if it is a "sin." Find a more appropriate way to express your thought. The next chapter, "Say It Right," will give you the suggestions that work. Then remind yourself that you would like to say it "Right".

Eventually, you will begin to think before you speak, and in about a month you'll be speaking what seems a different language. Your friends, however, will continue speaking "sins." Instead of taking on the challenge of re-educating them, merely translate what they say into the new

"Say It Right" suggestions you'll find in the next chapter. And remember to look at your desire to continue being right about having a weight problem.

CHAPTER III

Finding the Doors to Escape Gluttony

Say it Right or Forever Be Fat

Now that you know the twelve sins that make you nervous and want to eat more, what thoughts are you going to use in their place? What are you going to tell yourself when your brain says "eat?" How are you going to escape the house of gluttony?

It's All in How You Say It!

The brain is a computer. It's important to tell it exactly what you want because it will do exactly what you tell it to do. As we've already seen, it's possible to give your brain a suggestion that you believe will have a certain effect, only to have your brain do the opposite!

Let's study suggestion. The suggestion I used to shed 40 pounds from my body was: "I eat only at the mealtimes I select, sparingly and properly."

This suggestion has several important parts. First, I the phrases, "I have to" or "I must" are eliminated.

What works for you may be different from what works for me or someone else. I found that I could skip meals and still avoid any bodily discomforts by being aware of my sugar balance and by changing my attitude about them. Instead of thinking they were something I should avoid, I started looking forward to them as desirable.



Secondly, how many times do you eat just because the clock strikes some time of day? Or because someone says, "It's lunch time." Or because a friend says, "Let's go grab a bite?" "Mealtimes I select" means when I choose to eat rather than when a clock strikes a certain time of day or a when a friend says, "Let's go grab a bite." Sure, if a friend wants company as he eats, I'll accompany him and just have water with lime as we talk. But people are often hypnotized into believing that they need three meals a day. While I was dropping my weight, I skipped lunch. In no way am I suggesting skipping meals—it's what worked for me.

Third, the suggestion says "sparingly," which means moderately, in small portions, and lightly. Last, the word "properly" means sitting down instead of on the run, relaxed as opposed to being nervous and worried, and nutritiously as opposed to eating junk food (see "Nutrition in a Nutshell" and "26 Pointers to Improve Your Eating Habits" in Chapter IV).

How about this next suggestion? "I prefer to forget about food." This is a "preference statement" because we use the word "prefer" as opposed to "I (have to) (got to) (must) forget about food." "Have to," "got to," or "must" leaves no options. And telling yourself to forget is far more effective than saying, "I'll starve tomorrow." From time to time I may find that I consume more in a given period than I prefer. Instead of saying "I'll starve tomorrow," I'll say, "OK, I ate more than I preferred today and tomorrow I'd like to forget about food."

Another suggestion might be "I prefer to stop eating (excessively) (snacks) (sweets), etc." The word "stop" is powerful because of its long-term association with safety. When we were young, our parents told us to stop before crossing streets. We know stopping was for our safety. As adults we look for stop signs at intersections when we are driving in unfamiliar back streets. The reason we stop eating excessively is for the safety of our health and well-being. These are "preference statements" because we use the word

"prefer" as opposed to "I (have to) (got to) (must) stop eating so much." "Have to," "got to," or "must" leaves no options.

"I prefer to rely more on myself and less on food to handle emotions or problems." Chapter VII on emotional eating explains this suggestion in detail.

"I prefer to shed weight." Notice the word "shed" instead of "lose." We can also say "drop weight, get rid of it, let go."

You can easily create your own suggestions. Remember to keep them positive and leave out the "nots."

You Are the Way You See Yourself



Dr. Maxwell Maltz, a plastic surgeon and author of *Psycho cybernetics*, noticed that many of his patients still saw their facial scars in a mirror long after he had surgically removed them. These observations led him to the conclusion that our mental pictures of how we perceive ourselves are more important than our actual physical

appearance. This prompted him to write a series of books on self-image psychology and psycho cybernetics. The essence of his theory is that you are the way you see yourself.

For instance, if you envision yourself hemming and hawing in a job interview, you probably won't get the job. On the other hand, if you envision yourself confident and check-out the company's worth — after all, you are investing your

career— then you improve your chances of getting the job. Let's look at how the way you see yourself has affected the way you are. To start, list all the descriptive adjectives or phrases you can about your physical appearance. Be honest. Be colorful. Find as many words as you can to give a picture of your physical appearance.

Did you come up with words or phrases like "fat, obese, ugly, large, roly-poly, zaftig, thunder thighs, bubble butt, Crisco in a can, spare tires, fatso, elephant, hippopotamus on a lily pad, beached whale," etc.?

Really now, imagine what would happen if we put these adjectives on a large chalkboard, then stopped people on the street and asked if they would like to meet the person described on the black board?

Instead, let's go with, "I am a thin, energetic, motivated, adaptable, physically active, coordinated, organized, wealthy, successful, prosperous (may as well go for it!), sexy, vibrant, loved, and respected person."

Believing It!

As you read this you're probably thinking something like, "Sure, what a lie." You can probably come up with a hundred reasons why one or more of these adjectives is a lie.

One thing for certain, as long as you think of yourself or call yourself a fat, disorganized, poor, mousy person, your brain will always get to be right. You will always see the physical evidence in your physical world. You'll always see the fat on your body, the mess on your desk, your empty wallet, and your mousy behavior.

When you say, "I am a thin, prosperous, confident, organized person," you are giving your brain direction. You will now have an opportunity to see the physical evidence of thinness, confidence, courage, organization, and prosperity.

Let's look at this from a different point of view—owning words. After all, who says what words you can or can not own? It is your right to own any word or group of words you chose.

Wayne Dyer Ph.D. talks about source—being one with source. What takes us away from source is our learned fears and prejudices. He describes our connection with source as corroded. The natural state of source is health, vitality, creativity, prosperity, wealth—wanting of nothing and having total peace of mind.

Affirmations are a way of connecting to source. Affirmations are a way of being at source. However, how the affirmation is phrased is important. If you are overweight and say, “I am becoming thin,” it is to actually own heaviness. An ill person who says, “I am becoming healthy,” claims illness.

On the other hand, to say, “I am thin,” is to claim thinness—the opportunity to connect to source.

Affirm Your Body

The following affirmations can keep you thin, young and healthy. You can use the affirmation "I am thin" with any or several of the following affirmations.

- I am a worthwhile, lovable person deserving of love and respect.
- Through my willingness to prosper others, others are willing to prosper me.
- My personal connection with the Infinite Being and Infinite Intelligence creates my body as slender, vital, and alive.
- I am confident and self-assured.
- I am a child of the universe deserving opportunity and happiness.
- I am slender, vital, healthy, attractive, and alive.
- My body is healthy, strong, and attractive, whether I am working, playing, sleeping, or eating.

- The food I eat nurtures my body and supports my slimmness in every way.
- I am aware and appreciative of the consciousness of that which nurtures me every day.
- I eat slowly, sparingly, and properly, savoring every morsel as I fill up on flavor and taste.
- My eating habits are healthy and nutritious.



Because negativity and self doubts may have been second nature for decades, it's normal that your brain will doubt your connection with source and say, "who am I kidding, I'm not thin, confident or strong!" Your response is, "Thank you brain, you believe that I I'm lying to myself as I don't measure up to my expectations, thanks for your opinion. I choose to own thinness, confidence and experience source."

Revisit the House of Gluttony

This chapter is fundamentally important. For in reality, as long as you continue to use the sins of suggestion, you'll be stuck in the house of gluttony and it will be virtually impossible to find a door leading out of the house of gluttony, much less get through it. You'll simply keep bouncing off the walls.

Even if you are lucky enough to get out of the house of gluttony, the sins of suggestion will suck you in again. You'll eat as much as, or more than, you did before. So the first step to shedding weight is to change your self-statements. Pretend you're Sherlock Holmes. Search out the twelve sins. When you catch yourself using them, convert them to the "say it right" suggestions.

Chapters VI, VII, and VIII will give you the keys to the different doors of gluttony so you can attain freedom from food. For now, repeat the "say it right" suggestions over and over whenever you are doing routine tasks requiring little thinking. Repeat them over and over as you drift off to sleep at night.

What Is Your Name?

That's a simple enough question. Another easy question--what is your address? In fact, you could probably answer these questions within two seconds--your name and address (unless you've just moved) are second nature to you. Then again, if you could remember the first four years of your life, you'd remember that it took a while to actually learn your name. Likewise, it's important to have the "say it right" suggestions be second nature to you from today on, and this means practice.

Do You Drive a Stick Shift?

Asking whether you drive a stick shift certainly sounds like an irrelevant question. I could also ask you if you play a piano--another irrelevant question? For those who drive a car with a shift and for those who play a piano, it's difficult to imagine that everyone can't do these things. Sure, we all could if we had some instruction and practice. It's so easy to take it for granted that all the learning should be done overnight. Do yourself a favor: If you don't drive a stick shift, take some lessons. If you do drive a stick shift, find someone who doesn't and teach them. Why? I simply want you to observe first-hand the difference between what our expectations are and what reality is. Surely, you'd think that it's a simple thing to let the clutch out slowly as you gradually accelerate—and you're right. Just notice how long it takes to learn to do this simple thing, and then take the car into a street crowded with traffic and observe how easily the presence of traffic complicates this simple skill. You certainly get instant feedback. If you do it right, the car accelerates and moves; if you do it incorrectly, the

car stalls or jerks. Likewise, when you "say it right" you'll have an opportunity to accelerate to your desired weight, but if you stop using the suggestions your weight management endeavors will stall. You'll always be jerked from room to room in the house of gluttony, complaining that you have a weight problem.

A Note on Lying

Affirmations are a way to direct your behavior. Affirmations are what you say to yourself—how you give yourself direction. If, however, we brag to others or have to go out of our way to prove to ourselves or others that we are organized, thin, confident, prosperous, or whatever, then unconsciously there is a disbelief about it. Life will always be about proving otherwise. As soon as we say to ourselves, "I've got it made, I know the secret, I'll never have a problem with food, money (whatever) again," it will most likely disappear.

And weight, money (whatever) will always be an issue. It's as though we're chased through life by this life-sized hamburger and bun, unpaid bill, or whatever.

You might ask, "If I tell myself that I'm a thin person, won't I believe it and stop shedding weight?" Yes, it's possible. John weighed 245 pounds and within 3 months he had reduced his shirt and waist by one size. "I now feel thin," he proudly announced, "but now I'm afraid that I'll stop the program."

"Yes," I said "it's possible to delude yourself into thinking you are thinner than you really are. Can you easily bend over to tie your shoes?" I asked. "No," was his reply.

I said, "When you can easily bend over to tie your shoes and feel nothing in the way, then we'll consider you thin. Remember, it's important to tell yourself that just because you've reduced one shirt or waist size that you are still far from your goal. Tell yourself that you prefer to consider yourself having achieved your goal when you can easily tie your shoes and be free of obstruction."

He also found a modification of the affirmation more to his liking: "I am a thin person carrying excess weight which is a temporary part of me and I am shedding it!"

The Tie Your Shoe Test

You can make an agreement with yourself. For instance, if you can bend over to tie your shoes and feel no uncomfortable obstruction, you can afford to be gluttonous if you desire. If, on the other hand, you feel an obstruction (excess fat) as you bend, then it's simply unaffordable to be gluttonous. You decide, it's either affordable or unaffordable.

The only thing that can defeat you is impatience. Let go of the expectation of miraculous overnight changes. It's taken five, ten, twenty or more years for you to get where you are, so give yourself at least three to four weeks to get this program in gear! Often people will get on a healthy eating regimen for a week or two and then go off it. Unfortunately, they often feel so guilty and defeated that they binge for several days and then in a fit of disgust give up. When you realize that this is just the nature of things, it's a lot easier to handle. So instead of expecting that you'll never be gluttonous, binge, or eat something unhealthy, build it in to your program. Plan a "screw up." Plan to stick with your new eating regimen for a period of time (a week or two), and then plan a half or full day screw up. Be gluttonous, eat everything you want for that time, and then let go of it and get back to your goal. With each successive cycle you can plan to go for longer periods of time between being gluttonous.

Remember, by eliminating the sins of suggestion you are merely making it possible to find the doors to escape the house of gluttony. We have yet to light up the exit signs and unlock the doors. Even before this is done, it's important to discover which room you are in (habitual, emotional, or the self-defeating). The key to the door of freedom from gluttony

or each room is different. So consider any positive changes you may have experienced at this point an unexpected bonus.

Chapter Review

Your brain is a computer. Tell yourself you're fat and your brain will make it true. Instead, use your affirmations to give your brain direction.

Week #2

1. Write down ten affirmations that you like.
2. Repeat the affirmations you selected ten times each day.
3. Be Sherlock Holmes. Look for the twelve sins, and convert them to "say it right" suggestions.
4. Say it right. Feed your brain with suggestions that work. Repeat them over and over as you do routine tasks and as you drift off to sleep at night.

CHAPTER IV

Nutrition In A Nutshell

The more you know about your body, the healthier you'll be. The study of nutrition is important. Before we begin to talk about changing your eating habits, it's important for you to know about conditions such as hypoglycemia, food addictions and allergies, and nutritional deficiencies.

Hypoglycemia



Many experts estimate that roughly 70 percent of the population is hypoglycemic to some degree. Hypoglycemia is chronic low blood sugar experienced usually after high sugar intake. It can manifest itself in many ways, including depression, high blood pressure, anxiety, dizziness, fatigue, and headaches. Generally, treatment involves adjusting nutrition (by eating natural foods and

increasing the amounts of fiber) and increasing physical exercise. Find a nutripath, nutritionist, or a bariatric specialist. Have him or her diagnose and properly evaluate your eating habits.

An immediate way to relieve the symptoms of hypoglycemia is to stop using white sugar, white bleached flour, and products made from processed flour. Wherever possible, use natural sugars such as honey, carob, and so on. In some instances, it's even important to severely limit the natural sugars for a period of time. Additionally, use whole grain products. The processing of grain and removal of the kernel strips the grain of many nutrients.

Allergic reactions are not always skin rashes but may appear as depression, anxiety, headaches, hypertension... It is interesting to note that the foods you crave or to which you feel addicted may be the very ones to which you are allergic.



If you suspect that you might be experiencing an allergic reaction to certain foods, keep an eating diary for one week. Record the time of day, what foods you eat and in what quantity, medications (vitamins included), and how you feel mentally and physically while eating.

Record your feelings and activities every two hours. Analyze your diary--look for patterns. What particular types of foods preceded physical or mental feelings? Typical allergens are monosodium glutamate (often found in Chinese foods), mustard or other condiments, and chocolate. You may also be allergic to milk or wheat products, or to the sugar or dye used in your vitamins.

Stop eating any foods that you think might be causing your condition. Gradually reintroduce them into your eating plan (one per week). If you experience any ill feelings after reintroduction, remove that particular food from your eating plan. Find a substitute if possible. Avoid foods processed with preservatives. Find a local butcher who will guarantee that no hormones or additives were used to raise his meat or poultry products.

Having used your diary to identify suspect foods, a simple test might verify your reaction to these foods. To test a specific food,

fast for four hours (no food or beverages), then take your resting pulse rate from your wrist or on the side of your throat. Now, consume a small portion of the suspected food with nothing else. Take your pulse four times every five minutes after ingestion. If your pulse rate increases more than 10 beats per minute, it's an allergic reaction. If the test is negative, wait one hour before testing any other foods. If positive, wait at least four hours. Again eat nothing else and drink nothing but water during this time. You may be allergic to more than one food or beverage. Note that the lack of reaction is not definite proof that you're not allergic.

Food Addictions

The biggest problem with a food addiction is that you often feel powerless to control it and may sometimes feel that you are truly self-defeating. This is because when you ingest even a small portion of the addictive substance you experience a craving sensation. This sensation is never satisfied until it's almost impossible to eat any more of it. Without an understanding of what's really happening, you might think that you have a "screw loose" in the head or that you have a deep psychological problem.

Some experts believe that food addictions are a form of allergy. An allergen in the food you crave chemically reacts in the liver to release blood sugar. This mimics a hypoglycemic reaction and causes sensations in the body's midsection that are interpreted by the person as hunger pangs.

It's important to stop eating addictive foods because they essentially are poison. The smallest amount of an addictive substance can trigger a reaction that interferes with freedom of choice. Speaking from my own experience with Dunkin' Doughnuts, I'd eat one and have a craving that could only be satisfied by eating three or four more doughnuts.

When I learned of the biochemical response to food addictions and how to handle it, I decided to test the theory.

I made an agreement with myself to stop eating doughnuts for three months. I stuck to it by reminding myself that it was a test and that it was more important to know the results of this test than it was to eat a doughnut.

At the end of three months, I ate one doughnut and the craving returned. I had to eat three more doughnuts. My first reaction was fear: "Oh no, I blew it, I'll gain all the 15 pounds back—there is no hope for me." Fortunately, my next thought was, "Well, maybe there is something to this 'biochemical theory.' Well, if I did it once, I can do it again."

Again I contracted with myself to stop eating Dunkin' Doughnuts for three months. Another three months passed. I ate another one and again found the craving still there. Again fear struck: "Oh no, I'll gain back the 40 pounds." Fortunately, my next thought was, "Well, if I did it two times, I can do it again. Maybe this time doughnuts will be out of my life forever." So I made the new agreement for another six months. When six months had passed, I had another one. That was it! No craving! Today, if I want one, I can have just one. Maybe I eat four doughnuts a year.

That is a big difference from the eight or ten a week I used to consume. No matter what your addictions are—orange juice, bread, chocolate cake, whatever—you can learn to handle them the same way I handled mine.

Combination Allergies

When you react to two substances, you have a combination allergy. An example of this is when coffee triggers an insatiable urge for cake. When this happens, it's important to eliminate not only the calorie—filled cake but the coffee as well.

Revamping Your Eating Habits

The old adage, "You are what you eat," is true. I would



estimate in the average family's kitchen only about 40 percent of what is considered food is food. The remaining 60 percent falls in the category of filler, additives, and poison. Why, in an age of such phenomenal scientific achievement —I-pods, wi-fi, 3D TV, BlackBerrys, joint replacements and artificial organs— why, in this advanced

society, have our nutritional values taken such a back ward step? It's simple. We have always been awed at what we can create. It's obvious. If we can create something, it must be better than something that is natural. This is the philosophy that has been the root of industrialization for the last hundred years or so.

It is this same philosophy that is at the source of the billions of dollars' worth of advertising spent to pervert our taste buds—ads to convince us foods containing sugars and white flour products are healthy, good, and nutritious. It is these billions of dollars in advertising that have caused our present day eating habits. Ignorance of the complexity of the human body has allowed this to happen.

Millions of years ago, all that was available to eat was vegetation or the protein found in fish, fowl, or animals. Carbohydrates in the form of grains such as wheat, rye, rice and so on have only been on this planet for the last 10,000 years.

And then, only within the last one hundred or so years have we asked our bodies to adapt to refined white sugar and refined white flour as found in white bread, rolls, and pastries. Soda pop, chocolates, sweets, candy, and junk foods are also

newcomers. Only within the last 35 years or so have we asked our bodies to adapt to fast foods containing additives, as found in the typical hamburger joints. Perhaps 50,000 years from now we won't have a problem. However, today we have a very severe problem—severe in the sense that many health experts feel that as much as 70 percent of the general population is hypoglycemic to varying degrees.

Hypoglycemia is the result of the body's inability to metabolize sugar. Occasionally, it results in a chronic low-sugar condition with symptoms of depression, inability to concentrate, nervousness, fatigue, insomnia, and/or hunger sensations.

Additionally, although our farmers fertilize land to grow produce, present-day fertilizers serve only to replenish the minerals and nitrogen necessary to create beautiful foliage. Thus, our vegetables, roots, and grains are depleted of essential minerals such as zinc, manganese, magnesium, and selenium, which are important to maintain health. Adding insult to injury, as the grains are processed over 50 percent of the manganese and magnesium and as much as 80 percent of the zinc and Vitamin A are removed from the grain, which is already low in these vital nutrients.

So even if you are a vegetarian, it's very unlikely that you are obtaining adequate nutritional value from the food you eat. Studies on sugar have found that sugar actually weakens the immune system. It also contains empty calories and adds pounds where they are often unneeded.

Sugar is a primary trigger for hypoglycemia in those who are susceptible. It is safe to say that foods containing sugar and white flour are literally poisonous. They poison slowly. People consuming these products need more supplemental vitamins and minerals than those who avoid sugar and white flour products.

Yet in practically every grocery store or supermarket,

you'll find the aisles piled three-fourths of the way to the ceiling with carbonated sodas, bakery products, candy, and the like. You'll hear a commercial telling you that name brand cupcakes are nutritious for your children. You'll hear a white bread commercial telling you that the bread is enriched and nutritious. The government tells you that the major danger in sugar consumption is tooth decay. Sadly enough, the lies will continue until consumer organizations bring enough pressure to force the truth.

A favorite staple of many dieters is diet soda. Somehow they think that consuming soda with only one or two calories is better than soda with 100 calories and miss the whole point which is that soda—any carbonated beverage for that matter—is simply a waste product of the human body. No, your body doesn't produce soda; it produces CO₂ which is what makes drinks carbonated. Consuming carbonated beverages is much like drinking one's own urine. Forget about the artificial sweetener controversy—that's another matter. The carbonation in soda, seltzer, club soda or from any fermentation totally destroys your calcium balance. Just as cigarette companies have been sued, in years to come companies producing carbonated beverages will likely be sued as well. It's the carbonation that interferes with the absorption of calcium which contributes to dozens of diseases including juvenile diabetes.

Twenty-Six Pointers

Following are twenty-six pointers to improve your eating habits. Read them to learn what you can do to improve your eating habits. Note: This is not meant to replace any special eating plan that your physician has already prescribed.

1. Consume foods in the natural state when possible. This includes raw, fresh fruits and vegetables. Raw and non-processed foods are prime sources of natural enzymes needed to stimulate the body's endocrine glands. Fruits and vegetables are also a natural source of fiber which is effective to shed weight.

2. Food programs should emphasize high protein content obtainable from a variety of meat, dairy products, eggs, cottage cheese, nuts, legumes, and yogurt. It's advantageous to minimize the amount of fat with the protein. A basic rule of thumb as far as meats are concerned -- if it swims, i.e., fish, its is better than if it flies, i.e., poultry, it is better than if it walks, such as beef or pork. Choose fish or sea food less likely to have high concentrations of mercury. According to the government, sea food with lowest concentrations of mercury are anchovies, butterfish, catfish, clam, COD, crab, crawfish, Atlantic croaker, flatfish, haddock, hake, herring, jack smelt, lobster, Atlantic mackerel, Pacific mackerel chub, mullet, oyster, ocean perch, salmon (canned, fresh or frozen), sardine, scallop, American shad, shrimp, squid, tilapia, fresh water trout, canned light tuna, whitefish, whiting, and carp.

3. When possible, use foods grown or raised without poisonous chemical sprays or food additives. Whole Foods grocery stores provide an excellent source of organic grown foods. Wash fruit thoroughly before eating. Enzymes from natural fruit help lose weight.

4. Steam vegetables or cook with a minimum amount of water and for as short a time as possible to minimize destruction of vitamins. When possible, use the water in which your vegetables were cooked for soups and broths to shed weight. This has far more nutrient value than using water.

5. Eliminate or minimize the use of refined sugar such as corn syrup, dextrose, sucrose, fructose, brown sugar, 10X sugar. Substitute natural sweets such as unprocessed honey, in moderation, or rose hips powder carob powder, blackstrap molasses, date powder. Refined sugar affects the body's metabolism and over taxes the pancreas, and often results in a hypoglycemia reaction. Stay away from Nutrisweet or aspartame. At 92 degrees F it breaks down into formaldehyde.

Stay away from all synthetic sweeteners.

Use stevia--a natural sweetener from Paraguay--as a natural substitute for sugar. It comes with a tiny spoon which is equivalent to a spoon of sugar. For baking purposes, one teaspoon stevia is equivalent to one cup of sugar--very healthy way to lose weight.

6. Eliminate the use of bleached white flour products. The valuable nutrients of the whole grain have been removed. Frequently, bleaching and preservative agents are also added that create disharmony with the body. The chemical processing strips as much as 80% of the zinc, magnesium, Vitamin A, and 50% of the manganese, just to name a few. Whole grain cereals and flours are an excellent source of protein as well as B complex vitamins, Vitamin B and unsaturated fatty acids and are also important to keep your colon healthy.

7. Avoid prepackaged breads, pastries, ice cream, cold or prepared cured meats. These foods are saturated with preservatives, artificial colorings, chemical flavoring agents, synthetic emulsifiers, extenders, stabilizers and sugar. Typical ones you'll find are MSG - monosodium glutamate, nitrates, and nitrites, BVO (brominated vegetable oil, EDTA (ethylenediamine tetraacetid acid), Thiourea in dry or frozen fruit, artificial colorings, citrus red No2, Violet No 1, red No. 40, Orange B, Red #3, Blue #1, Yellow #5, and flavorings. See #26 for even more additives to avoid.

8. Minimize fat intake and avoid trans saturated fats. You'll find these in anything that says, "hydrogenated," or "partially hydrogenated." All margarine and cooking oils, i.e., peanut oil, palm oil, and animal fats are high in saturated fats which interfere with the production of prostaglandin. In the absence of prostaglandin, fats adhere to one another and create plaque buildup in the arteries. Use sweet butter and polyunsaturated oils such as rice bran oil and cold pressed safflower oil.

To remove particles from the oil before bottling, manufacturers usually heat the oil so it's easier to filter, unfortunately, this alone destroys the nature of the oil. "Cold pressed," means that the oil was filtered at room temperature. Avoid reusing oil, store it in the refrigerator and break open a vitamin E capsule to add to it every two weeks. Treat it as you would treat your arteries.

9. Avoid the use of carbonated soda and drinks containing caffeine, such as coffee, tea and coke. Instead, where possible consume fresh fruit juices, water and decaffeinated herbal teas.

10. During times of the year when fresh vegetables are not available, frozen vegetables are your next best choice as they are frozen with liquid nitrogen and retain much of the nutrients. Avoid canned vegetables and fruits, for they usually are either overcooked or prepared in sugar or fructose solution.

11. Minimize the use of normal table salt, such as sodium chloride. Sodium based salts are a major contributor to hypertension and heart conditions. Use Morton's salt substitute (high in potassium) or onion, chive, garlic mushroom, lemon, and lime for useful salt substitutes.

12. Avoid fast foods as they have lots of salt and additives. Eliminate use of carbonated beverages, club soda or seltzer. They rob your body of calcium. Your calcium balance is required for natural weight loss.

13. Prepare moderate quantities of food to minimize leftovers for three reasons: A. Leftovers are tempting to finish so they won't be left over. B. Leftovers when reheated lose most of their nutrient value. C. Leftovers are oxidized and interfere with normal functioning that interferes with weight loss.

14. Use unsalted butter as opposed to margarine and where possible minimize the use of butter. Instead season food with herbs and spices and shed weight naturally.
15. Pan broil meats in a non-stick skillet without fat. Use Pam.
16. Use canned fish packed in water as opposed to oil.
17. Replace half the oil in salad dressing with broth or water.
18. Use yogurt on your baked potato or in any recipe instead of mayonnaise or sour cream.
19. Thicken soups and sauces with pureed vegetables instead of flour or cornstarch.
20. Use bouillon instead of gravy on meats and casseroles.
21. Avoid using aluminum cookware as aluminum may be toxic to the human body. (not proven yet and has nothing to do with shedding weight).
22. Vitamins and herbs could make a difference. A well balanced multi-vitamin in a rice bran base such as the Complete Nutritional System by Rainbow Light. An effective calcium and mineral supplement such as Xooma Coral Calcium distributed by HTN can keep your body healthy. Go to www.Xoomaworldwide.com/powerfulwater Most supplements on the market are equivalent to licking a chalk board and leave one calcium deficient.

Lastly, the most powerful antioxidant, detoxifier, and inflammatory agent and anti-aging in your body is glutathione which gets depleted by stress and pollution. Go to <http://GlutathioneForHealth.com> for more information.

23. Eat fruits and drink fruit juice either ½ hour before or ½ hour after meals to allow proper digestion of protein.

24. Microwave ovens are ok for making hot water, but highly questionable for cooking. The microwaves destroy all the nutrients.

25. The nutritional value of dairy products, i.e., milk, cheese and butter are questionable. If you do include them, it's recommended that you use skim milk and non processed cheeses to aid in losing weight naturally.

26. Ice cream -- Soy cream with fruit juice is recommended. Otherwise, except your own homemade ice cream, you'll find gobs of sugar not to mention the real goodies such as #1. diethyl glucol (used instead of eggs), #2. peperonal (used instead of vanilla), #3. aldehyde 17 (cherry flavor), #4. ethyl acetate, (pineapple flavor), #5. butyr aldehyde (nut flavor), #6. amyl acetate (banana flavor), and #7. benzyl acetate (strawberry). Other uses of these chemicals are #1. antifreeze and paint thinner, #2. kills lice, #3. dye for plastics and lumber, #4. leather cleaner, #5. ingredient in rubber cement, #6. oil paint solvent, #7. nitrate solvent. Read the labels.

You can make your own ice cream using stevia as a natural sweetener to replace half or more of the sugar.

27. There's one more--moderate exercise such as walking

twenty minutes per day or three minutes three times per day on a rebounder.

Out of Sight, Out of Mind

The goal is to get rid of these substances from your eating habits. If you live by yourself, it's easy— you just stop buying them. If you live with junk food addicts, it may be somewhat more of a challenge because these people will likely be uninterested in changing or conforming to your eating preferences. There is no right or wrong way to handle this. You may find that even though others eat the junk, you'll be uninterested in it. Remember, this stuff is poison-like arsenic in very slow dosages. On the other hand, maybe "out of sight is out of mind" is what works best for you.

Some assertiveness and confidence may be required on your part to get an agreement with the junkies to leave junk food out of the house for a while. You may find as you continue reading that you will create your own unique way of forgetting about junk food even though you may be looking right at it!

An Ingredients Test

Let's see how good you are with ingredients. Following are the ingredients listed for several popular products. Remember, the first ingredient listed is the largest component in the package and the last ingredient is the smallest component in the recipe. Can You Identify These Products?

1. Ingredients: Corn syrup solids, partially hydrogenated vegetable oils, sodium caseinate, mono and diglycerides, dipotassium phosphate, artificial flavor and annatto color.
2. Ingredients: Cultured pasteurized grade A milk, skim milk, strawberries, sugar, corn sweeteners, nonfat milk solids, pectin, natural flavors and lemon juice.
3. Ingredients: Corn, sugar, salt, malt, flavorings corn syrup, Vitamin C, niacinamide, reduced Iron, Vitamin B6, Vitamin A,

B2,B1, Folic Acid, B.H.A. added to packaging.

4. Ingredients: Enriched rice (rice, niacin, reduced iron, thiamine mononitrate and riboflavin), enriched vermicelli (vermicelli, niacin, reduced iron, thiamine mononitrate and riboflavin), almonds, preserved with B.H.A. and B.H.T., salt, lactose, monosodium glutamate, dried corn syrup, natural flavors, hydrolyzed vegetable protein, dried celery, dried leeks, dried onion, partially hydrogenated vegetable oil (soybean and/or palm and/or cottonseed oil), dried parsley, tumeric, dried garlic, disodium inosinate, disodium guanylate, artificial flavor, sodium sulfite, sodium bisulfite added to vegetables to preserve color.

5. Ingredients: Ascorbic acid (Vitamin C), vitamin E acetate, ferrous fumerate, cellulose, niacinamide, artificial color, zinc oxide, calcium pantothenate, Vitamin A acetate, potassium sulfate, magnesium sterate, cupric sulfate, silica gel, manganese sulfate, pyridoxine hydrochloride, riboflavin (B-2), thiamin mononitrate (B-1), FD&C yellow No.5, folic acid, artificial flavor, cholecaliferol (Vitamin .D), potassium iodide, carnauba wax, cyanocobalamin (B-12).

6. Ingredients: Ascorbic acid, lactose, microcrystalline, di-alpha tocopheryl acetate, niacinamide, starch, sodium caseinate, calcium pantothenate, hydroxypropyl methycellulose, hydrogenated coconut oil, vitamin A palmitate, pryidoxine hydrochloride, silicon dioxide, riboflavin, magnesium sterate, thiamin mononitrate, povidone, polyethylene glycol, triacetin, beta carotene, stearic acid, titanium dioxide, annatto powder, red 40, folic acid, biotin, ergocalciferol, cyanocolbalamin.

Answers: #1 Nondairy creamer #2 Strawberry yogurt #3 Corn Flakes #4 Rice-a-Roni® #5 Unicap M® #6 Theragram® fortified with beta-carotene.

I find it amazing to discover all the different chemicals that we put in the human body. I sometimes wonder how we as a species have made it this far into the twentieth century. Many of these additives cause nervousness, anxiety, insomnia, and

irritability. And how are these symptoms usually treated? By prescribing Prozac, Librium, or some other tranquilizer. Have you ever heard of someone deficient in Prozac? Of course not! Yet often I find a person deficient in vitamins and minerals, exercise habits, or knowledge about how to deal with life's stress—stress that might otherwise be treated with tranquilizers! Nutritional deficiencies can magnify your responses to stress. You are thus more likely to overreact, be nervous, or be anxious than you otherwise would be.

However, many dietitians would argue that if you ate a well-balanced diet you would get all the recommended daily allowance (R.D.A.) of vitamins and minerals that you need. This is true only in part. The minimum daily allowance (M.D.A.) was established to prevent recognized nutritional diseases such as beriberi, scurvy, and rickets. However, the M.D.A. requirement to



prevent nervousness, irritability, and insomnia has not been established. This is mainly because each person's requirement may differ, but it is also because the so-called experts in the field can't even agree if nutritional deficiencies can be a causative factor in these or other health problems. Thus the R.D.A. simply is an educated guess and is just slightly higher than the M.D.A. According to Daniel Jass, M.D., "There are many situations (including stress and the normal aging process, not to mention the normal diet), where supplements become a must!"

For decades, dietitians claimed that eating habits and nutrition had nothing to do with cancer. Now these same dietitians acknowledge that broccoli and cauliflower are "anti—cancer" foods.

Physical Ailments.

Many over weight individuals have physical discomforts such as inflammation and joint pain which simply complicate the possibility for shedding weight. I know because I've been there with a painful swollen knee and it interferes with your focus.

Fortunately I learned of the importance of boosting glutathione and what's more important found the one approach (of the many available) that works. Glutathione is the body's major anti inflammatory agent and because of pollution, stress, and a dozen other factors diminishes in the body by 10-15% each decade. To learn more about what you can do to take charge of physical discomforts go to <http://www.GlutathioneForHealth.com> Glutathione is also the body's most powerful antioxidant and detoxifier which when in short supply aggravates Lyme disease, auto immune disorders, unwanted growths within the body, heart conditions, premature aging, fatigue, and so on.

Chapter Review

When you are nutritionally unbalanced, your reaction to stress is magnified. Balancing yourself nutritionally encourages thinness and improves your physical and emotional health.



Add the following to your first week action items:

Read "Pointers to Improve Eating Habits" at least twice each week. They will help you develop better shopping habits.

Look for possible addictive substances and eliminate them.

CHAPTER V

Talking to Yourself

People who walk around conversing aloud with themselves are looked on as having a problem! Yet there may be little difference between a person who converses aloud with himself and someone who doesn't. If we could magnify a "normal" person's thoughts, we might be just as concerned as we would be with the person who converses aloud with himself.

Friend or Foe

Have you ever had the feeling that maybe you're your own worst enemy? Maybe you are right. Who else in the world can do more to confuse and mess up your life than you can?

Imagine a length of string. Does the string care whether it's in a ball, a huge knot, or being used at all? It's always 100 percent and has potential to be used many different ways. It can be stretched out to make a straight line, woven into a garment, or used as a ball or perhaps as a learning instrument. We can use it to learn how to untangle knots or how to make knots. The ball of string doesn't care how we use it. Our brain is similar in this respect.

Golden Platter

Your brain will hand you anything you want on a golden platter—health, prosperity, thinness, aliveness, attractiveness, success, and relationships that work. Or, it'll hand you self-destruction, poverty, illness, 'fatness,' ugliness, and relationships that stink. It just doesn't care. Just as nuclear energy, an unlimited source of power, doesn't care whether we use it to make electricity or bombs, it's up to you to direct your own unlimited source of power.

Everyone has unlimited potential. I'm sure you've heard those words before and are now scoffing, "Oh no, not another one of these 'you can do it' books." I know that you can come

up with a hundred different buts (But I'm too nervous, too unlucky, too shy, etc.) to make this 'unlimited potential' bit sound like a Mother Goose tale. Yet it's true. You do have unlimited potential.

Yes, you are using 100 percent of that potential right now. Where do you think those "Butts" came from? You probably have the best Butts in the world.

We Only Use 10 Percent Of Our Brain

I'm sure you've also heard people say we only use 10 percent of our brain and thought, "Gee, if I could only tap into a wee bit of the 90 percent that is unused." Guess what? Of that ten percent many of us only use a small portion. The problem is that 90 percent of our brain power that is used is busy with confusion, or avoidance, or internal conflict. Your brain may not be giving you what you want in life right now, but it is giving you its all. It's very much like a mathematical equation: what we put into the brain plus what we allow others to put in determines the results.

For example, Jill suffered from extreme anxiety. In our first session, while obtaining background information, I asked Jill about her relationship with her parents as she grew up. She told me that she always had a great relationship with her mother but for justifiable reasons hated her father. I asked her how she felt about them today. She informed me that her mother recently passed away and that in many respects she blamed her father for her mother's death. I asked her where her father was and she said, "He's living with us." Later, when I asked her how she felt about him today, she replied, "You're supposed to love your father, aren't you?"

The input into Jill's life was:

1. Years of hatred and disdain for her father.
2. Continual reminders of this hatred from observing how her father treated her mother.
3. A Sunday-school lesson about how children are supposed to

love and respect their parents.

Given this limited input, the result could be little different than the anxiety she experienced. Unfortunately, Jill had never received a very valuable piece of input that could have made a difference: its okay to love and hate the same person. A mother may hate her child's behavior but still love the child.

Jill's intelligence was working overtime, creating anxiety and panic attacks. As simplistic as it sounds, it was easier for her to deal with the panic attacks than to look at the truth of how she felt about having her father live with her. After all, if she was honest with herself and acknowledged that she hates her father, what could she realistically do about it? Kick him out? Poison him? Treat him like he treated her mother?

Fortunately Jill's Sunday-school lessons excluded any of these drastic measures. But unfortunately, the same lesson prevented her from acknowledging the truth of her hatred. By effectively dealing with this hatred, she could have discovered other profitable options in her relationship with her father (Chapter VII on emotional eating gives healthy ways of dealing with anger and hatred.)

Introducing Choice

Let's acknowledge that there were times in your past when food enhanced love, good feelings, or pleasure. And many times in your past when food was your tranquilizer or escape from anxious, tense, or difficult times.



Every day brings pleasurable as well as anxiety-laden moments. Often we're caught by surprise. With each new experience, the brain draws upon past experiences to enhance or to survive the moment. Little wonder then that the brain often suggests eating something to further enhance a pleasurable moment or to aid in survival when threatened. Your brain is merely giving you advice; and it's giving you the best advice it knows how to give.

What kind of relationship would you have with a friend if she gave you advice and you, in all seriousness, called her an asinine, stupid dummkopf? Not very good, right? The friendship would soon dissolve. But have you ever called yourself a stupid asinine dummkopf? Probably so. You're lucky your brain can't divorce you; it might if it could (or is that what death is all about?).

Be Your Own Best Friend

You've been beating yourself up long enough. It's time to start treating yourself as you would treat a friend. Recognizing that your brain is doing the best that it presently knows how, your goal is to re-instruct it rather than make it wrong. Just as you would thank a friend for advice, why not thank your intelligence for its advice?

Have You Ever Thanked Yourself?

If you want to be your own best friend, the first thing you want to do is to thank yourself. You see, given all that you've allowed into your brain (the associations of food with pleasure or survival), it's merely doing the best it presently knows how. Of course, you've allowed other limiting thoughts into your brain as well—thoughts about your shortcomings and your various limitations. By thanking yourself, you stop making yourself wrong all the time.

So the next time your brain says, "Eat, you've had a rough day!" or "Eat, there's nothing else to do," or "Given all

you've put up with, you deserve something," or "Eat, it looks good," or "Eat so it won't go to waste," you can handle it by "sinning," which might result in gluttonous behavior, or you can begin being your own best friend by saying, "Thank you, followed by your name."

If your friend were giving you advice, you might repeat it to be certain that you understood. Likewise, you can repeat to yourself something like, "You have this idea that I ought to eat (whatever it is) because (whatever the reason)."

Then you might say, "Thanks for your opinion." This is merely to reiterate that it's only an opinion, rather than word from some Holy Gospel with this directive to eat.

Now, let's introduce the element of choice. Ask yourself: "Would it Really be a big deal for me to leave that there?" This is like asking yourself, "Do I really benefit by eating this, or by stuffing my face, etc.?"

Next you want to tell your brain how you want your eating habits to be. So now you use one of your "Say It Right" suggestions.

"I eat only at the mealtimes I select, sparingly and properly".

"I prefer to stop eating (excessively) (junk food) (late night snacks) etc."

"I prefer to forget about food."

"I prefer to be thin and shed weight."

After some practice, you can condense all of this into one statement. Instead of saying "Thank you (your name)," you can say, "Thank you, brain (or Higher Self) or (Intelligence). Would it be a big deal for me to leave that there as I prefer to (the appropriate affirmation)?"

Now, your brain will answer in one of two ways:

a. "Sure, it looks fine where it is;" and the result is that it stays there. Or

b. "Yes, it would be a big deal for me to leave it there," in which case you start the "hand to mouth actSM."

The Hand to Mouth ActSM

We no longer call eating "eating." You see, your hand and mouth have this act. The hand takes the substance (which in the past we called "food") from the plate or container to the mouth, which receives the substance. As you'll soon understand, what you're putting in your mouth looks like food, but whenever it's more than what you require for normal healthy functioning, it's symbolically something else. So for now we'll call this the "hand to mouthSM" act.

Self-Talk

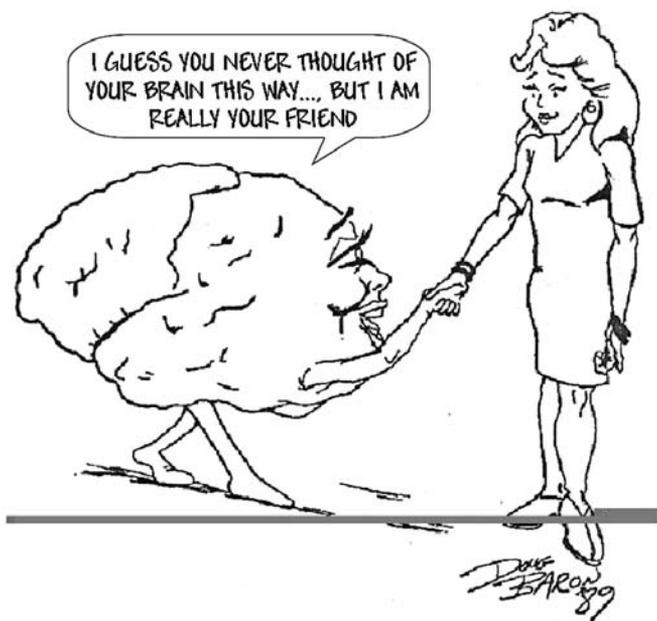
Even though we have developed this self-talk for handling your brain's learned associations with food, this same technique can be used for all types of self-limiting thinking. For example, suppose you have an opportunity to do something and your initial inclination is to do it. Just about the time you go to do it your brain might say, "You can't do that—you'll look stupid (or you don't have enough experience, or you're too dumb, or you don't know enough." Your reply is "Thank you, brain. You believe that I shouldn't do so—and—so because I don't have enough experience (or whatever). Thanks for your opinion! I prefer to take the risk and go for it and you, my creative brain, come through for me at the appropriate time." Similar self-talk can be used for every limitation known to the human race. Chapters VII and VIII give the details of self-talk for handling emotional stress.

Chapter Review

We can be our own worst enemy. Unfortunately, we often treat ourselves with disdain and with invalidations. Begin from today to:

1. Observe your tendencies to put yourself down.
2. Look for opportunities to thank your intelligence for its opinions.

- 3. Aim to be your own best friend.



***“Do not let what you cannot do interfere
with what you can do.”***

~John Wooden



***“It’s not the mistakes in life that are im-
portant; it’s what we learn from them.”***

~Donna Guthrie

CHAPTER VI

Escape from the Room of Habitual Gluttony

Essentially, habitual eating is unconscious eating--you walk through the door and automatically go to the refrigerator. You drive down the road and your car automatically stops at Dunkin' Doughnuts.

Your watch says 12:00 noon and you automatically go to the cafeteria and buy a sandwich. You sit down to dinner and automatically proceed to eat three helpings. A commercial break on TV and you automatically walk to the kitchen; and the next thing you know, you've polished off a quart of ice cream, six doughnuts, and a whole lot more. This is habitual eating.



Habitual eating is handled simply by becoming aware. You can weigh your food, use smaller plates, put your knife and fork down between bites, and so on. These are useful, but by remembering to thank your brain you are also increasing your awareness; and, as you will see later in Chapters VII and VIII, also developing self-talk to handle emotional and self-defeating eating. In the meantime, let's get in the practice of using it to handle habitual eating.

The Key to the Habitual Door of the House of Gluttony

Once you eliminate the "sins" of suggestion and replace

them with "Say It Right" suggestions, you'll be well on your way to managing your eating habits. However, if you find yourself resisting the "Saying It Right" suggestions or if you are still unmotivated to use the self-hypnosis and are still eating excessively, there is more to your uncontrolled eating habits than simply changing your thinking.

You are either a habitual, emotional or self-defeating eater or, as with most overeaters, a combination of all three. We begin by assuming that your overeating is habitual until discovered otherwise. Of all types of excessive overeating, habitual eating is the easiest to handle; and the first step is to develop and use awareness thinking.

Awareness Thinking

The awareness thinking developed in Chapter V specifically applied to eating habits is: "Thank you, brain. You think I should eat because I'm bored (frustrated, it'll go to waste, it looks good, etc.).

Thanks for your opinion! Would it really be a big deal for me to leave it there as I prefer to:

- forget about food? or eat only at mealtimes sparingly and properly?
- shed weight, be thin, and manage my eating habits?
- rely less on food and more on myself to handle reward, celebration, aggravation, frustration, emotions, stress and life itself?"

May I suggest that the more you remember to use your awareness thinking, the easier you'll find it to "leave it there?" If your eating has been of a habitual nature, this awareness frees you of it. This is your key to freeing yourself from habitual eating.

As you practice awareness thinking and become more familiar with it, you can condense longer statements to just one representative word or phrase. For instance, some simply use "Thank you, brain." Others use, "Would it really be a big deal?"

Others, "I prefer to forget about food!" (This is one of the preference statements I used.) Or in a later chapter X you'll see that you can use an anchoring statement such as "Blue Skies."

Any one or combination of preference statements or anchoring statements can be used. You could simply use "Stop!" If you design your own awareness thinking, avoid using any of the sins of suggestion identified in Chapter II.

Handling the Three-Year-Old Within

Also remember that the brain is often like a child. Have you ever been interrupted by a three-year-old asking you to go out to play? Perhaps you replied to the child, "In a little while." To you "a little while" meant 15 minutes, but to the child it meant 15 seconds. Before you knew it, the child was back pulling on your skirt or pants, pleading again, "Can we go now?" The brain is sometimes like that three-year-old. You may be amazed at how easy it'll be for you to "leave food there" as you remember to thank your brain. But then, a few moments or seconds later, your brain will interrupt with, "Well how about some now--just a little?"

The most effective way to handle this is to cycle your thoughts. You do this by flooding your mind with, "Thank you, brain--I prefer to forget about food; thank you, brain--I prefer to forget about food; thank you, brain--I prefer ___ ," on and on with the same suggestions until, before you know it, you'll be busy doing something else and you will have forgotten about food.

The Key to Compulsive Habitual Binging

Compulsive eaters are habitual, emotional, or self-defeating over eaters. For now we'll look at the habitual compulsive binger. Suppose you thank your brain (or forget to thank your brain) and you find the hand-to-mouth actSM in gear. Compulsive bingers usually berate themselves, "You blew it, dummy."

There is no hope for you." They go on to consume a fair portion and say, "Well, I might as well finish the whole bag (or container) so it won't get stale, or spoil—there's no hope for me anyway." The result of this behavior is that compulsive habitual binger never chooses whether to eat; they just automatically do it. To gain the full value of being able to choose, it's important that you first stop self-judgment. Whether you like it or not, there will be times when you'll eat more than you prefer. Instead of berating yourself and calling yourself dumb, remember that this is merely the hand-to-mouth actSM.

The hand picks up the food from the table or container and takes it to the mouth. When this happens, i.e., you find yourself doing the "hand-to-mouth actSM"—it's only important that you observe it. Avoid forming conclusions or judgments about it. To fully understand the hand-to-mouth actSM, it's important for you to understand emotional and self-defeating eating in Chapters VII and VIII. But, by thanking the brain and asking, "Would it be a big deal to leave that there as I prefer to forget about food?" you will still find yourself leaving it there more and more often than you imagined possible.

If you do continue the hand-to-mouth actSM and after a few bites begin berating yourself again, you say, "Thank you, brain. You have this idea that since I'm doing the hand to mouth actSM, I'm a dummy and there is no hope for me. Would it be a big deal for me to leave the remainder of it there as I prefer to (followed by the "Say It Right" suggestion)?" Again, you will find that you will more often leave the remainder there. Of course, sometimes you will finish it. The key to freeing yourself of compulsive habitual eating is to let go of self judgment.

Making Agreements

Making agreements with yourself regarding certain issues can be a practical way of achieving your goals. Knowing how to "thank

your intelligence" for its doubts about your ability to stick to the agreements can make the ultimate difference in sticking with them.

Making the Agreement to Stop Eating Addictive Substances

To free yourself of eating addictive substances you can say, "Thank you, brain. You have this idea that I should eat some (whatever). Thanks for your opinion. I have stopped eating (whatever) for three months. I have two months and a week to go, and if I still want some then I'll have it at that time."

The elimination of this addictive substance might create a chemical reaction in your body. If so, for the first three days you may be thirstier than usual for water and may also crave fresh fruit. The natural sugar in the fruit, along with the water, will compensate for the chemical reaction and thus avoid withdrawal symptoms. If you are addicted to a particular fruit, use a different fruit to supply the natural sugar. Whenever the brain suggests having the substance, remind your brain of your agreement.

Environmental Agreements

When I was at my highest weight, I would shell and eat peanuts as I watched TV. This is called an environmental eating; that is, combining a comfortable environment with food. I was unwilling to stop eating peanuts, so I made an agreement with myself: I would eat all the peanuts I wanted, but only at a certain place. I choose the place to be next to the furnace in my unfinished basement.

Now you might think that by making that agreement I stopped eating peanuts. Wrong. I ate a lot of peanuts standing next to the furnace, but I stuck to my agreement. Anytime my brain suggested having the peanuts as I watched TV, I would think, "Thanks, brain. You think they'd be enjoyable as I watch

TV. I acknowledge they'd sure taste good and it would be real cozy and convenient having them in the TV room. Thanks for your opinion. If I want them, I'll go downstairs and have them." And I often did.

Over the long haul, I gradually let go of peanuts. Now I have difficulty remembering what it ever felt like to have wanted to eat them.

Changing Your Routines

Your daily routines go a long way toward determining your eating habits. The classic example that I remember is an elementary school teacher who arrived home every day at 3:15 p.m. She would walk through the front door, drop her coat, and immediately proceed through the living room into the kitchen where she would begin preparing dinner. Every day by dinner time she had sampled enough of what she prepared to amount to a meal by itself. She would then sit down to dinner and proceed to consume a full meal.

If you have a similar routine, make an agreement to change it. For example, I facetiously suggested that instead of walking through the front door every day, this teacher could climb in the rear window of the house. She got the message and reported that she stopped going directly home after school. Instead, she found an aerobics class to attend at that time. It worked.

If you relate to this example, then being at certain places at certain times is unhealthy for you if you want to manage your eating habits. I'm amazed at how many mothers still regard their children as helpless even though their children are 10, 15, 25 years of age. Even 9- and 10-year-old children can be given some responsibility for food preparation.

Then there are mothers who for the same meal prepare three or four different entrees at different times for the different schedules and persnickety taste buds of the children

and husband for whom I suggest to let the children and husband take more of an active role in food preparation.

Rewarding Yourself

Set up reward mechanisms. Set a goal to shed five pounds, and when you attain it do something for yourself. Treat yourself to a vacation day, take a night on the town, and buy yourself something — whatever you'd like.

And If You Get Hungry--

If you get hungry for anything, get hungry for knowing more about yourself. Read some of the classic self-help books.

Physical Ailments

Many over weight individuals have physical discomforts such as inflammation and joint pain which simply complicate the possibility for shedding weight. I know because I've been there with a painful swollen knee and it interferes with your focus.

Fortunately I learned of the importance of boosting glutathione and what's more important, found the one approach (of the many available) that works. Glutathione is the body's major anti-inflammatory agent and because of pollution, stress, and a dozen other factors diminishes in the body by 10-15% each decade. To learn more about what you can do to take charge of physical discomforts, go to: <http://www.GlutathioneForHealth.com>. Glutathione is also the body's most powerful antioxidant and detoxifier which when in short supply aggravates Lyme disease, autoimmune disorders, unwanted growths within the body, heart conditions, premature aging, fatigue, and so on.

Chapter Review

You now have the key, awareness thinking, to escape from the habitual room of the house of gluttony. When you thank your brain, acknowledge what it is saying, ask if it "would really be

a big deal to leave it there," and tell it what you want it to do, you free yourself of habitual eating and bingeing.

Your brain is a computer. It will do exactly what you program it to do. Your suggestions make the difference. By thanking yourself instead of demeaning yourself, you can become your own best friend and begin to manage your eating habits.

Week #2 continued

Practice the following for one week before proceeding:

1. Make agreements with yourself.
2. Remember to thank your brain, using your acknowledgment and preference (say it right) statements.
3. Read "Pointers to Improve Eating Habits" every other day.
4. Read "The Power of Self-Hypnosis" in Chapter IX and begin "Time set suggestion" as explained there.
5. Review the "Twelve Sins" and be on the alert for them. See if you can find two that have been slipping by unnoticed and change them to "say it right" statements.
6. Repeat your "say it right" suggestions over and over.

CHAPTER VII

Escape from the Room of Emotional Gluttony

Emotions – The Dilution Factor

If you thank your brain and you still find yourself thinking, "Yes, it's a real big deal," or if you keep forgetting to thank your brain, then this simply means you are in another room in the house of gluttony. In other words, your eating is something other than habitual.



This may be quite discouraging. You might say, "I just thought that if I were aware of what I was eating, I could do something about it." Or you might say, "I can stick with an eating plan for weeks or months, but then I just can't do it any longer." Of course, you'd want to know why it works only for a while and then stops.

There are several explanations. First, any one of the "sins of suggestion" could thwart your attempts—that is, you have a thinking problem as explained in Chapters II and III. Second, stress could take you off target.

To understand stress, can you imagine yourself throwing darts at a target? In one hand you have the dart you're throwing, and in the other you're holding one or two more darts. If you've never thrown darts, can you imagine you are

putting a golf ball?

You're standing free, both hands on the club as you take aim. Maybe you've never golfed. You could imagine talking on the phone with a friend. You are alone, and you can easily hear your friend. In each of these instances, you can easily focus on your target (or conversation). If you're focused on a target, you have a good chance of hitting it.



Now, can you imagine how it would be throwing darts at a target if you were given some boxes and presents to hold at the same time? Or can you imagine how it would be to putt if you were to have a backpack full of boxes and items put on your back while trying to putt? Or can you imagine your conversation on the phone if one, two, or three other people were

simultaneously trying to talk to you while you were on the phone?

Surely, you could balance a couple of boxes or presents as you shot darts, or handle a small backpack while putting, or handle another conversation as you talked on the phone; but eventually there would be one more item that would seriously

affect your balance or ability to focus. Until you got rid of (discharged) some of the boxes (baggage), you'd be wasting your time and efforts.

Likewise, you may be effective at shedding weight until a given point, only to find it extremely difficult beyond that point. Or you may find it almost impossible to even get started. In either case, most likely you've become burdened with some other boxes and presents. Instead of focusing on your weight (target), it's more appropriate to begin discharging some of the boxes and presents (stress) in your life. In other words, shift your focus. If you insist on focusing on the target of shedding weight you may never get there. You simply may be unable to see the target because of all the boxes in your line of vision.

The "boxes and presents" are the stress in your life. They represent the issues we deal with and balance in life. Some are burdens (boxes) and some are the welcome challenges (presents). Some types of stress are desirable (eustress), and some are undesired (distress). Either kind can hinder you in obtaining your goals. If this is the case, any awareness technique by itself, such as "Thank you, brain," is insufficient. It's important to begin identifying the "boxes and presents."

I know that most people who have a weight problem want to keep the focus simple (on what you eat). And yes, as long as it works that way, fine. However, when and if your brain says "It's a real big deal to leave something there," or if you simply forget to thank your brain, then your line of vision or ability to focus is seriously hampered. Rather than be obstinate about trying to focus on the same goal, it's more appropriate to shift your focus to the "boxes and presents" and effectively handle them.

Sometimes, we (the human species) are as obstinate as our animal friends. There was a study done where experimenters placed a sheet of glass between a hungry monkey and food.

The monkey attempted to go directly to the food and banged into the glass. He did this repeatedly. He never dealt with the obstacle (sheet of glass) by going around it. Fortunately, humans have the ability to think of alternatives. Our previous experience with glass tells us that there is an edge. We know if we look for it we can find it.

Without previous experience with glass to draw upon, we might assume that it goes infinitely in all directions. Consequently, we might respond just as our monkey friend did. That's why it's important to look beyond the symptom of eating and identify the "boxes and presents."

To identify your "boxes and presents," it's important to ask yourself, "What am I getting out of the hand-to-mouth actSM?" No one does anything for nothing. Everything we do is for something!

If I asked ten overweight people this question, someone would say, "I eat when I'm bored." And then I would ask, "Is it possible that rather than having an eating problem, you have a problem being creative with time?" The "box" in this case is "time."

Someone else might say, "I eat for pleasure." I would ask, "What happened beforehand that would require you to want satisfaction or pleasure at this given moment?" The answer might be, "I had a rough day" or "I had a problem with the kids." I would then ask, "Is it possible that rather than having an eating problem, you have a problem dealing with rough days or situations that anger you? Or might it be a problem dealing with the kids?" Here the "box" is the rough day or the problem with the kids.

Then someone might answer, "I eat to be social." I would ask, "Is it possible that rather than having an eating problem, you have a problem being creative socially?" Thus the box or present is your social interactions. Being creative is often a challenge, e.g., eating is a safer and a more acceptable

activity for most as opposed to something such as roller skating. After all, you can break a leg while roller skating, but I've never heard of someone stabbing their eye with a fork while eating socially.

People sometimes have trouble answering the question, and they offer excuses for eating instead. For example, someone might say, "I eat because it's habit." However, habitual eating can be eliminated by remembering to thank your brain. If, on the other hand, you forget to thank your brain, or if you do and the brain responds, "Yes it's a real big deal," then you're dealing with something other than habitual eating.

Another might say, "Well, I really like food!" I would say, "Sure, you might enjoy the first few bites, but do you enjoy the last of it after you've stuffed yourself?" The reply to this is always "no."

It's also important to ask, "What are you avoiding when you have a mouthful of food?"

"Talk," someone will volunteer.

My reply would be, "Is it possible that rather than having an eating problem, you have a problem being comfortable conversing?" Or maybe you're the kind of person who happily converses while stuffing yourself. Then I would ask, "Is it possible that rather than having an eating problem, you have a problem handling happiness?"

I remember that I could socialize, be happy and stuff my face at the same time! One day I realized that I was simply diluting my happiness. I asked myself, "I'm having a good time enjoying the company of my friends. Can I just feel happy, be with them, and stop diluting my happiness?" For me being in the present was being happy as I socialized with my friends.

On the other hand, maybe as a youngster you had a mean relative or someone around to spoil your happiness.

Whenever you felt happy about something, this person would make some ridiculous demand of you, or remind you of how stupid you were in some other situation, or tell you that he or she didn't like you. Now, years later, after that person is long gone, who is there to spoil the good feeling? Yes, only you.

Many clients tell me that they just want to learn to have fun—that they are too serious all the time. They take things that could be fun and make them into problems, or if they start having fun for no apparent reason they begin to feel guilty. My function then is to teach them how to play (which might literally take months).

Many use food to dilute or avoid emotions. It's as though emotions are too much by themselves. So they use food to dilute or avoid happiness, sadness, anger, frustration, confusion, uncertainty, excitement, depression, love, embarrassment, and much more. Each box or present has an emotional element in it—some to a larger degree than others. Unfortunately, most of our training has been to ignore the emotion, pretend it's not there, or hope it'll go away.

The Challenge

The challenge is to begin acknowledging your emotions as you feel them. This is a challenge because we have been trained to hide our emotions. For instance, one client shared that she was having a disagreement with an intimidating salesperson. During the disagreement, her husband asked if she was angry.



Her response was, "No, he's not getting to me." Later that day she binged. As I talked with her more about emotions and anger, she admitted, "Yeah, I was infuriated at his gall! The nerve of that guy! I guess I was angrier than I thought."

Why do we avoid acknowledging feelings in the present? Is it possible that we're afraid that if others know how we feel, they will take advantage of us? Perhaps we don't want to give them the satisfaction of knowing that they "got to us." Who knows? In any case, we have learned to avoid acknowledging our feelings.

The challenge is to begin recognizing them for your own benefit. Then you ask yourself, "Can I just feel this feeling for what it is and stop diluting it?" When you remember to do this and are open to acknowledging your feelings, you will find it far easier to stop diluting them by eating.

Emotions Are for Feeling

Emotions are for feeling, yet many people try to control them. Trying to control emotions is like trying to drill a square hole with a round drill bit—it's impractical.

For many, the treatment of emotions has become a very complex, confusing issue. Yet emotions are very simple: They are different energy levels. We have merely attempted to put labels on these different energy levels, using our own subjective experiences and the consensus of others' subjective experiences.

Energy levels can be measured by an EEG. Barbara Brown in the 1960's, lists different brainwave patterns for different feelings in her classic book *New Mind. New Body.* For example, the alpha pattern for most people results in contentment (although for one of the subjects, alpha felt like anger). With this biofeedback model, we might initially conclude that a subject could, by merely changing his brainwave pattern, control his emotions. The possibility of this

led thousands into alpha training in the early 1960s. But it just didn't work. Why? Because it's simply impractical to control emotions.

A more realistic goal is to learn to feel, manage, and "flow" with them instead of controlling them.

To become more knowledgeable about emotions, let's look at how you handle them. What do you do when you're frustrated? Everyone is different. Some people grin and bear it; others get angry; others eat, smoke, or drink. Others go for a walk, call a friend, or get a nervous stomach, headaches, and high blood pressure. What do you do when you're happy? Some people laugh; others share the happiness with others; and some eat, smoke, or drink. Some get nervous.

What do you do when you're angry? Some people holler and throw things, or curse, or get sharp-tongued, or slam doors. Others get red-faced and hold the anger in, or they get headaches, upset stomachs, or hypertension. There are some people who say that anger is beneath their dignity and that they never get angry. Of course, some people also eat or drink or smoke, call a friend, use stress management techniques, or take Zoloft.

We could ask the same question for all other emotions — love, loneliness, anxiety, boredom...

There is one answer to the question, "What do you do when you're angry, happy, frustrated, lonely...?" The one answer that encompasses all emotions is that you "do something about it." You react. Unfortunately, the way you react may often be by eating.

From Where Do Emotions Originate?

Did you ever wonder where emotions originate? Why, at any given time, you feel upset, or glad, or...? The average person's response to this question ranges anywhere from "the

brain" to "the surroundings." Neither answer is complete. For example, Joe is cut off while driving. He swerves, misses the accident, is very angry, and spends the next 20 minutes muttering angrily; and maybe his whole day is ruined as he's now certain that a lot of people get their driver's license at Sears and Roebuck.

In the same situation, another fellow, Jim, responds with a happy sense of relief. Why is Joe angry and upset and Jim happy with relief?

The answer lies in our learned perceptions of ourselves and our relationship to our environment, or more simply, our "expectations." Joe expects that people should stay where they belong and that no one should ever cut off another person. When it doesn't work out as he expects, he becomes angry and feels justified. Jim, on the other hand, expects that sooner or later someone will cut him off. He also expects that if the situation should happen, he'll be a good defensive driver and be glad if no one gets hurt.

When things work out as you want or expect, you most likely feel happy, or glad, or loved, or excited. When situations do not work as you want or expect, you most likely feel upset, or frustrated, or depressed, or lonely, or bored, or angry. Right?

Yet isn't it true that almost every day some situations will work out the way you want or expect? And isn't it also true that some situations will not turn out as you want or expect? Because this is true, what can you do about it?

Possible solutions to this daily dilemma are to:

- do something about it.
- accept it.
- hope for the best and expect the worst.
- take it in stride.

Can I Let It Be?

For the purpose of our study of emotions, you can ask yourself, "Can I let it be?" The Beatles popularized this concept back



in the 1960s and now you can use it. It opens the potential of choice.

Looking at an emotion can be like looking at the purpose of mankind--it can be awesome, or it just can be! The process involving emotions resembles the domino effect. Something does or doesn't work as

expected and bang--there is an emotion, and bang--there is what we do about the emotion.

Along the way, we often want to be more or less expressive of emotions, control or handle them, and so on. The interesting thing is that there is no choice in this model. Our behavior is simply a product of our learned perceptions.

Let us look at emotions frame by frame, step by step or one domino at a time.

The Three-Step Dance in Life

Let's use two examples: getting a flat tire and winning the instant lottery. Most people dislike getting flat tires, and most people would like to win the instant lottery.

Step #1

Let's look at the flat tire. I get a flat tire. If I cannot let it be that I have a flat tire, I will most likely go to step #2 and feel aggravated or upset.



Step #2

Then, if I cannot let it be that I am aggravated or upset with the flat tire, what do I do later when I get home? Eat? This is step #3. Thus we have a three-step dance—no choice. The steps



of the dance occur as quickly as dominoes are knocked over; the first domino knocks over the second knocks over the third. Bom! Bom! Bom!

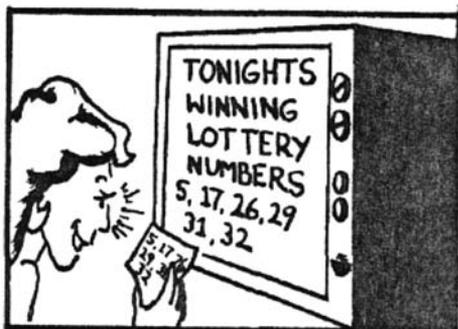
Step #3

Even though there literally may be hours between the first and last step, they are related.



Likewise the second step could be seconds or hours after the first step.

Let's look at winning the instant lottery.



Step 1: I win the instant lottery.

In the case of winning the instant lottery, you might ask, "Who'd want to let it be in the first place?"

Step #2 If I cannot let it be that I won the lottery, I will feel happy

(step #2).

Step #3 Then if I cannot let it be that I am happy having won the lottery, what might I do every night to celebrate? Go to dinner (step #3)? Again Bom, Bom, Bom, another three-step dance--no choice.

"Can I let it be?" is merely a question that you can ask yourself. It will allow you to create space and distance between these dominoes, because the goal, of course, is to leave the third step out of the dance.



Should You Let Things Be?

If you can let things be, you can; if you can't, you can't. There are situations where "letting it be" is appropriate, and there are situations where "letting it be" is inappropriate. "Letting it be" means noticing what has happened without being emotional or reacting. It would be, "Hmm, I have a flat tire," or "Hmm, I won the instant lottery," and that is it! There is no expression or emotion.

Now, it is neither right nor wrong nor good nor bad to let it be or not to let it be. If you let it be, you let it be and that is it. For the most part, letting it be is an inappropriate answer. If you let it be that you have a flat tire, you would just continue bouncing down the road at 50 mph. If you let it be that you won the lottery, you would never collect the money.

However, in some situations it's totally appropriate to let it be. For example, suppose someone in a passing vehicle, whom you've never met, calls you a dummy or blows his horn at you.

You can either let it be, or feel upset all day wondering why someone called you a dummy.

Or it might enrage you and create a road rage issue. I stopped at a stop sign which was partially covered by trees only to have the car behind me honk his horn at me. True, it was a stupid place to have a stop sign—should have been a yield—but, it's the perfect place to get a summons and I decided to stop. I felt angry at the honking guy and wanted to stop my car and point to the stop sign and say, "It's a stop sign, stupid." But instead, I moved my car over to the right and left him pass. It's a constant challenge to let things like this be without getting caught up in the three-step dance in life. Years ago, I would have found myself doing the hand-to-mouth SM act hours later and berating myself for doing so.

There are many other situations where letting be is appropriate.

Other people's problems

If you can let it be that it's someone else's problem, you can let it be. If not, it will affect you. Perhaps you may become upset. Have you ever had someone complain of an injustice done to her by a friend only to become infuriated about it yourself? Three days later, you run into your friend; she has already forgotten about it and is telling you how nice this other person is. In the meantime, you've come to hate the third party because of the injustice. If you can let it be that other people have problems, you can let it be. If not, you make them your problems.

Circumstances beyond your sphere of influence

It's amazing how so many people allow their lives to be ruled by circumstances about which they can do nothing. They spend their lives trying to change their spouses or children and end up trying to live another person's life. They miss living

their own life. They cannot let it be that the people with whom they live, parent, work, and so on, perceive life differently and have different values and priorities than they do.

The past and future

A real challenge for many is to let it be that the past is over, done, and finished and that there is nothing to be done except to learn from mistakes, or to let it be that the future is yet to come, is impossible to predict, and may never even happen if someone pushes a wrong button. So instead they binge, worrying about the future and feeling guilty about the past.

Making mistakes

Most people really have trouble letting it be that they will inevitably make a mistake, and not just one but many. So, they munch out and do nothing for fear of the embarrassment or fear of what others will think of them for messing up.

One client who knew how to let it be was Laurie. Laurie's marriage spanned 25 years and her husband had been having extramarital affairs for the last 10 of these years. When I asked her how she felt about it, she acknowledged that most women would probably become unglued and that at first, she did. "He assured me that he loved me and always would. Now looking back I realize that the only thing that would have broken up our marriage would have been my reaction to his affairs. We are still totally devoted to each other, have a great relationship, and have raised three wonderful children." When I asked her if she had turned her cheek, she said, "No, I put my ass on the line and my ego aside. Love extends beyond exchanging spit and swapping epidermal cells." For Laurie, letting it be was totally appropriate.

Unfortunately, most people get caught up in comparisons and in rights and wrongs. Can you imagine Laurie's experience if a close, trusted friend had said to her, "I'd never let a man

do that to me. He's treating you like a nobody--like dirt. I'd throw the bum out and get a divorce." Fortunately, Laurie was not prejudiced by a biased opinion and was able to live her own life.

Our attachments to expectations often originate in Cinderella-type bedtime stories, and they prevent us from letting it be. Letting something be is the equivalent of "accepting it," provided you're not keeping score. If you're keeping score, you're not letting it be but are merely keeping score: one for you, two for me and so on.

Letting something be is neither right or wrong. "Can I let it be?" is only a question that allows you to look at your options and gives you the possibility of choice.

Occasionally, a person will say, "I let it be--I felt nothing." Actually, "nothing" is an emotion, and if you cannot let it be that you feel nothing, you still might end up doing the hand to mouth actSM.

Doing Something about It

Of course, there is another option: Do something about it. If you cannot let it be that you got a flat tire, you can do something about it. You can slow down the car and have the tire changed. And if you cannot let it be that you are doing something about it, you still might be angry. Then, if you cannot let it be that you are angry, you still might do the hand to mouth actSM (or do something silly like throw away the tire and sell the car).

Likewise, if I can't let it be that I won the instant lottery, I can do something about that: I can collect the money, take a vacation, invest some, spend some, and so on. And if I can't let it be that I am doing something about it, I'll be happy. Then if I cannot let it be that I'm happy, I'll celebrate every night by going to dinner (or perhaps do something silly like take it all to the casino and hope to double it).

Let's Vote

If you cannot let it be that something does or doesn't work out as expected, you can always feel an emotion. Now, do you like to feel upset, angry, depressed, lonely, or frustrated? Do you like to feel happy, glad, excited, or loved? If you've answered yes or no to either question, you've just voted. Most people answer "no" to the first question and "yes" to the second. We've all determined that there are emotions we dislike and emotions we like.

We have attitudes about every emotion. We label some of them positive and others negative. But remember, emotions are simply different energy levels, neither good, bad, right nor wrong. It is our beliefs and attitudes about the emotions that stand in the way of us feeling and experiencing them.

The Emotional Sealers

Our attitudes or beliefs about emotions prevent us from feeling and experiencing them. These beliefs and opinions can be like polyurethane sealers. Because we are sealed off from the emotion, the third domino is automatically knocked over. This results in smoking, drinking, insomnia, tranquilizers, excessive sleeping, anorexia, and so on. In your case, overeating or bingeing.

"Can you let it be?" Once again, this is the question that gives you the power of choice to feel and to experience the emotion, or to do something about it.

Unfortunately, we have sealers for every emotion there is. For example, happiness is an emotion about which people have beliefs--beliefs that can seal them off from feeling happy. Why shouldn't you let yourself be too happy? The answers are usually:

- I'll be setting myself up for the big down.
- What did I do to deserve to be happy?
- I didn't do anything to deserve this good fortune.
- There are so many people with so much less than I have.

It's almost as if this person can't be happy until the whole world is happy.

How about excitement? You shouldn't be too excited because:

- It can't be this good, can it?
- I'll be going through life with blinders on.
- My blood pressure will go up.

How about love?

- There has to be something wrong with this jerk, right?

These are what we call the positive emotions. How about emotions like anger or depression? Why shouldn't you be angry? Typical answers are:

- It serves no value.
- It's lowering me to someone else's level.
- Someone will know that he's getting to me.
- My blood pressure will go up.
- I'll say something dumb or stupid.
- I'll be embarrassed.
- Life is too short to waste time being angry.
- It's not that big a deal.
- Others won't like me.

Then there is depression. Why shouldn't you be depressed? Because:

- I'll be no fun to be around.
- I am still young I have a whole life ahead of me.
- I have two legs and two arms and are so much better off than so many unfortunate souls.
- It's a waste of time.
- I'll be the rotten apple in the barrel.

These are all beliefs that stand in the way of feeling and experiencing emotions. Each belief or opinion that says we

shouldn't feel the emotion seals the emotion off from being felt. And if we can't let it be that we have an emotion because of a sealer, the end result is that we eat.

The strange thing is that many people spend their whole lives trying to express emotions. There are all kinds of communication courses and books telling you how to express emotion. This is way off target. How can we express something we haven't learned to feel and experience?

The Barrier

Some people create barriers to avoid feeling emotions like anger. In *The Angry Book*, (written in the 1980's and no longer available), Theodore Isaac Rubin, M.D., writes of patients who avoid anger by twisting it into what he describes as perverted behaviors—behaviors such as self-hatred.

He describes how one patient sustained four fractures in three auto accidents in addition to accidental kitchen-knife lacerations. Another patient had six unwanted pregnancies. Another kept losing valuable articles. One man would lose job after job by always being late or taking time off. One woman successively married three alcoholics, each of whom abused her physically. One man stole checks from his employer, forged them, and then abandoned his family to run off to a faraway casino to lose it all. Six months later he moved his family halfway across the country to start all over again. (One would suspect his wife also has a problem with anger.)

In avoidance of anger, all too many people let their skin, digestive tracts, respiratory tracts, or muscles take the brunt. So obesity, colitis, ulcers, asthma, heart disease, and skin rashes develop, or we create other avoidances such as hypochondria (always complaining of "not feeling good" at the most inopportune moment). It seems that we can fool our intellect but not our body.

He explains that there is vindictive avoidance of anger—also known as "the silent treatment." It can vary from a cold,

emotionless matter-of-factness to a total cold silence complete with the absence of touch that may last for weeks or months. The spouse of the vindictive one may plead for forgiveness or cry, "Please yell at me, scream, hit me, beat me, do anything." The vindictive one is, in a sense, silently saying "I'll teach you. I'll cut you off. I'll get even." When confronted later, the vindictive one will deny any feeling and say "You're making a big deal about nothing. I just didn't feel like talking."

He points out that another way of avoiding anger is demonstrated by the Spoiler or Saboteur. Anger is transferred into a pseudo-"nice" act and it comes out as:

- "You got a great job, but can you handle it?"
- "You got a great husband, but hasn't he been known to fool around?"
- "I'm glad you stopped smoking, but
 - don't you miss cigarettes, or have withdrawal?"
 - I hear the third month is the worst."
 - you're no fun to be around."
 - haven't you gained a little weight?"
- "I'm glad you lost weight, but
 - don't you miss your afternoon snack?"
 - you don't seem to be as nice as you used to be."
 - you look a little pale."
- "I'm glad you stopped drinking (pot, drugs, etc.), but
 - isn't it rough for you doing without?"
 - you're no fun anymore."
- "I like your new rug, but isn't the shag too long?"
- "I like your new dog, but doesn't it eat (bark) a lot?"
- "I like your idea, but
 - do you really think it'll work?"
 - didn't so and so already try that?"
 - you can do better, can't you?"
 - do you feel up to it now?"
 - can you handle it?"

Rubin calls these people "sneak speakers" and notes

that they usually justify their comments by saying, "I'm only being honest." Of course, this is supposed to excuse their sabotage because we want honesty. Thus, the unfortunate recipient of such sabotage is hypnotized into believing that "honesty" is the issue when the spoiler would more honestly reply, "I'm angry with you." The spoiler would, of course, "spoil a wet dream" if he could.

All kinds of behavior can be used as barriers to experiencing anger, depression, and rejection. Note that not all people who behave this way are avoiding emotion, although it is often the case. Typical behaviors are obsessions, compulsions, phobias, worry, guilt, bullying, talking incessantly about trivia, or being super nice.

For instance, Ruben explains that the super-nice person is often nice to those he dislikes (enemies), ignoring his own family and friends. The idea is to get the enemy's approval. Of course, the enemy, ignorant of the truth, likes the nice person; and now how can the nice person be angry with the enemy? There is no rational justification. The anger only shows itself while the person is complaining to others about how boring or dumb or brash this enemy is.

Some hide from anger by becoming immersed in work or hobbies. Some are aggressive with their anger and take on a "holier-than-thou" attitude, giving an air of "What can you do to please me?" They have gruff mannerisms and a cold, stern countenance. Some use sex—impotence, frigidity, sadism, or promiscuity (figuratively screwing their partner, all the while claiming to be loving). Some play martyr or intellectual to avoid emotion. There is the chronic borrower who expresses his anger by neglecting to return things or by damaging the item.

Ruben further explains that if you want to be angry and don't know how, there's always another easy way to express it! For instance: Be late for everything or forget to fulfill the requests of others. Better yet, give wrong directions, hand out misinformation, and mislead those with whom you're angry.

Become a professional gossiper. Or stretch the truth a little (if you know it will hurt someone). Or play dumb and frustrate the hell out of the one with whom you're angry. Or play a friendly game of basketball and constantly hit your opponents "accidentally." Or be a practical joker, write anonymous letters, or take up obscene phone calling. And if you're really serious about avoiding emotions, try schizophrenia, paranoia, catatonia, or some other psychotic behavior. Better yet, become a criminal or a sociopath.

When you really look at it, overeating is a mild-mannered way of expressing anger, compared with many of these mechanisms.

To Feel or Not to Feel

The guru, Tony Robbins, in his Getting the Edge Program devotes an entire CD to emotions. He developed a 10-step analysis for each emotion. Yet, the irony is that the reality of emotions is not from the analytical side of the brain. Emotions are from the limbic primitive portion of the brain that we constantly try to control with the conscious reticular brain (the part of the brain that creates the "sealers"). The est training of the 70's and 80's recognized this reality decades ago and introduced the concept of experience. When an emotion is experienced, it's over, gone, done—no analyzing required. If the emotion is still present, it hasn't been experienced. That thinking has never been capitalized upon and only now decades later are people looking at dealing with emotions. The good news, of course, is that rather than trying to analyze emotions, when you allow yourself to feel the emotion, the moment you experience it, it disappears. But if you have a belief (sealer) about an emotion that stands in the way of your feeling the emotion, the emotion will linger. Feeling an emotion is like a sentence. It can be a short sentence or it can be a long run-on sentence. Experience is the period at the end of the sentence signifying that it's over and finished.

Werner Erhardt, founder of "est" training seminars, says, "Whether we like it or not, there is suffering in life." He

believes in short-term suffering rather than long-term suffering. Some suffering can be incredibly long-term. In this respect, I've had clients who have been stuck in an emotion (such as anger) for 20 or 30 years.

Jane's husband died when she was 30 years old. Twenty-five years later she was 40 pounds overweight. She had never allowed herself to be angry with her deceased husband. After all, he had died and she was still alive. What good was it to be angry at a dead person? Besides she'd feel guilty for feeling anger, so what's the use?

When she allowed herself to move into the grieving process, acknowledge the anger that she had suppressed (hid under 40 pounds), she easily got rid of the excess weight.

Granted, this is an extreme example, but the emotion--anger, depression, happiness—doesn't care how long it takes you to feel and experience it. If it's still there, you are somehow resisting feeling it.

It's a lot like riding a bicycle. I can tell you how to do it and that it's possible, but learning is only a result of practicing and making mistakes. Fortunately, to get a handle on emotional eating, it's unnecessary to master the feeling and experiencing of emotions. For now it's only important to acknowledge them.

Feeling Anger Effectively

Here are some tips on feeling anger. You can adopt some of these same tips to feel any emotion. Before attempting to communicate or do anything about the situation, it's important to discharge the emotion. Anger is a fight emotion and involves fight hormones. Frustration, hatred, and upset involve similar mechanisms. When you are at the effect of something, the first task is to recognize to what you are giving power.

Now, to discharge it. There are actually three ways to discharge the emotion. You can use any one or all three. I

suggest you use as many as you can.

Do this in the privacy of your own home or automobile. To discharge the fight hormones, punch and hit pillows, punching bags, mattresses (things that are soft can't be hurt and don't fight back). Of course, as you are punching, get into the anger and upset you are feeling. Symbolically, you are punching the person or situation with which you are angry. Racquetball is also a good release sport. Symbolically, as you smash the ball, you are smashing the person or situation. Whichever technique you choose, keep hitting until you feel relieved. If you have a heart condition, skip this step and go to the next step.

Now, let's be careful. For some people the hitting and punching will move them towards feeling relieved, however, for others it may only intensify the anger, justification for the anger, and keep them wallowing in anger—not the end result we want. So, as you are doing the punching and hitting, it's important that you also say aloud to yourself, "I'm angry, at the effect of this situation," or "person and I'd like to: (anyone of the following preference statements)

- ~ Let it go.
- ~ See it from a different perspective.
- ~ Forget about it.
- ~ Learn from it.
- ~ Move beyond it
- ~ Somehow profit from it."

This will direct your brain to the desired outcome

The second way to discharge the emotion is to do role-play. You can do this with a friend or with an inanimate object. Choose a door knob, car rear-view mirror, etc. Yell, scream, and

holler at the person or object. It's important that this be done in the first-person, present tense. Call them bad names, curse them, and blame them until you feel relieved. Of course, it's very unwise to do this with the actual person with whom you're angry, because you'll only cause yourself more problems. Notice that this is not the same as complaining. When you are shouting at the object, you do it in the first-person present tense. Complaining is usually done in the third-person past tense and usually accomplishes nothing but to get you angrier. Again, use your preference statements to get beyond anger; otherwise you may end up wallowing in anger for years.

The third way is to write a nasty letter. Of course, you never mail it and never give it to the person and never leave it lying around. In the letter, say all the terrible things you want to say but wouldn't ordinarily say. Letter writing is sometimes the easiest method because you can take as much time as you desire from sentence to sentence, whereas when you're role-playing several seconds of silence can seem like an eternity. You can also go back and add to the letter as often as you wish for several days or weeks. If you have a heart condition or high blood pressure, this is the safest of the three techniques.

When you think you've said all that you had to say, put the letter aside in safe-keeping for several weeks. Then reread it. You'll either have more to add, or you'll find that much of what you had to say no longer matters. If you have more to add, do so and again put it away for a few weeks. Repeat this process until you have nothing more to add and the feelings are gone. If you desire, you can mix either or both the role-play and the physical contact techniques with the letter writing.

After you've thoroughly discharged your anger, you can clean up the letter. You can make it a responsible form of communication and send it, or call the person and discuss your problem. You'll find that you'll be very clear and calm about your communication. I know you might be saying, "Well, if I have to wait six weeks before I say something, I should be

calm." I'm suggesting this length of time to handle anger that you may have stored for five, ten, or more years with parents or other relatives and friends. Considering that you've probably said nothing for all those years, a few weeks then is a very short time period. As far as the little everyday frustrations, you may be able to discharge them in several minutes or a day or so at most. After you've discharged the anger, you may feel resolved and be free of needing to express yourself. I remember dating a gal, Denise, who had a two-year-old daughter, Lorie. Lorie never finished the food on her plate and often ate junk food before meals. I would get angry because I grew up in a family where you didn't waste food and you didn't spoil dinner with junk food. I thought Denise was teaching Lorie how to get away with things and to be wasteful. I knew I was right and angrily expressed my opinions, which only created arguments.

Every time we had a meal together, the same issue would surface. Denise and I sounded like a broken record. It got to where eating with Denise and Lorie was a totally frustrating and unpleasant experience; I knew I was "right."

Not until I was able to go beyond concepts such as wastefulness and deal with the anger did I notice a change. First, I released the anger away from Lorie and Denise by pounding on the car seat as I screamed terrible thoughts. Then I accepted responsibility for my anger. It belonged to me; no one put a gun to my head and ordered me to be angry. Finally, it was very important to let go of being "right." After doing all this, I began to feel differently about the issue. In reality, there I was 40 pounds overweight telling Denise how to instruct Lorie in food management. It was like the "pot calling the kettle black." Once the anger was gone, I could realize that my beliefs (the ones taught to me by my family) were not necessarily the best. Perhaps Denise's beliefs weren't "right" and neither were mine. After all, at that time in my life I would have gladly given all the money that the wasted food cost just to get rid of my 40 pounds.

Realizing that my behavior was the result of my

family's experiment with food education, I was more open to discovering the results of Denise's experiment with Lorie's food management. With these realizations, it became unnecessary for me to express myself verbally. After all, it was my problem.

Thorns Do Break Off

It would be false to assume that once I realized these insights I would never get angry about this issue again. An issue like this can show up in a variety of ways. For instance, just as a rose has many thorns on its stalk the issue can surface many times. Anytime you reach to pick up the rose, you can get stuck. But did you know that the thorns are not actually part of the stalk? If you handle the stalk very carefully, you can break the thorns off one by one. Some thorns are a bit more tenacious than others—especially the smaller ones. Nevertheless with persistence, the stalk will eventually be smooth. Denise had many behaviors that were similar to this food management issue, and these behaviors would trigger the same feelings in me. As I dealt with each one individually and discharged the anger and frustration, I eventually was "flat" with the issues. "Flat" means that I was free of reacting to any difference of opinion regarding how Lorie should be raised. Often, after I discharged the anger, I could simply let it be and no communication on my part was required. At other times, communication was important, but it was as an exchange of ideas rather than an, "I'm right and you're wrong" argument.

Kicking and punching work well with discharging anger. With all other emotions, role play and letter writing can likewise be used effectively. Remember depression often camouflages anger.

What Are You Really Eating? Looking Beyond the Symptom

Sometimes we only see things a certain way. Up until

now you might only have been seeing the symptom (believing that you have an eating or binging problem). Let's see if we can look beyond the symptom.

Can you imagine that you've never seen a coin before? If someone were to show you just the head side of a coin, you would not know what was on the other side unless you were to look. Of course, a coin is small enough for you to turn it over and look at the other side. The bigger something is or appears to be, the less likely you'll turn it over.

Even a coin could appear huge. Many years ago there was a TV commercial that tried to make you anxious about all the money you're losing by not using their product. They had this quarter, which appears to be about 100 feet in diameter, rolling after and about to crush a car being driven down the road.

Similarly, being anxious about your eating symptom can severely limit your ability to perceive the truth and discover what your real problem is. In fact, you can make a symptom so big, so huge, so gigantic, so humongous that you would never see anything but the symptom and never even think to look beyond it.

It's Human to Be Affected



Let's get back to the flat tire and instant lottery. If you cannot let it be that you have a flat tire or have won the instant lottery,



you'll feel frustrated about the flat tire or happy about having won the instant lottery. In so doing, you're giving power to the

flat tire or instant lottery. It's as though the flat tire or the instant lottery is above your head and you're a puppet on a string doing the "happy" or the "frustrated" act. Now, there is nothing wrong with giving power to other things as long as we acknowledge that this is what we are doing. It's human to be affected by things. Unfortunately, many people believe that it's wrong, stupid, ridiculous, and so on to be affected by something else and that it shows weakness. This kind of thinking only makes it easier to eat and get stuck in the symptom.

The truth is that when the emotion is felt, experienced, and responsibly expressed, it disappears— leaving space for life. But if we cannot let it be that we are angry, frustrated, and happy and we find ourselves doing the hand to mouth actSM later on, what are we eating? It might look like a doughnut or taste like ice cream, but what is it really?

Symbolically, it's the flat tire or the instant lottery. That is to say, we eat our flat tires and instant lotteries. Or more generally, we eat our disappointments and/or our accomplishments. Some people eat their jobs, co-workers, spouses, kids, parents in nursing homes, unrealized expectations of themselves, and promotions. Some eat holidays or other's birthdays or simply "getting through the day."

Elephants Eat M&M's

Whenever you think about eating something, or eat it, you think of it as food. After all, it does look like and taste like food. It's very important that we begin to see what we are really eating. However, what you are really eating may be miles away. So first, let's visualize it.





For some, the idea of visualizing immediately has a dampening effect. Many people simply have never been able to visualize something, no matter how hard they tried. This is because they are trying too hard, and take this visualizing thing too literally, and make it too important.

Can you get the idea of an elephant eating a bag of M&Ms? Good. Most people can get the sense of that image. Really, it's unnecessary to visualize; it's more important to get a sense of the idea. The next time you have a thought about eating something that you know is unaffordable (that is beyond what you require to maintain a healthy thin body), remember to look for the other side of the coin. As soon as you have a thought about eating something specific like a candy bar, let yourself sense the candy bar transformed into what you'd really be eating. Just as you can sense in your mind the candy bar, you can also sense in your mind what the candy bar really is.

Karen's symptom of eating surfaced when she felt bored--that is whenever she forgot to plan her time or her job got boring. Earlier in this chapter we looked at boredom as a lack of creativity with time. So whenever Karen thought of eating while she was bored, she looked beyond the food and sensed the face of Big Ben on whatever she was thinking of eating.

Joan would get through a rough day of dealing with irate customers and reward herself by bingeing every night. Food was like a consolation prize for making it through another day. So every time she peered into the refrigerator, she would look beyond the cold cuts, cheese cake, etc. and sense the irate customers' faces on the food instead.

Again, the next time you have a thought about eating and you know it's beyond what's good for you, ask yourself what is on the other side of the coin. Then allow yourself to sense what you would really be eating. This alone may be sufficient for you to leave it there and escape the emotional room.

Sometimes, I ask myself what I'm really eating and I have trouble identifying it. Sometimes just knowing it's something other than food is enough for me to avoid eating it, and sometimes just knowing it's something else is insufficient to avoid eating it and I'll eat it. It's as though my brain has a curtain around it. So I tell my brain, "Come on, brain. Lift the curtain and let me sense what I'm really eating." I may eat it for a day or two before the brain lets me take a peek at it. For me it's usually some uncertainty about the future, and when I realize what the uncertainty is about, that's it—I stop eating it. So instead of eating an uncertainty for months as I did years ago, I might eat it for a day or two. Instead of eating a whole potato chip bag of uncertainty as I did in the past, today I only eat a few portions of uncertainty.

If for any reason you follow through and consistently eat your accomplishment or flat tire or whatever, ask yourself if you are happy eating it. Then ask yourself if eating your accomplishments or disappointments is a productive way to handle them. The answer is obvious. Rather than judge or criticize yourself, simply acknowledge what you are really eating. Your inner dialogue might go something like this: "I acknowledge that I'm unhappy eating (situation, place, person, thing) and that I feel (emotion)."

Going back to our formula, this first statement acknowledges where you are. Now what do you want to do about it? You then give yourself direction by saying, "I prefer to feel and experience the emotion and you, my creative brain, find another way of handling the (situation, place, person, thing) and leave food out of it!"

The Truth Will Set You Free!

When you allow yourself to acknowledge that truth over and over, i.e., that you're handling the same accomplishments or disappointments the same nonproductive way, you will eventually get bored and "fed up" (pun intended) eating the same problems and accomplishments. Next is the handle. For some people it's like a switch going off in their heads. For others it's more gradual. Whichever way it is for you, you eventually go on to say, "I have stopped eating (person, place, thing). I may be uncertain how to handle the situation, but I do know that I have stopped eating it."

And the truth sets you free.

The Secret for Success

Your complete willingness to suspend judgment of yourself and to accept and surrender to your present behavior is the secret to attaining successful management of your eating habits. Not that you'll never change, but in a sense it's as though you've accidentally fallen into a swimming pool while wearing your best clothes. You know that your clothes are ruined, and you respond "OK, so what! I'm wet and want to get out of here, salvage what I can, and get on with life." Instead of "Me, I'm not wet." Or trying to fight the water, in which case you might drown.

This example brings us to another very important point: "What you resist--persists." In other words, if you resist feeling any emotion, you will only magnify it. The goal is to learn how to go along with your emotions, acknowledge them, feel them, and be able to say, "Yes, I feel frustrated (or happy or whatever) and I'm eating my problems (accomplishments). I'm unhappy about it and I'd like to stop eating them."

This is far more preferable than sinning by saying something like "I don't know why I weigh so much. I don't overeat that much. I try to watch what I eat. I just don't understand." Now we have the exit sign lit; and the key is in your hand.

The Key to Escape the Emotional Room

Sometimes you'll know what you're eating and sometimes you won't. Simply remember that whenever the hand to mouth actSM is in gear, you are eating something other than food. Begin to acknowledge that symbolically you are eating something else—an accomplishment, a disappointment, someone's birthday, or a holiday, or whatever.

As you allow yourself to acknowledge what you are symbolically eating, you eventually get bored and fed up eating whatever it is. You simply get bored, tired, and fed up handling your accomplishments and disappointments the same nonproductive way. Then you open the door with the key: You emphatically say to yourself "I have stopped eating (whatever)." And you leave the house of gluttony.

Now, the only mistake that you can make is to expect that once you've stopped eating things that you'll never eat them again. I suggest the following thinking. "OK. Today I've been free of eating (person, place, time.)" And I'd like to be free tomorrow. If I am, I am, otherwise, I'll handle it." With this philosophy, you'll be most effective at freeing yourself.

There will be times, however, when the hand to mouth actSM is in gear and you simply will be at loss as to what you are really eating. Here again, talk to yourself. "OK, brain, I'd like you to lift the curtain."

Sometimes the brain hides the truth from you because it doubts your ability to handle the situation, or it has simply been unaccustomed to acknowledging what you're really eating. That is, your brain simply lacks practice in identifying what it's really eating. "I prefer to identify what I'm really eating, and to deal with it, and forget about food!"

Then there may be a time when you'll unknowingly do the hand to mouth actSM for a few days or weeks before you

become aware of it. You'll also forget to thank your brain and not notice any emotions during this time. In other words, it will be as though you never read this book. The only mistake you could make is to get mad at yourself and invalidate or judge yourself. Instead, use an inner dialogue something like this: "Thank you, brain. You believe that I am dumb because I forgot to apply my new thinking. Thanks for your opinion. I acknowledge that I'm unhappy having done the hand to mouth actSM and having forgotten to thank you. In the future, I prefer to be aware of the hand to mouth actSM when it's occurring so I can handle it appropriately."

Refocusing~the Secret for Continued Success!

As you acknowledge what you are really eating, you are moving from focusing on food and onto the "boxes and presents" (stress of life). Surely after you've dropped the desired amount of weight, it will be easy for you to "eat" your accomplishments and disappointments. For a while it may even be affordable to eat the accomplishments and disappointments--perhaps five or more pounds' worth. This is a crucial juncture, for you can get back into old habits and worries and sin, sin, sin, or you can remember to refocus.

Your ability to manage your eating habits will always be directly proportional to your willingness to refocus. Remember that it looks like food and tastes like food, but symbolically, it is something else. As long as you are willing to refocus onto what you are symbolically eating, handle your emotions, and deal with the accomplishments or disappointments, you'll be well on your way to shedding all the weight you desire and managing your eating habits forever. This is the secret to keeping it off and staying thin.

The Ultimate

Actually there is nothing wrong with using food to manage stress--for a while. Being at my goal weight, my weight will fluctuate 3 to 4 pounds. The pinch test is the secret. If it is affordable for me to eat the stress--I'll eat it. When I pinch more than an inch and a half, it's unaffordable; it's time to

take action with stress. The ultimate is to use my weight as an indicator of how well I'm managing stress--to let it remind me that it's time to deal with stress and stop eating it.

Chapter Review

We are emotional people. If we cannot let it be that something does or does not work out as expected, we'll have an emotion. When we have an emotion, we are giving power to something else. We are like puppets on a string being controlled by whatever did or did not turn out as expected.

If we cannot let it be that we are giving power to something else, we do the "hand to mouth actSM." Even though it looks and tastes like food, we are symbolically eating something else (our disappointments and accomplishments in life). Although it's important to refocus onto the stress contributing to the emotion, the emotion itself is the real stressor. When you acknowledge the emotion and allow you to feel it and take it straight, it disappears. The ultimate challenge is to allow you to feel the emotion. When you can feel the emotion the need to do something about it, like eat, disappears.

Week #3:

1. Make a list of emotions with which you feel uncomfortable. Write, "I feel confident in my ability to handle (the emotion)." Next record all the reasons why this statement is untrue, a lie, or a problem.

After each reaction write, "Thank You."

The "Thank You," is for your brain. Every time you notice this emotion, let yourself know that you'd like to discover how to feel it and take it straight.

2. Write down everything in your life that you are symbolically eating. List the accomplishments and disappointments that you might be eating.

3. Memorize and practice the following internal dialogue and use it for when your brain responds with "Yes, it's a big deal," or if you forget to thank your brain and find the hand to mouth actSM in gear: "Thank you, brain. I acknowledge what accomplishment or disappointment I'm really eating and that I feel (emotion). And I'm unhappy eating the accomplishment or disappointment. I prefer to feel and experience the emotion, and you, my intelligent brain, find some other way of handling the situation and leave food out of it!" This is your "Handle on emotions."
4. Continue playing Sherlock Holmes and see if you can find another sin that has been slipping through in your thinking or speaking, and then "say it right."
5. Read the section on Self Hypnosis in Chapter IX and begin practicing the first step of self hypnosis

“Grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference.”

~modified Serenity prayer



“The significant problems we face cannot be solved by the same level of thinking that created them.”

~Albert Einstein

CHAPTER VIII

Escape from the Room of Self-Defeating Gluttony

The Excuse

Thus far we've looked at the "thinking problem" and two of the three facets of the "stress problem" —habitual and emotional eating. If your eating or weight symptom is from a thinking problem, then switching your thinking as described in Chapter III is all that's required to manage your eating habits. If you know your "say it right" suggestions as automatically as you know your name and address, but still have the eating symptom, then it's important to look at one more facet of stress.

As always, we begin by assuming that all eating is habitual until proven otherwise. The stress of habitual eating is handled by using awareness. Thanking your brain and asking yourself if it would be a big deal to leave it there, as described in Chapter VI is a most powerful awareness technique. If it's a big deal to leave the food there or if you forget to use an awareness technique and you eat, then it's no longer called eating. It's called the hand to mouth actSM. This means we're dealing with emotional eating. As we saw in Chapter VII, dealing with emotional eating meant stepping beyond the words or phrases you think and say and learning how to acknowledge and feel your emotions rather than using food to dilute them. As you will soon see, many of these same techniques apply to self-defeating eating as well.

Now, even if you remember to thank your brain and even if you feel that you are handling your emotional stresses well, you may still find your hand to mouth actSM in gear. If your hand to mouth actSM continues, this means that instead of being in either the habitual room or the emotional room you are in the self-defeating room. Self-defeating eating involves a different type of emotion than those handled in Chapter VII, but as you will see, many of the same techniques apply.

To understand the self-defeating room, let's look at why

you want to be thin. Typically, there are about a half-dozen reasons:

1. To look better to yourself and others.
2. To have more energy.
3. To have more confidence.
4. To be better at sports, or be better coordinated.
5. To feel healthier.
6. To have more fun.

These all seem like excellent reasons. Unfortunately, the self-defeating room can turn the very reason you have for wanting to be thin into the thing that keeps you stuck on eating too much. How could any of these reasons keep a person from shedding weight? Imagine a coin. On one side it says "why," and on the other side it says "fear."

Every one of the reasons listed above is on the "why" side of that coin. On the other side of each reason is a fear—the fear that even if you did shed all the weight, you'd still fall short of meeting your expectations. For instance, you might want to shed weight so that you'll look better. But what if you shed all the weight and still don't look the way you'd like? Or as one client stated, "I'm afraid that even if I get rid of the weight, I'll still look like an upside down bowling pin. At least now I have something to blame my poor looks on."

The fear of not meeting your expectations, and the use of your excess weight or fat as an excuse, shows up on the other side of each "why." It's the fear that even after you shed the weight you'll still have little energy, or you'll still lack confidence, or you'll still lack coordination or be poor at sports, or you'll still have poor health, or you'll still lack popularity and be alone most of the time. And in response to this fear, you find yourself saying, "At least I now have an excuse. At least now I have something to blame it on. At least I don't have to admit that I don't know how to make friends, keep friends, play sports, be more successful, etc."

Is it possible that excess weight protects you from dealing

with the real issue and that you are essentially hiding behind pounds of fat? What might you be eating? Fear of the future? Fear that you'll just have to admit that, well, "I'm not a very interesting person or no one likes me, or I'm just a lazy person, or I'm a sickly person, or I have two left feet or hands, or my body has no shape at all?" Is it possible that rather than ever learn the truth about yourself, it's a lot easier to eat and hide behind the excess weight?

"Thank you, brain. I prefer to shed the weight and deal with my expectations of how I might look or feel or my coordination as a separate issue rather than eating my fears of future realities."

As long as you hide behind the weight, you avoid taking risks. And if you never take risks, you never get to be disappointed, angry, happy, excited, or glad. You just get to vegetate and blame your life's problems on your weight.

Your Butts

It's easy to doubt yourself. In fact, in response to any affirmation, you'll probably have doubts about its validity or your ability to achieve it. I call these doubts your "butts" — spelled with two t's because we often sit on them.

For example, choose four qualities that you find important for yourself. Write them down. For example, "I am a thin, confident, prosperous, organized person."

Next, list your butts. Remember, the butts are your doubts. For instance:

Butt #1. "Butt, I haven't seen the wood on my desk since I took the job ten years ago. I can never find anything." Now follow this, of course, by acknowledgment: "Thank you, brain. I am an organized person."

Butt #2. "Butt, I'm poverty stricken and don't even know where the money is going to come from for this month's rent. That's prosperity? Thank you, brain. Just because you are uncertain where the rent money is coming from this month, you believe that I'm a pauper. I am a prosperous person."



Butt #3. "Butt, I'm mousy and have no courage. Thank you, brain. I acknowledge that in the past I've lacked confidence in certain situations, and I am a confident person."

Butt #4. "Butt, I'm 120 pounds overweight. How can I regard myself as a thin person? Thank you, brain. Just because I am carrying extra weight, you believe that I'm fat. I prefer to regard myself as a thin person carrying excess weight and I am shedding it!"

Butts, butts, and more butts. This could go on indefinitely, and each "butt" would be handled in a similar matter.

Of course, you might eat these doubts for a few days or so until you get bored and fed up handling your fears in such a nonproductive way. And then you use the same key that you used for emotional eating: "I have stopped eating my fear of the future. I prefer to take a course in confidence, coordination, health management, assertiveness, or self-image and forget about food."

Take the affirmation, "I really can weigh _____ pounds and

successfully manage my eating habits."

Now be negative. Write down as many doubts, or butts, as you can think of in response to this affirmation. Then, after each butt, thank your brain, acknowledge its opinion, and bring it up to date.

Butt #1. "I really can do it, butt I'll have to give up candy. Thank you, brain. You feel I'm giving up candy. Actually, I'm giving up feeling good about myself through continuing to eat candy, and I prefer to stop eating candy rather than giving it up and be excited about leaving it out of my life."

Butt #2. "I can, butt I'll have to buy new clothes and I'm short of money. Thank you, brain. I prefer to be free of my wardrobe affecting my weight, find the money for new clothes, and get excited about how I'll look in them!"

Butt #3. "I can, butt others may not take me as seriously as they do now, since I won't be as large. Thank you, brain. I prefer to have their respect for who I am instead of for my size. I'd like to get excited about taking an assertiveness training course."

Butt #4. "I can, butt I always attract the wrong kind of men. Thank you, brain. I prefer to deal with men as a separate issue, learn to how to attract the right kind of man, and forget about food."

Butt #5. "I can, butt more will be expected of me and I won't know how to respond. Thank you, brain. I prefer to handle the expectations of others rather than eat."

Butt #6. "I can, butt as I'm losing weight, my underwear won't fit." Yes, no matter how silly the butts sound, it's important to acknowledge them. Otherwise they could dictate your eating habits. "Thank you, brain. I'm shedding these pounds rather than losing them and I prefer to buy new underwear."

Butt #7. "I can, butt I'll be tempted to flirt with the opposite sex. Thank you, brain. I prefer to shed the excess pounds and deal with my sexual temptations as a separate issue."

The Butts go on and on. Perhaps you can discover your own butts. Press yourself to write down at least ten butts, no matter how silly or stupid you feel they are. Remember, it looks like food, but if the hand to mouth actSM is still there, it is probably one of these butts--fears of the future--that you are eating.

Make Peace with Your Brain

The self-defeating room is full of all kinds of hidden fears and doubts about being thin. Some of these are fears of the future; some of them are doubts about your abilities based on your past experiences. They are all stored in your brain, and remember, the brain likes to be right about things.



Just as you are learning to acknowledge your emotions, it's likewise important to recognize these resistances to being thin and acknowledge them so you can deal with them. In other words, you'll want to make peace with your brain so you can stop paying the price for "being right."

Let's see if we can uncover some other resistances to being thinner. Write the following:

"I really want to weigh_____pounds."

Fill in your goal weight. Notice any feelings or thoughts you experience as a result of the affirmation. Then write that thought or feeling down as a reaction. The idea here is to be negative. In other words, write down all the reasons why you think that you will find it difficult to attain or stay at your goal. Then write "thank you" after each reaction. The "thank you," of course, is for the brain.



Your brain has a hold on you. When you thank your brain, it releases its hold on you and lets you shed weight. What does this mean? It's more easily understood when we remember that we like to be right about things. We've been taught that it's important to be right. In fact, it's possible that the brain will go to all extremes just so it gets to be right about something.

For example, in response to the affirmation, I really want to weigh ___ pounds, your brain's reaction might be, "but it'll take forever."

This is what your brain believes to be true about you based on your past behavior. If this remains unacknowledged, you'll finish this book and, assuming you follow everything to a "T", you'll begin your new program. In maybe two days you'll step on the bathroom scale expecting to see a pound or so gone from your body. Instead, you'll see no change or maybe a pound or more than you had. You'll say, Well, it's only been two days" and continue for another two days. Then you step on the scale again, expecting to now see some pounds gone, and guess what? No change!

You'd probably say, "Well, I'll try some more. The book said not to expect miracles." Hoping that change will soon occur, you think to yourself, "I'll give it another couple of days."

Sure enough, a couple of days pass by and you step on the scale. Still no change! You think to yourself, "This is taking forever. I'll never get to my goal. The scale has a conspiracy against me." Discouraged, you'd give up on this program. And of course your brain gets to be right and you pay the price.

On the other hand, as the doubt "It'll take forever" is acknowledged, you can say, "Thanks for your opinion, brain. You believe my progress should be judged by this ignorant instrument (scale). I prefer to obtain my reward from what my hand to mouth actSM is doing and how I feel fulfilled on small quantities of nutritious food rather than what that ignorant instrument says."

Remember that there are other factors, such as changes in water balance and reduction of inches that go undetected by the scale. And above all remember that our goal is to feel fully satisfied on moderate, nutritious quantities of food and to fill up on flavor and taste.

Another reaction to the statement "I really want to weigh ___pounds" might be, "I'm afraid that if I lose the weight I'll gain it all back."

When this is acknowledged, it can be dealt with. First, notice the word "lose" and handle it as follows: "Thank you, brain. You have this idea that I'll lose the weight and gain it all back. I prefer to shed the weight and stay thin."

You will, naturally, get to your goal, and it would be nice if your weight never fluctuated. However, like it or not, your weight may fluctuate as much as four or five pounds. So, sometime after you reach your goal you will gain back several pounds. Your brain might say, "Oh, no, you're gaining it all back."

You can reply to yourself, "Thanks, brain. You have this idea that because I gained back four or five pounds, I'll gain it all back. Thanks for your opinion. I prefer to discover what I'm really eating, handle it, and manage my eating habits."

You then merely go back to the chapter on emotions, or to this chapter, learn what your hand and mouth actSM is about, and handle it. You're either diluting an emotion or you're eating some fear of the future. As you continue, you'll discover what some of those other fears are about. Otherwise, if the doubt "I'll gain it all back" is never acknowledged, you'll shed the weight, gain back a pound or two, get nervous, begin thinking some of the "twelve sins," forget about how we dilute emotions or eat our fears, and merely go back to the same kind of thinking you had before you began this program. The result would be, of course, that you'd gain it all back. Then you get to think, "I knew I'd gain it all back." Your brain, of course, gets to be right and you pay the price.

Finally, it's important to note that the brain also lives in the past. Perhaps 10, 15, or 20 years ago you may have had different reactions to some of the affirmations we have been looking at in this chapter. Even though you may find those old reactions ridiculous today, they have still been stored in your brain and it's a simple matter to acknowledge and handle them. You may consciously realize that something is no longer true (kids starving in Europe), but your subconscious may not have been brought up to date yet. And this is what you are now doing by acknowledging your brain.

Letting Go of Self-Judgment

Sometimes, in response to a positive affirmation, you will find yourself questioning whether it's really true or whether it will really ever happen. Rather than face the possibility that it won't happen, your brain tries to prevent you from trying by saying something like "You're just not good enough (strong enough) to do that." As with all your other fears and doubts, you want to acknowledge these and let your

brain know what you prefer to do now. Let go of the self-judgments that prevent you from even "giving it a shot."

For instance, take the affirmation, "I am deserving of love and respect." There are several ways that self-judgment can prevent you from accepting this. "I'm not important enough for love and respect," your brain might respond. Or, "I didn't do anything to earn or deserve it." Or, "I'm not smart enough." And of course, "I'm too fat to get respect."

In every case, it's important to first remember to thank your brain for its opinion. Then you let your brain know how you now prefer to regard yourself and how you plan to act free of self-judgments.

Thank you, brain. I am an important person." Or "Thank you, brain. I deserve love and respect simply because I am a child of the universe." In other words, we are each created equal and therefore are equal. Or "I'm a thin person carrying excess weight which is a temporary part of me and I'm deserving of love and respect."

As you follow this program and begin shedding pounds, you will from time to time find yourself facing new and old fears, doubts, and butts. Even though you are handling all the fears and self-doubts you have identified, you may find your progress coming to a halt. You will at some time tell yourself, "I'm shedding weight," only to feel you are lying to yourself. A butt will pop up, "But I'm still eating like a pig."

"Thank you, brain. I prefer to let go of self-judgment as I eat only at mealtimes, sparingly and properly, and gain insight into what purpose food serves me."

Butt: "I'm shedding weight, butt I've done it before and gained it all back. Thank you, brain. I'm doing it and prefer to stay there once I get there."

Butt: "I'm shedding weight, butt I'm afraid others won't

like me any more. Thank you, brain. I'll handle that as a separate issue as I am shedding these excess pounds."

Butt: "I'm shedding weight, butt I fail at everything. Thank you, brain. I'm doing it and prefer to learn from my mistakes."

Here again, in every situation you may find the hand to mouth actSM in gear. What you are eating may look like food and taste like food, but it's really your fears of the future or the doubting of your capabilities that you are really eating. These fears and doubts represent your unconscious resistances to shedding weight.



The Pendulum

Thus far we have looked at writing an affirmation and then listing your doubts and reactions as a means of identifying your unconscious resistances to shedding weight. A device that can be used to complement this technique is the Chevrule pendulum (named for the man who discovered its use in the early 1900s). The pendulum operates from the ideomotor response. Some people find it easier to tap into this ideomotor response than others. If you happen to be one of those people, the revelations you discover about yourself will astound you.

To use the pendulum, position your elbow on the table top as shown and hold the pendulum between the thumb and forefinger as shown. Now, without consciously trying to hold the pendulum still and without consciously moving the

pendulum, think of a direction. For example, "I'm thinking back and forth, back and forth, back and forth." Repeat the thought over and over mentally. If you are relaxed, you'll begin to notice that the pendulum begins to swing gently back and forth in the same direction as your thoughts. If you keep repeating the back and forth direction mentally, you'll notice that the swing of the pendulum becomes stronger and stronger in the back and forth direction.

Now change your thoughts to up and down. Again without consciously trying to move the pendulum or consciously trying to hold it still, as you are relaxed, you'll notice that the pendulum begins changing to the up and down direction.

What is causing the pendulum to move? If you are not consciously moving it and not consciously trying to keep it from moving, then something other than your conscious mind is moving the device. Actually, you are using tiny muscles in your fingertips which are connected directly to your subconscious mind. Thus your fingers become a direct link to your subconscious. This is the ideomotor response.

You can make a pendulum by attaching a piece of string to a ring, washer, fishing weight, or so on, and you can make a chart by drawing a five— or six— inch circle on a plain piece of paper and adding a horizontal and a vertical line through the middle of the circle. Or you can go to www.PendulumWarehouse.com for a selection of pendulums. An instruction booklet is also available with a chart that has dates, numbers, and definitions for "yes," "no," "I don't know," and "I don't care to answer."

If you're making your own chart, label the vertical line (direction) as "yes;" the horizontal line (direction) as "no;" the clockwise direction as "I don't know;" and the counterclockwise direction as "I don't care to answer." The last response is the equivalent of taking the Fifth Amendment.

To develop confidence and rapport with your subconscious, begin by asking questions to which you know the answer. For example, I might say, "I am asking my subconscious if my name is Richard." Repeat the question mentally or aloud just as stated. Naturally, I'd get a "yes" response (unless I really regard myself as Dick, in which I may get a "no" response). Then I could ask something like, "I'm asking my subconscious mind if I was born in 1936?" Here I'll get a "no" because I was born in another year. You might ask your subconscious if you were able to walk before you were one year old. You may not know the answer to this question consciously; only your parents would know it. This is a way of determining if you are free of conscious interference when using the pendulum.

Remember, you are dealing with the subconscious. You could ask your subconscious if you are a painter by trade, and even though that is what you do for a living, your subconscious may respond "no" because you have never really regarded yourself as a painter. Maybe you've always regarded yourself subconsciously as an inventor.

Now let's inquire about your eating symptom and potential problems. Questions you might ask are:

- Am I eating fears of the future? And if you get a "yes", then follow with:
 - Am I fearful that I might not look as attractive as I'd like if I were at my goal weight?
 - Am I eating to avoid sex?
 - Am I fearful that if I were thinner I still wouldn't be better at my job or profession?
 - Am I fearful that if I were thinner I still wouldn't be better at sports?
 - Am I fearful that if I were thinner I still wouldn't be healthier?
 - Am I fearful that if I were thinner I still wouldn't be any more liked or popular?
 - Am I fearful that if I were thinner I still wouldn't be able to attract the right kind of person into my life?

- Am I fearful that if I were thinner I still wouldn't be more energetic?
 - Am I using food to avoid dealing with resentment?
 - Am I afraid that others won't take me seriously if I'm thin?
 - Am I afraid that I'll want to have an illicit affair if I'm thin?
 - Am I eating because I want to be known for my intelligence and not my sexy looks?
- Am I eating because I get to be right about:
 - My helplessness?
 - The fact that I have a severe weight problem?
 - My belief that nothing works for me?
 - My belief that I deserve to be miserable?
 - Not having enough money to buy new clothes?
 - My belief that people in general are prejudiced and treat fat people unfairly?
 - Gaining it all back once I get rid of it?
 - Not meeting others' expectations?
 - My inability to handle stress?
- Am I eating because of childhood programming because:
 - The kids in Europe are starving?
 - I should eat to be healthy?
 - I should eat to be strong?
 - Throwing away food is a waste?
 - Of the depression in the 1930s?
 - Being well fed is a sign of affluence?
 - Eating made the hurt go away?
 - I would be rewarded with dessert when I was good?
- Am I eating to avoid being thin because:
 - I relate being thin to sickness?
 - Every time I get thin I get sick?
 - I don't like the "Twiggy" images associated with being thin?
 - I'm afraid I'll lose my bust size?
 - I won't look sexy?
 - I'll be too sexy?

The list of questions can go on and on. You may find that you get a "yes", answer for several of the questions. Why not? You could be eating several fears simultaneously. The pendulum is simply another tool to aid in uncovering what you are really eating. Refocusing on your part is still required to free yourself of the hand to mouth actSM.

Punishing Yourself and Others

When we are emotionally crippled or feel blocked or limited, we speak with our actions instead of our tongues. It's as though we think we can't be held responsible for our actions the way we can be held responsible for our words. We think we're safe because actions can be interpreted many different ways, whereas words are more precise; if we were to say what we really felt, we'd be taking some tremendous risks. So we believe that our actions are far safer than what we might say. Let's look at how this works and how it contributes to your self-defeating eating.

The German Soldier

One client described her husband as a German soldier. He had everything in perfect order at his business. At home he had the kids "marching to time." And he insisted that the house be immaculate. The only thing he couldn't control was my client's eating habits. Clearly, she was eating her resentment of what she felt was his demanding nature.

If she were really honest with herself, her response to the statement "I really want to be thin" would be something like, "What, give this jerk a good looking woman! What did he ever do to deserve one?"

Then she could say, "Thank you, brain. I prefer to find another way of handling and expressing my resentments and leave food out of it." Unfortunately, she chose to continue eating her fears of what would happen if she verbally expressed her resentment.

Take Away

When we get married it's supposed to be forever. Both parties expect that each will give 100 percent and each will receive 100 percent. Theoretically, this is great. Unfortunately, the problem is that each person's idea of what is 100 percent is different. So after several months or years of marriage, a silent evaluation is made by one or both parties. It sounds something like this: "I've been putting in 100 percent and I've been getting back only 80 percent. Heck, why should I keep putting in 100 percent when it's not appreciated. Well, I'll only put in 90 percent."

It seems that we still want to put more in than what we perceive we're getting back. Maybe we want to avoid the guilt of being to blame for the eventual demise of the relationship. Or maybe it's because we hope the other party will notice the absence of a "little bit" of attention and then begin to appreciate us more than before.

The reason is immaterial. Eventually the other party in this relationship will do a similar silent evaluation and come to the same conclusion--"I've been putting in 100 percent and getting back only 85 percent. Heck, I'll only put in 90 percent from now on."

With every revaluation the percentages get reduced and something gets taken away. First, it might just be the morning kiss that you know your mate likes. You always thought it was kind of silly anyway. Then, when a little bit of the romance gets taken away, you explain to yourself that it's to be expected because the "newness" of the relationship is gone. Then a little bit of sexual enthusiasm gets taken away and you again explain it by the same reasoning.

Then, you take away the "thank you" and the "I love you," and you explain it by saying that you don't get them very

much either. And that you guess that your relationship is evolving and taking on new meaning. And that the relationship is more than just sex and romance. And then you take away time from the relationship. You explain that it's for the good of the relationship, so you can both have that new house. Or it's for one of your children who requires more of your attention. After all, you never had attention as a child and your child is not going to grow up that way.

Before you know it, you take away that thin attractive physique that your mate was attracted to in the beginning of your relationship. You explain to yourself that it's because you're not as active at work as you used to be. Or maybe you're just maturing. Or maybe you have a thyroid problem. Or you just can't control yourself anymore and so on.

Unfortunately the truth seldom surfaces: "I am resentful because I no longer feel important to you. And I'm punishing you by gaining weight, or by doing whatever else I do because you don't meet my expectations."

Of course, by this time, even if the truth came out the most likely reply would be, "That's silly. Why do you think I'm working those long hours anyway? It's for us, and the kids, so we can have all those things we've dreamed about." In other words, "You should feel guilty as hell, you jerk." Another response might be, "Well, I told you when we got married that that's the way I am. I can't change." In other words, "You didn't believe me then and you were stupid enough to think that you'd make enough difference for me to change."

No matter what the response is, it's irrelevant because you do not have an eating problem— you have a relationship problem. It's highly unlikely that you can solve the problem by eating it! David Viscott, MD, a radio psychiatrist, once told a lady in a similar situation, "You want change. Shake it up." And he went on to explain that life is about taking risks. In other words, sometimes it may be important enough to risk the relationship to get what you want. And it's also OK to want a

relationship where there is mutual love, respect, and romance.

Some women have shaken it up by using less risky means such as going on strike. Of course, there's always marriage counseling. But if the other party is unwilling to accompany you to counseling, I would suggest that you go yourself before instituting the big risk. There are several reasons for this advice:

1. Maybe your expectations are unreal. A good counselor will help you look at your situation from a less subjective point of view.
2. It's important to learn how to handle guilt trips and see through the manipulative thinking of others. You can then be free of using them yourself (because they never work toward the good of a relationship).
3. If you decide to take the big risk, separation or divorce, the support of a professional will help you keep your balance through the trying times.

And Then There's Sex - A Separate Issue

"Sex," a three-letter word, can have incredible impact! Jill was a very beautiful woman who was carrying about 12 extra pounds. Why? It's because she wanted to be known and appreciated for her intelligence and kindness instead of her sexy looks.

I asked her, "What would you think of a person who had a million dollars and kept it under his mattress, never used it, and continued to beg for a living?"

Her reply was, "He's not very smart for not using his assets!"

What is the difference between the millionaire hiding his money and Jill hiding her natural sexuality? There's no reason

he couldn't use her beauty and sexual appeal along with her intelligence. "In fact," I asked her, "what better challenge for your intelligence than to learn to capitalize on your beauty and sexual appeal?"

The Yoyo Syndrome

In the past, when you started noticing that your clothes were too tight, or that you had trouble bending over to touch your toes because of the midriff bulge, or when you noticed the flab on your hips, waist, or legs, you began to hate the situation. When you finally got serious enough, you went on another weekend crash diet to lose the weight. You figuratively hated away the weight. Note: notice all the sins of suggestions in the following thinking--they're underlined and significantly contribute to the yo-yo.

You got through the weekend and lost most or all the weight you had gained. All in all, it was pretty easy—just as easy as it was for you to again gain back a few pounds and go on another weekend crash diet. Again it was easy to gain back some weight, but you figured, "I can always lose it over a weekend." So you decided to put it off for a while. Before you knew it, you were noticing higher and higher numbers on the scale again wondering if your scale was conspiring against you. But then you had enough fat in the middle to get you confused for being pregnant, a double chin, fat knees, and trouble getting your rings off your fingers. Men stopped helping you with your coat. You began to feel less and less feminine. Eventually, you began to feel self-conscious and thought that everyone was staring at you and wondering what kind of weak person you were. And when you tried to quit eating so much and couldn't control it, you really hated the situation. Eventually, you got so heavy that you went for help. You joined Weight Watchers. With enough hatred of those excess pounds and the threat of being embarrassed in front of all those people as you weighed in each week, you lost all or most of the weight.

As you stuck with the diet over several months and were

losing the weight, you began to like yourself more. When you again felt as though you fit in with the crowd and your clothes fit you and the obstruction from your stomach was gone, you loved it. Problem solved? Almost, except for some reason or other you began to eat that evening snack or morning roll that you had given up to lose the weight. After a few weeks, with things going pretty well, you started having the extra portion at dinner that you had done without while losing the weight. Before long, you added a little dessert at dinner, and you figured that an afternoon snack would be okay. Again you were wondering if the scale was telling the truth as you again was living and breathing food.

Gradually, the hate and self-disgust returned as your body gained back all if not more of the weight. Again, in the "pit of wallowing despair and self-hatred," you got serious and went on the diet again. Only this time Weight Watchers didn't work for you, so you tried a Diet center where they prepared the food for you, or you used the liquid protein. Once again, you hated it away and lost the



weight. Once again, you felt happy with yourself. You thought to yourself that you wouldn't let it happen again, and no sooner than you had the thought you celebrated by eating something that you did without while losing the weight. Before you knew it, you had yoyo'd yourself fat again. Each time as you gained weight you hated the fat that you were adding to your body and loved the taste of the food. All the while you were thinking, "I've lost it before, I can do it again." But nothing you did before worked anymore or you felt too much a failure to do it again or you got desperate. You went to a fat farm or had the fat

surgically removed, and you still gained it back.

There comes a time when you just can't seem to lose weight. No matter how hard you try, you can't do it. You'd just love it if you could lose the weight and you wish you wouldn't have to hate missing out on those desserts, between-meal snacks, and extra portions at meals. Is this or is this not a love-hate issue? It's almost as if your brain says, "Well, I let you get thin and you still couldn't be happy with yourself, and now you deserve to be fat forever, you're my prisoner." Let's look at this love hate issue.

Rating Yourself

On a scale of zero to ten, I'd like you to rate yourself mentally, spiritually, and physically. Zero represents perfect love and ten represents perfect hate. Where would you rate yourself mentally? Unless you have been berating yourself for making stupid decisions and mistakes, you'd probably rate yourself between five and nine. How about spiritually? This is something that many people confuse with religion. Spirituality may have nothing to do with religion. It has to do with the interconnectedness we all share. It goes beyond ritual to the soul of self. You may never have thought of yourself as spiritual, so you may have a difficult time rating yourself this way. Now, how about rating yourself physically? How do you feel about those excess pounds? This probably requires little thinking; most likely, you hate them and will quickly score yourself an eight or higher on the physical part of the evaluation.

This is the problem—self-hatred of yourself on a mental, physical, or spiritual level. We often think of our bodies being worthless. In school we learned that the human body is primarily composed of water—that if our body were reduced to its basic elements (calcium, phosphorus, magnesium, and so on), it would only be worth a few dollars. What the science teacher didn't tell us is that if we wanted to synthesize the

chemicals in our body from the basic elements, it would cost over millions and millions of dollars. And that doesn't even get them working together—modern science can't even begin to fathom that miracle. It seems strange that anyone could hate millions and millions of dollars' worth of anything.

Remember from Chapter VII "What you resist--persists." If you resist the extra pounds on your body, they simply persist. Of course, this hatred also reeks of self-judgment--the pitfalls of which we looked at earlier in this chapter. Every pound you hate causes another pound to be added. Instead of looking at the excess pounds as something out to "get you" and ruin your life, can you look at them as a confused, lost child?

After all, who ate all the food that contributed to those excess pounds? Was it the parent within you? Was it the adult within you? Or was it the child? In Chapter II we saw that the parent within you is most likely to be anorexic; the adult within you can eat whatever he or she wants and is amazed to find that what he or she wants is far more nutritious and less in quantity than could before be imagined. Through the process of deduction, and also by knowing a bit about how a child rebels when controlled, we see that the child within you is responsible for eating the food that contributed to the excess weight.

When a child cries out for help, do you hate it or hit it? The child within you is simply crying out for help to deal with its confusions and unknowns. You know that hatred would never benefit a lost, confused child—but love would. Every pound of excess weight on your body is representative of the child within you crying out for help in dealing with its inadequacies, uncertainties, confusions, and stress. Every response to the affirmations we have looked at, every question you have asked your subconscious mind in the pendulum section, every reason you listed for getting rid of your excess weight and every issue we looked at in Chapter VII concerning emotions could help you discover the child's inadequacies and

confusions. Nurturing the child within you is what works best. Every ounce of love that you send to those excess pounds dissolves one of them.

Just as you love a child, you can dislike its behavior. So too, you can love the excess pounds on your body and dislike their presence. "Thank you, brain. You think I should hate my excess pounds. Thanks for your opinion. I acknowledge that I'm unhappy with them and I prefer you, my creative brain, to love them for the opportunity they have afforded me to deal with my insecurities, uncertainties, fears, and stresses." Every ounce of love dissolves a pound of fat! The excess weight is simply a part of you crying out for attention, love, and direction.

It might sound silly, but the excess pounds in various locations of your body are tied into the fears and confusions of the child from within. For example, the excess pounds on your legs are representative of the child within you being confused about your directions (paths) in life. Carlos Castaneda, in his book entitled *Don Juan*, says that there are many paths in life. There is no "right" path. Whatever path you're on, ask yourself "Does this path have a heart?" If it does, stay with it; if not, find another path. To dissolve these pounds you may want to coach your child in getting beyond comparing yourself with others and developing a sense of intuitiveness for creating your niche in life.

The excess pounds on your buttocks are representative of the child's confusions concerning self-acceptance (not living up to your expectations--being too tough on yourself--not giving yourself permission to rest with status quo). To dissolve these pounds, you may want to instruct your child in patience with yourself, self-acceptance, and self-worth.

The excess pounds in the mid-section are representative of the child's lacking of courage--as in when one says "I don't have the guts to" do something. To dissolve these pounds, coach your child in risk taking.

The excess pounds on your back are representative of your child's confusion about stamina and stick-to-itiveness (the backbone). To dissolve these, coach your child in leaning how to deal with disappointment and how to benefit from mistakes made along the way.

The excess pounds in the chest region (the heart center) are representative of the child's confusions about compassion--it's usually that your compassion might unknowingly cheat others of making their own decisions by being overprotective of their interests. To dissolve these excess pounds, coach your child in responsibility training. Learn to let others to share in responsibility.

The excess pounds in the shoulder and arm represent the child's confusions about what you deserve to reach for or grasp. To dissolve these excess pounds, coach your child in knowing that he/she deserves to share in picking the "fruit of life."

The excess pounds in the neck are representative of your child lacking coaching in evaluating other options that are available to you--can only look in one direction. Your "butts" only allow you to look in one direction at a time. To dissolve these excess pounds, coach your child in how to recognize and evaluate options.

The excess pounds in the facial area are representative of your child's confusions about your intelligence—whether you are smart enough or interesting enough to others. To dissolve these excess pounds, coach your child within you to love yourself mentally, spiritually and physically--to stop comparing yourself with others, and to stop putting yourself down.

Any way we look at the weight issue, it gets reduced (no pun intended) to choosing to either acknowledge our fears, confusions, and uncertainties or seek some guidance in taking some appropriate risks in life, or eating them.

Escaping the Self-Defeating Room Lighting Up the Exit Sign

Freeing yourself of self-defeating eating is much like freeing yourself of emotional eating. You begin by acknowledging what you are really eating (fears of the future, sex, your expectations or resentments, etc.): "I acknowledge that I'm unhappy eating my fears of the job and that I feel unsure, uncertain, and insecure in my abilities. I prefer to feel and experience these emotions and you, my creative brain, find a productive means of dealing with my fears and insecurities and I'd like to forget about food."

Now we can see the "exit" sign above the door to escape the room of self-defeating eating.

The Key

Once again, when you allow yourself to acknowledge that you are handling your fears or doubts the same nonproductive way, you eventually get bored and "fed up." Knowing that you are handling these important issues in life the same nonproductive way, you open the door leading out of the self-defeating room by saying, "I have stopped eating my fears of the future!"

You stop eating them one day at a time. "Today, I stopped eating my fears of the future, and tomorrow I prefer to remain free of eating them. I either will remain free of eating them or I won't. If I remain free of eating them, great; if I eat them, I'll be responsible and handle it."

Chapter Review

It's possible that rather than having an eating problem you have a problem dealing with the uncertainties of the future, or your expectations of yourself, or your athletic capabilities, your social capabilities, your sexuality, and so on. Is it possible that you are playing "take away" in your relationship and using

your weight to put distance between you and the person with whom you live by making yourself less sexually attractive to avoid sex? If so, this is your real problem and your eating is self-defeating.

Instead of solving the problem or overcoming the fear, eating the problem or fear only causes you another problem. This is why it's called self-defeating eating. The reality is that these problems and fears are real life issues that every human deals with at some time or other. There are more effective ways (courses, books, guidance) available to deal with these real life issues than eating them.

Week #4.

1. Continue looking for sins and practice "saying it right"
2. Continue using self hypnosis from Chapter IX.
3. Continue practicing being your own best friend by thanking your brain.
4. List why you want to shed weight and acknowledge any possible fears you may have regarding your expectations.
5. Begin looking at those excess pounds as a child crying out for help. Make it your goal to educate the child and to develop skills to deal effectively with its fears, unrealized expectations, and uncertainties.
6. Write down one affirmation from this chapter each night and list as many reactions as possible (as many as ten for each if possible). Include those reactions already mentioned in this chapter and any others you may think are pertinent. Let your imagination go wild! No harm is done by acknowledging any reaction, no matter how far—out it seems. In fact, it may be some of those far out reactions that are actually limiting you. You may find that they change from time to time and that some of them disappear.

Then think of what your reactions to the affirmations might have been 10, 15, or 20 years ago and acknowledge them. Even though you may find these reactions ridiculous today, they have still been stored in your brain. It's a simple matter to

acknowledge and handle them. The brain lives in the past. In other words, even though you may consciously realize something is no longer true (kids starving in Europe), your subconscious may not have been brought up to date yet. And this is what you are now doing by acknowledging and thanking your brain.

***“If you don’t like something, change it.
If you can’t change it, change your attitude. Don’t complain.”***

~Maya Angelou



“If doubt is challenging you and you do not act, doubts will grow. Challenge the doubts with action and you will grow. Doubt and action are incompatible.”

~John Kanary

CHAPTER IX

Hypnosis Can Work for You

You now have the keys that will unlock the doors of the house of gluttony. These keys will give you the freedom to escape the house and be free of gluttony whenever you want. By following the approach outlined in this book, you can remain free of being enslaved in the house of gluttony forever.

Be aware, though, that there are many traps and pitfalls outside those doors. As we continue on in the next several chapters, we'll uncover some of these traps and learn how to avoid them. The stresses of life will challenge you along the way. Fortunately, there are many techniques that can be of tremendous value in overcoming these challenges. Hypnosis is one of the most powerful of these techniques. I know because I've seen its miraculous effect.

Can You Be Hypnotized?

Can you be hypnotized? Before this question is answered, can you complete the following?

Lucky Strike means _____

Ivory Soap is _____

You deserve _____

Winston tastes _____

If you can complete the slogans, you've been hypnotized many times. Hypnosis is very subtle and at work every day through the advertising media. These slogans haven't been aired since the 60's and 70's and practically everyone knows the answers: LSMFT--Lucky Strike Means Fine Tobacco; Ivory soap is 99 and 44 one-hundredths percent pure; you deserve a break today; Winston tastes good like a cigarette should. If you are a smoker, you probably tried Winstons and Lucky Strikes. If you are a homemaker, you probably tried Ivory soap. And who hasn't eaten at McDonald's?

What does this have to do with hypnosis? Simply,

hypnosis is not what most people think it is. The general public has gotten a rather singular, limited, and in some situations an untrue view of hypnosis from Hollywood and from stage shows. In fact, hypnosis exists through an unlimited number of media. If hypnosis were ever proven to be dangerous to your health, every TV, radio, newspaper, and magazine, as well as any other form of advertising, would be required to display the following warning: "This ad contains hypnosis, which the surgeon general has determined to be dangerous to your health."

Fortunately, the only real danger that exists for the majority of the public is that hypnosis can be dangerous to your pocketbook. You might be hypnotized into buying something that you otherwise might not buy. The great ad is, "Buy (this great thing) now and save \$350.00" They skip telling you that to save \$350 it'll cost you \$900.00. And you never stop to think that the (thing) you now have would probably last another five years. So you save your \$350, and two months later wonder why you bought the (thing) when you are trying to scrape enough money together to pay your rent.

Hypnosis Is Everywhere

The packaging and junk food industry is a multibillion—dollar industry. Over four billion dollars are spent every year on food advertising. And 95 percent is spent on junk food and fast food.

Think for a moment. If you listen to any radio, most likely you'll hear a food commercial within 15 minutes. Watch any TV station and the same will occur. Look in any magazine and watch the tantalizing photographs of food jump out at you every five or six pages (some magazines are devoted exclusively to food). Drive any major highway and watch the food advertisements stare you in the face every mile. Go into any grocery store and observe the junk food and soda piled to the ceiling. Look in any newspaper and see the coupons and specials--95 percent of them for junk food.

All of this advertising is literally the power of suggestion--waking hypnosis--to get your appetite and dollars. The heart of waking hypnosis is repetition. These industries know that the more you hear or see their advertising, the more likely you are to buy their products.

Of course, the other side of this equation is that the more likely you are to buy their products, the more likely you are to be a slave to food. Instead of feeding yourself, you are feeding a multibillion--dollar industry disguised as a hamburger, Oreo cookie, or Twinkie.

What better way to counter the effects of industry's waking hypnosis than with your own waking hypnosis?

As you were reading through this book, you were probably aware of how often the idea of "suggestion" was used—whether it was thanking your brain and using "saying it right" suggestions instead one of the twelve sins, or acknowledging your emotions and selecting how you choose to handle them, or observing what the hand to mouth actSM really represented in relation to stress to aid in your escape from the house of gluttony. It's all suggestion. Did you realize that you were actually hypnotizing yourself all along?

Indeed, the real question is not "Can you be hypnotized?" but "Who is going to do this hypnotizing—you, or someone else? And what is your hypnosis going to be all about?"

Svengali Revisited

Most people have the idea that hypnosis is like Svengali holding someone under his spell. It's as though the subject is "put out" or "put under." And if this is what some people think about hypnosis, it indicates that those who seek out a hypnotist are somewhat desperate. After all, who but the most desperate people would subject themselves to the possibility of being controlled like "the Manchurian Candidate?"

Actually, hypnosis has nothing to do with being “put out” or “put under.” Before I explain what hypnosis is, a little of its history is in order—it’s the easiest way to understand it.

In the late 1700s, many people suffered from psychogenic blindness, deafness, paralysis, and other hysteria disorders. It’s important to note that humans were less sophisticated in their thinking in the 1700s than they are today and therefore developed different ways of avoiding problems. If a man didn’t want to see something and couldn’t cope with it, he’d become psychosomatically blind. If he didn’t want to hear something, he’d become psychosomatically deaf. If it was important for him to take movement in his life, and he couldn’t cope, he’d become psychosomatically paralyzed—catatonic. But the word “psychosomatic” was not invented until 1934. In the 1700s all blindness, deafness, and similar disorders, psychosomatic or not, were considered to be the same.

Today we have become more sophisticated in our thinking. We develop more pleasurable ways of dealing with stress or avoiding problems, such as smoking, overeating, or taking drugs. If we’re too vain or too health conscious, or if we really want to confuse our therapist or avoid being criticized for how we handle stress (smokers, overeaters and drug addicts are always called weak by someone), we’ll develop anxiety, or phobias. These reactions aren’t easily understood by most therapists.

Of course, not everyone who has a weight problem is avoiding problems in life, just as not everyone who is blind is using blindness to avoid problems. Some obese individuals do have glandular disorders that can be corrected by proper nutrition or by medication. But as we have seen, overeating is often a symptom of an underlying thinking and/or stress management problem—in other words a psychogenic reaction.

This is exactly the kind of reaction that hypnosis was designed to treat. It was initially developed in the late 1700s by Franz Anton Mesmer to cure his patients who suffered from psychogenic blindness, deafness, paralysis, and other hysteria disorders.

Initially, Mesmer would have his patients stand around a tub of water with iron filings in the bottom and an iron rod protruding from the top. He would say a few words (give suggestions) and have the patients join hands as he waved a wand. The patients would go into a nervous cathartic trance (sleep). Mesmer's theory was that the wand realigned a magnetic field in the patients and thus rendered the cure. One day he misplaced his wand, and much to his surprise and pleasure he obtained the same results by waving his hands instead of the wand. He began believing that he possessed some miraculous healing power.

Eventually, the French government investigated Mesmer. The government apparently wanted to be open-minded, so a world-wide panel of experts which included Benjamin Franklin from the colonies was called in to study the phenomenon. Conducting their own research, they determined that Mesmer was a quack, a charlatan, and a fraud. He was expelled from France. Needless to say, it ruined his career.

About four decades later, in England, a surgeon named James Braid observed a demonstration of Mesmerism and felt that the phenomenon required further investigation. Believing that Mesmerism was a kind of "nervous sleep," Braid used the word "hypnos" (a Greek word meaning "sleep-like") to describe it. Thus, James Braid is the first person to identify this phenomenon as "hypnosis" although there were others such as the Marquis de Puységur (one of Mesmer's students) who also used it.

All of this happened almost two centuries ago, and yet it was not until 1958, just decades ago, that in this country hypnosis gained respect from the medical community. Why did it

take so long for hypnosis to gain credibility in this country?

The answer is research. Our country is based on scientific fact and research. Practically every college or university in this country has conducted research on hypnosis throughout the last century. But to prove the existence of something, science requires measurable, reproducible results. And it just so happens that hypnosis defies being measured. Hypnosis seems to feel different for everyone, and many report no feeling at all.

One study attempted to measure the effects of the suggestion by hypnotizing a group of people one by one and telling them that they would "feel nothing" in their hands. Then a researcher would stick needles in the subjects' hands. Some would feel the needles and others wouldn't. This brought up the question, did those who didn't feel it "really not feel it," or were they faking it? Result: impossible to resolve. Something other than subjective feelings had to be used to measure the results.

Next, as instruments such as the electroencephalograph and galvanic skin response instruments became available, researchers attempted using them to measure the results of hypnosis. Obviously, if hypnosis were happening there would be a change in the brain to indicate a hypnotic state. Result: No reproducible measurements.

Thus, since hypnosis couldn't be measured subjectively, and since the subjects couldn't be trusted to know if they were hypnotized or if they were faking it, and since nothing reproducible from one subject to another could be measured by instruments during hypnosis obviously hypnosis didn't exist. And that was the opinion of researchers for over a century.

And yet it does exist. How do we know? Answer: Because we have the results of the hundreds of practitioners practicing hypnosis throughout the country.

In reality, we see that hypnosis is not like a little bird that

lands on your shoulder and goes, "Tweet, tweet--you're out!" In fact, the subject, even in a deep state of relaxation, is always aware of sounds and noises going on about him, just as you are aware of surrounding noises as you read this book. And the sounds matter no more than those noises you're aware of in your vicinity.

Similarly, hypnosis is not like someone taking your life away and doing some kind of mysterious brain surgery. In fact the subject, in addition to being aware of sounds and noises, also has his own thoughts, just as your thoughts wander even as you read.

And hypnosis is far from being like a light bulb that is suddenly illuminated inside your head that says, "Hypnosis in progress." In fact, in addition to the above, the subject generally remembers the gist of the suggestion, just as you generally remember the gist of this chapter.

Put Out And Put Under!

In reality, hypnosis has no feeling. And yet most of us have been led to believe that when we're hypnotized "We're put out" or "put under." So where does this idea come from?

Answer: Most professional hypnotists have learned to use relaxation with hypnosis. In the process of relaxing, a person may experience some of the following:

1. Denseness--some to the point that they may feel as though their legs and arms are made of concrete.
2. Lightness--some to the degree that they may feel as though they're light as a feather or floating on a cloud.
3. Secretion of saliva--to the point where many may feel that they have their own water fountain. Or a decrease in saliva to the point where one feels parched.
4. Comfortable tingly feelings in the fingers and toes that might grow into a dull numb feeling--so dull and numb that at times the person might not even know where his arms or legs are and could care less.

5. A feeling of separateness--as though the mind and body were separated.

Of course, when a person gets this relaxed it is natural and normal to think, "Wow, I never want this to end, I'll stay here forever, this is Bliss!" He would feel put out or put under. So in reality, the idea of being "put out" or "put under" is really a reflection of the depth of relaxation. An audio CD entitled the Secrets of Hypnosis at www.DStressDoc.com goes into this in depth.

Hypnosis, on the other hand, requires no relaxation; it is pure suggestion. In fact, James Braid later discovered that he was mistaken in his initial impression of hypnosis. He learned that he could dispense with the tub, the iron filings, and all the rest that Mesmer used. Instead, he could achieve the same results as Mesmer did simply by having his patients sit in a chair and look at a fixation point. The results had nothing to do with the "nervous sleep," as he had initially believed. In fact, he realized that the hypnotic subject was awake as never before and that the suggestions given prior to "nervous sleep" were responsible for the results.

Braid attempted to rename the phenomenon "monoeidism," meaning "single idea." However, he was too late in his attempt. The idea of hypnosis and all its misconceptions was off and running. Perhaps if Braid had renamed the phenomenon "Suggestology" he might have been more successful at correcting his mistake.

What does all this have to do with your endeavor to use hypnosis to manage your eating habits? It's simple! The single most important ingredient in attaining success in shedding weight is your willingness to follow some simple, easy instructions--call them suggestions. Specifically, it is the instructions outlined in the summary of each chapter, which are aimed at getting you beyond the symptom and into dealing with the truth (by refocusing), and using the specific suggestions given. These suggestions work for managing your eating habits and shedding weight.

Of course, these suggestions wouldn't work very well for treating patients of the 1750s with psychogenic ailments, just as the technique developed by Mesmer for treating psychogenic ailments wouldn't work very well for managing your eating habits.

In Mesmer's period of history excess weight, smoking, and anxiety weren't even recognized as problems, much less as conditions being treatable. Those with severe anxiety attacks were deemed insane and institutionalized. And what we today call obesity was recognized as being either healthy or voluptuous.

Today we are far more sophisticated in our thinking than our predecessors of centuries past. In fact, we rarely find individuals suffering from psychogenic ailments such as paralysis, or blindness. If we did, the techniques developed by Mesmer would certainly be applicable even today. But today we have learned more acceptable, sophisticated ways to deal with stress, such as overeating and smoking. Naturally, more sophisticated techniques are required to handle these more sophisticated mechanisms of managing stress.

The Most Important Ingredient

The most important ingredient in hypnosis is the subject's (in this case, your) willingness to simply go along with it — to simply follow instructions. Call them suggestions. As you remember to use the "Say it Right" suggestions in Chapter III, thank your brain, refocus, use affirmations, follow this program, and honestly look at your stresses, you will find that you will be managing your eating habits more effectively and creating alternative means of dealing with your stress. Read this paragraph aloud. This is it!

As you follow the instructions you are experiencing the power of post-hypnotic suggestion. Post-hypnotic suggestions are suggestions that take place in the future—tomorrow, the next day, etc. Unfortunately, most of us have confused post-hypnotic

suggestion with the type of hypnosis you see in a stage show. Let's look at what goes on with stage show hypnosis and see how it differs from your own hypnosis.

Stage Hypnosis

Here's a humorous demonstration. A subject is given the post—hypnotic suggestion that upon awakening he'll feel good and return to his seat. It's also suggested that he won't know why but every time he hears a code word, such as "summertime," he'll feel the seat of his chair getting hot—as though it has been heated with a torch. It will be so hot that he'll have to jump up and shout "Ouch." Sure enough, a few minutes after the subject has been seated, the hypnotist will in the course of conversation with someone else mention the word "summertime" at which time the subject jumps up and shouts, "Ouch."

Everyone looks at him. He looks ridiculous, and when asked what is wrong he sounds like Jackie Mason trying to explain that the chair is searing hot. Everyone has a big laugh and is amazed at the power of hypnosis. Everyone thinks, "Wow, that stuff is really powerful. If I could get hypnotized like that I'd never smoke or eat or drink too much again."

True, hypnosis is powerful. But, inaccurate conclusions are often reached by observing a stage show. To understand the scope of the inaccurate conclusions, it's important to look at the dynamics of stage hypnosis. There are three major ingredients:

1. Presence of a hypnotist.
2. Audience.
3. Subject.

As long as these three ingredients are present, the suggestion about the hot seat works. But as soon as either the audience or the hypnotist leaves, the word "summertime" could be repeated until the cows come home and that seat would never get hot.

Clinical Hypnosis

What is happening with you as you read this book and follow the program is infinitely more powerful. When you close the book there is no audience watching you to see if you're accepting the suggestion, and I'm miles--perhaps thousands of miles--away.

There is one other distinct and very important difference between the stage variety of hypnosis and clinical hypnosis. Quite simply, in stage hypnosis someone else—usually the hypnotist--gives the post-hypnotic suggestion. Yet, when you close this book, there is no one but you. There is no one else to give you the post-hypnotic suggestion. Only you can give yourself the post-hypnotic suggestion: "As you remember to use the "Say It Right" suggestions in Chapter III, thank your brain, refocus, use affirmations, follow this program, and honestly look at your stresses, you will find yourself managing your eating habits more effectively and creating alternative means of dealing with stress."

Analyzing Breaks Down Hypnosis

The only thing that breaks down suggestion (hypnosis) is analyzing or trying to figure things out. The instructions (suggestions) you have use "waking hypnosis." Waking hypnosis is merely the utilization of suggestion--no relaxation. It's the form most often used by advertising. In fact, because of its simplicity, it's often tempting to question or analyze it.

Waking hypnosis is very subtle and yet the most powerful form of hypnosis. For instance, suppose you were standing outside a moderately busy office building and wanted to maximize the number of people who would look into the sky as they were leaving the building. What would you do?

- Stop each person and tell them that they should look up to the sky?
- Tell them we're being invaded by Martians or Russians?

- Look at each one and point up?
- Peer up yourself as you saw them leaving the building?

If you select the latter, you'll avoid being arrested for harassment and you'll get most of those leaving the building to look upward. As they saw you, they most likely wouldn't analyze the situation by walking over to you and asking, "I see you're looking up. Is there something out of the ordinary going on in the sky that you want me to see or are you just trying to see how many of us you can get to look up?" They would just simply follow your suggestive glance upward and assume there was something out of the ordinary in the sky. Likewise, as you simply follow through with this approach—think it, live it, breathe it, do it, be it--you'll likewise attain the highest level of success in freeing yourself of the symptoms of inappropriate eating and excess weight. The "icing on the cake" (pardon the pun) is that as you tackle problems and stresses, your life will expand in most pleasurable ways for you.

When using self-suggestion and affirmations, it's important to avoid questioning or trying to figure out if they're working. Remember, your weight or eating behaviors are only symptoms. As we noticed in the chapter on self-defeating eating, being anxious and looking for change can be dangerous. If you get into expecting changes too soon--whether with your eating symptom or with taking important risks in life--and the change doesn't happen fast enough for you and you do the hand to mouth actSM, what are you eating? You're eating your unrealized expectations and diluting your impatience. If you can recognize this, you can handle it. If not, you'll continue blaming your eating habits or metabolism for ruining your life.

Look at this program as you look at sowing seeds in the garden. You plant them and leave them alone to germinate. Is it practical to go dig them up two days after you've planted them? This could merely destroy the seedling. Likewise, trying to figure out if you've gotten rid of any weight or look thinner is only to dig up the seeds of suggestion. In time, you'll

notice a reduction in your weight, fewer inches, and how much better clothes fit you. And you'll also hear compliments. But if you're looking for those differences every day, you're only digging up seeds.

To be most successful with self-hypnosis, just memorize the suggestions and methodically and mechanically repeat them to yourself throughout the day, free of judging or analyzing. This is called self-suggestion, as opposed to self-hypnosis (see next section). Or if you desire the added benefit of relaxation, CDs can be used. You can make your own relaxation CD or cassette tape and read in your suggestions, or you can obtain this entire program on four CDs. The available CD programs are explained in the Appendix. They do have additional advantages over creating your own because they:

1. Have subliminal suggestions.
2. Are designed as sleep programs.
3. Have minimal background sounds and no interruptions. Plus, if you're self-conscious about your voice, the prepared programs are in my voice (said to be soothing enough to relax an angry bear). I've been called the "Audio Healer."

The Power of Self-hypnosis

Self-hypnosis is most effective if done for three-to-five minutes. To avoid being concerned about time, the following exercise--designed by the late Harry Arons of South Orange, N.J.--will allow you to program your mind like an alarm clock. It's a breathing and counting technique called the "Time set suggestion." To obtain the most from the exercise, practice it three times per day for two or three days. It's nice to have peace and quiet, although they are unnecessary. I used to practice the technique while standing on a subway train. It's included in the first CD of the weight management program.

First, assume a posture for relaxation. Sit straight, remove anything loose from your mouth such as gum, and put both feet flat on the floor. If you do this lying down, lie flat, with your feet uncrossed and your arms outstretched alongside your body,

palms facing up.

1. Choose a focal point (anything will do) at a slightly elevated position.
2. Look at it as though you were looking through it.
3. Take five slow, deep breaths, while keeping your eyes focused on your focal point.
4. Hold the inhale of the fifth breath. Count back mentally from 5, 4, 3, 2, 1.
5. When you reach the count of 1, close your eyes, exhale, and relax.
6. Begin to count slowly from 50 back to 1 (one count for each breath) as you breathe normally.
7. When you reach the count of 1 (it will take from three to five minutes), count up from 1 to 5 and open your eyes.

As you practice this, you may find other thoughts occurring simultaneously. This is called the duality of thought. It simply means that your brain can operate on two different levels at the same time. You may find the counting going on automatically even as your thoughts wander to something else. After you have done this for two or three days, you will be ready to begin using the suggestions.

The second step in the process is to follow steps 1 through 5 as outlined above. Instead of counting back from 50 to 1 (step 6), repeat a suggestion to yourself mentally, such as "I eat only at mealtimes, sparingly and properly." Use any other suggestion of your choice.

Form an image of yourself doing the suggestion--for example, eating small portions (sparingly) and slowly enjoying nutritious food (properly) and only at meal times.

As you repeat the suggestion, you will intuitively know when the proper period of time has elapsed (because you have already practiced counting back from 50 to 1). Then count up from 1 to 5 and open your eyes.

In addition to self-hypnosis being effective in feeding your brain positive suggestions, it is also an effective stress management technique. You may reach a state of deep relaxation in a short period of time. Remember, it is principally a procedure. Sometimes you may relax and sometimes you may not. The best way to look at it is, if you do relax, you do, and if you don't, you don't.

The Anchoring Suggestion

As you practice self hypnosis, follow the instructions in post hypnotic form, choose your favorite card from the end of this book, cut it out and every night as you retire to bed and just before you drift asleep, take it in hand, hold it in front of you and read it mentally or aloud seven times. They are positioned at the end of this book so you won't be cutting up one of the pages with text. Just as the phrase "D day" meant a complete military assault encompassing the movements and timing of thousands of troops, aircraft, and craft from the sea, one or more of the following phrases:

"Thank You My Intelligence" for the intellectual at heart;

"Blue Skies," for the light hearted who are always moving towards a higher plane;

"Green Grass," for the earth bound; or

"Violins and Banjos" for those with a song in their heart will instill within your subconscious all that this book encompasses for achieving your goal of managing your eating habits, the stresses in life with all it's emotions, accomplishments, disappointments, and successfully dealing and moving beyond any fears of achieving your goals. If you have difficulty choosing a favorite card, use two or more alternatively. The separateness (beliefs and limitations) that has kept you from the core (the essence) will be forever dissolved just as a drop of water from the ocean that may have been exposed to dirt, grime, and the heat of the sun, when returned to the ocean is cleansed and free once again at source.

Chapter Review

Hypnosis may be a lot different than you have been led to believe. The most powerful form of hypnosis is self-hypnosis. By following the instructions at the end of each chapter you will essentially be using "Waking Hypnosis," the most powerful external source of hypnosis. It is important that you avoid trying to figure out how, when, and if the suggestions work. Merely use them. I used self-hypnosis three times per day for approximately six months to shed 40 pounds, another six months to stabilize my weight, and then for another six months to readjust my weight to where it has been since then. Now I may occasionally use self-hypnosis three or four times per week for stress management.

1. Choose your favorite card/s from the end of the book and use daily.
2. Continue using self hypnosis.
3. Use your orange card every night before retiring as instructed.

FOOTNOTES

References: John Wiley & Sons. Encyclopedia of Psychology, Vol.1. Wiley—Interscience Publishers, 1984. Pages 163, 164.
John Wiley & Sons. Encyclopedia of Psychology, Vol.2. Wiley-Interscience Publishers, 1984. Pages 172-175.

CHAPTER X

Expectations Can Be Dangerous

Occasionally a person, through the use of hypnotic CDs or being hypnotized by a professional, will experience miraculous results. Interest in food simply disappears. The person might shed all the weight and be on "cloud nine." And then, for no apparent reason the person will gain it all back. Naturally, somewhere along the way this person might try the CDs again or return to be hypnotized. Unfortunately, the "magic" usually doesn't return and the person will remain unsuccessful at shedding weight— until he or she does it for "real."

What went wrong for these people? Why did their hypnosis "stop working?" At the end of the last chapter, we saw how analyzing or looking for change too soon breaks down suggestion. Let's take a closer look at how this works. Here are some typical ways of analyzing that people often make:

1. Weighing every day to see if there has been a change.
2. Looking in a mirror every day to see if there's a difference.
3. Trying to fit into clothes that are two sizes smaller every day.
4. Expecting others to notice a difference.

Notice that when you do any of these, you are relying on some thing or another person to judge your progress for you. Meanwhile, your brain is reaching back into its store of past experiences, convinced that change will never come. Suddenly, all the old doubts and fears come to the surface and you are back in the self-defeating room of the house of gluttony!

Instead of letting a mirror or scale be your judge, remember that the real measure of success is in recognizing what you are really eating—that is, noticing what the hand to mouth

actSM is really about and learning to rely more on yourself and less on the hand to mouth actSM for handling stress, rewarding yourself, celebrating, dealing with aggravation, and so on. The real measure of success is your ability to feel and experience your emotions and learn to remain free of diluting them. It's in taking risks, handling stress, and confronting and challenging your fears. It's the willingness to make mistakes, fall on your face, be embarrassed, get up, learn from your mistakes, and do it again that is a more appropriate measure of success. It has been said that the only way you can fail is to refuse to learn from your mistakes.

Learn to be free of depending on others to notice change in you. Learn how to give yourself credit and know that you deserve it, because relying on others to do this can be one of the most dangerous traps of all. By relying on others, you place your well-being at the mercy of someone else's whim. You give them the power to build you up and also the power to tear you down.

Avoid expecting the suggestions to make a difference in your eating habits. If they do, great. If not, so what! You just keep using them. Remember, you're planting seeds.

Expectations can also set you up for disappointment. Many of those who are successful shedding weight never get into expecting any change. Often, they have become so disillusioned with everything else that they feel hopeless and stay free of expectations, "I'm skeptical about anything working, but I'll give it a shot and follow the instructions." They most often are surprised to find the pounds falling off.

Lesson in Goal Setting

This could be the most important couple of paragraphs you'll read with respect to getting rid of the excess pounds and keeping them off. You have a goal. It might be to weigh a certain weight or to fit into a certain pair of pants. You probably

have other goals as well, such as becoming more organized, improving your ability to concentrate, earning more money, buying a new stereo, or perhaps just having peace of mind and enjoying what you have. How do you accomplish your goals? Well, you begin by assessing where you are and where you want to be and you plot a course, right? And what is the shortest distance between two points? A straight line, right? So you plot your path expecting to do 1, 2, 3, and arrive at your goal. Sometimes it works this way. Often it doesn't.

The end result is that after you do 1, 2, or 3, you find that you're way off target. Then what? You try again? How many times do you try 1, 2, 3? You might even vary 1, 2, 3, and instead try 1, 3, 4, skipping 2. Each time you find yourself farther away from your goal.

Eventually, you get frustrated and say, "Oh, I can't do it. When they passed out brains, I must have been last in line." Or you say, "I just don't know the right people. Nothing ever works for me. I've never been any good at this anyway. The stars are in the wrong quadrant." The end result is that you give up with an excuse designed to make you feel better about your inadequacy or to save face--all this because your expectations were not met.

The reality is that goals are accomplished by doing, which means you'll take risks and make mistakes. Each mistake is an opportunity to learn. Failure only occurs when you refuse to learn from your mistakes or refuse to be patient. But suppose there was an invisible wall between you and your goal. Are you as far off as you thought? Let me give you a few examples. Joe wanted a tennis court in his backyard. Tennis was his favorite sport. But because his backyard was a ravine, the cost to install one was prohibitive. He and his wife really loved their house and never saw another one that they enjoyed as much, so it was impractical to move. Did Joe give up hope for a tennis court? No. Eventually, he and his wife made the acquaintance of another couple who had the only other house that Joe and his wife ever liked. They traded houses, and Joe now has his tennis court.

Paul went bankrupt with 15 different businesses. Did he give up? He figured that because he had made all the mistakes anyone could make, why not be an advisor and help others avoid the same mistakes. He is now a successful business consultant.

You will achieve your goals when you let go of expecting change. When you do notice that you are shedding weight or are free of the hand to mouth actSM, let go of expecting that if you continue to do 1,2,3, you will continue to be successful. Instead, adopt the attitude, "I'll shoot for getting excited about (see Getting Excited in Chapter I), follow the instructions, and read and reread this book or listen to the CDs time and time again. If I notice a change, great, if not; I'll keep reading and rereading, doing my self-hypnosis and affirmations, handling my emotions, thanking my brain, listening to the CDs, and above all observe what I'm really eating."

And when you do notice change, say, "I've been free of the hand to mouth actSM and I prefer to remain free of it forever. If I do, great; if not, I'll handle it," which means back to the CDs, rereading, self-hypnosis, and observing what you're really eating.

The Cheese

As an acquaintance wrote me concerning his impression of the first two chapters of this book:

Dear Dick, (I hate to be called 'Dick'),

"I am 290 pounds. I have had a leaky heart valve for two years. I gulp blood pressure pills like popcorn and take diuretics everyday.

I am looking for miracles. I don't find any in your writings. In my opinion dieters want miracles. That's why we buy books. Please go dig up a miracle.

Sincerely,
M.R."

It's very unfortunate but this man will always look for the miracle, beg for a miracle, and will never find one. Yet, if he were to apply these writings to his life — he'd experience miraculous results just as you will.

Following is an example of how a woman let her imagination blame all the problems in a relationship on her weight. She used hypnosis to shed the weight. But because she never awakened to the truth, she gained all her weight back in despair.

Mary, a 32-year-old housewife with 3 children, was about 60 pounds overweight. Before I tell you of Mary's miraculous experience, let me tell you where she was mentally before I met her. She was attempting to be happily married. She was unhappy with her weight and with her husband, Mike, who gave her an occasional glib remark. Her children required much attention, and she ran a taxi service for them. They often promised to do chores but never followed through. No matter how much harping and badgering Mary did, they refused to help. I'd say many parents suffer similar despair in this sense. Mike would not lend any support in disciplining the kids. In fact, Mike refused to help out in any way around the house. His favorite hideaway was the TV room. He did expect dinner to be prepared every night and that the house be clean. Sexually, Mike had been withdrawn ever since the kids were old enough to wander about the house on their own. It seemed that he was concerned they just might happen upon him and Mary while they were having sexual intercourse, and he didn't want the kids to question what was happening. Mike never gave Mary a compliment about anything. In fact Mike never did anything for Mary. If they went away, they went where he wanted to go—and she just tagged along.

Even though Mary didn't sit down and analyze her motives, she unknowingly figured that if she got rid of the weight, she might get more respect from the family. After all, maybe Mike was the way he was because he was unhappy with Mary's weight. She figured that her state of being was all her

fault, and the weight just depressed her all the more. She tried various diets and other approaches unsuccessfully. In desperation, she tried hypnosis.

Much to her surprise, with the program she forgot about food for three years. She somehow developed a completely new approach to life. Things that used to get to her simply didn't affect her. She experienced a new charisma around the house. The kids listened to her and did the promised chores. She could keep her own in disagreements with Mike, instead of backing down as in the past. She got rid of all the excess weight and felt great mentally and physically. She joined a spa and thoroughly enjoyed exercising her body. She was a "new woman!"

Then, just as quickly as success arrived, she rediscovered her interests in food. She gained all the weight back within six months. Subsequently, she returned for more hypnosis. Nothing happened. She kept on eating.

What was she really eating? From discussions we could see that she was eating her disappointment, her lack of self-worth, and her lack of attention from Mike. She came to counseling off and on for about three years, always unhappy and unable to stop eating her husband's behavior and her lack of self-worth. She just couldn't understand how it had been so easy for her to get rid of the weight and keep it off for the first three years. She wanted that feeling back. When she talked about Mike, she always had trouble understanding how anyone could be as thoughtless as he was. She had dozens of examples where he would do things for himself and never offer to give her a hand or pick up something for her at the store. She tried to make herself part of his life by going along with him to places he wanted to go, but she never felt wanted or part of the experience. Again, it was as though she just tagged along. He and their son would go off fishing or hiking, and she'd just hang around until they returned. Mike never showed any interest and never took Mary anywhere she wanted to go.

Whenever we started talking about whether this was a good marriage for her, she stopped coming to counseling. Then a year or so later she'd be back again, wondering why it had been so easy for her the first three years. Finally we got around to making a list of the advantages of having been thin. Her list looked like this:

1. She felt better about herself.
2. Her children complimented her.
3. She felt stronger in her relationship with Mike—she was less sensitive to criticism and could stand up more for herself during arguments.

I asked her if Mike had ever complimented her while she was thin and she said, "No." I asked her if she had felt more loved, respected, and appreciated or had gotten more attention from Mike when she was thin, and again the answer was no. "In fact" she said, "if he was with me and someone complimented me on how good I looked, he'd say, 'It's because of the good living I give her.' This would peeve me off to no end—him taking all the credit and never telling me that I looked good."

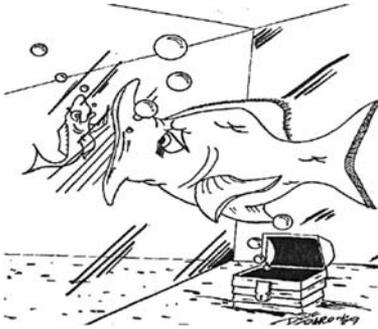
I asked her if she ever expressed this to him and she said, "No, it wouldn't do any good."

I asked her if she had initially gotten rid of the weight to please him. At first she denied that possibility, but as we talked more and more about it she began to realize that even though she didn't consciously sit down and say, "I want to get rid of this weight so Mike will pay more attention to me or respect me more," that was part of her motivation. She had been criticized by him for her weight. So she made another list of what she probably was hoping would happen if she got rid of the weight:

1. Look better and feel better about myself
2. Obtain more attention and compliments from Mike
3. More sexual romance
4. Feel more important
5. Be happier

When asked how much of what she wanted she got, she admitted that she got nothing that she wanted from Mike.

Even though for three years she handled everything more confidently, the one



thing that she wanted (love and attention) and didn't get, eventually affected her. It was as if she was going down a maze, looking for the cheese. She assumed that the cheese was there. She thought that once Mike could see that she was thin and would stay thin, he'd love her the way she

wanted and all would be OK. She overlooked everything for three years and finally had to realize that there was no cheese.

It's very similar to how animals are trained and conditioned. A grown elephant, when staked at a location, will not pull the stake out and walk about freely. Why? Because when the elephant was very small, the trainer would drive a stake into the ground and rope the elephant to the stake. The elephant was too small to pull out the stake, and after trying to uproot the stake for a period of time eventually learned that the stake couldn't be uprooted. Years later, even though the elephant is full grown and can physically move tons of weight; he still will not try to uproot the stake because he has learned

that he can't. The elephant doesn't stop to think about the new possibilities its mature weight and strength may have on the stake.

The same thing has been studied by researchers. In one experiment a Northern Pike (a vicious fish) was placed in a tank with minnows. The pike is a natural predator of minnows, and it ate them at will. Then the experimenters placed a glass partition in the tank. The pike was put on one side of the glass and minnows were put on the other side. The pike charged the minnows, only to bang its nose on the glass. Eventually, the pike stopped charging the minnows. The experimenters removed the glass so the minnows could swim freely with the pike, but the pike never tried to charge or eat another minnow and in fact died of starvation.

In another experiment, jumping fleas were put into a glass jar. This variety of flea could normally jump several feet, high enough to easily jump out of the jar. But when the experimenters placed a glass lid on the jar and the fleas couldn't jump out, the fleas (in time) stopped jumping. Even when the lid was removed, they never jumped. Now we can begin to understand why it was so easy for Mary to get rid of the weight and stay free of it for three years. She went blindly for the cheese and didn't find it, and now she unconsciously believes that there can't be any cheese at all, just as the elephant believes he can't move the stake and the pike believes he'll bang his nose if he charges a minnow and the fleas believe the lid is still on the jar.

Mary has three distinct choices:

1. Do nothing.
2. Recognize that Mike is incapable of giving her what she wants in a relationship. She can choose to let Mike live his life and stop hoping he'll change; she can develop her own interests and friends and stop looking to Mike for sex, romance, attention, compliments, or anything. It would be just as though they were simply sharing the same living quarters. He would continue to go his way and she would learn to go her own way. If this is OK with Mary, that's fine. If it's not OK, then

the next option exists.

3. Consider a marital separation, be prepared to divorce, and risk the single world in order to find what she wants in a man.

With either the second or third option, if she chooses to shed weight it's important that she does it for her own "cheese" rather than for "cheese" that someone else might give her.

One evening I received a call from a sobbing, depressed Mary. Mike had two tickets to a professional basketball game and asked Mary if any of the kids wanted them. Mary offered the tickets to her daughter, hoping the daughter would refuse them and suggest that Mary and Mike go to the game. Instead, even though Mary's daughter's boyfriend was busy, she accepted the tickets and decided to make it a father/daughter night. Mary felt crushed. She had hoped her daughter would be magnanimous. Her daughter had been to the games many times before but Mary had never been to a professional game.

As we talked on the phone, Mary shared that she consistently does for others and they never do for her. I asked her if she was expecting others to read her mind, and she simply replied that they should know what she wants. After all, she knew what made them happy. We also noticed that this was the first time she really allowed herself to feel disappointment, upset, and depressed. Normally, she would have made an excuse or rationalization for their behavior and eaten everything in sight.

I complimented her in allowing herself to finally feel the hurt and suggested that by allowing the hurt and going through the hurt she'd find a more effective way of dealing with this recurring issue in her life.

Two days later, during her scheduled session, she shared that felt she had grown from the experience. "All these years I was trying to be responsible for them—cooking

what they wanted and going out of my way. This week I just stopped cooking every night for them. They brought home pizza one night, ate out another, and never complained. I guess I just was afraid that Mike would hit the roof like he did four years ago when I told him I wasn't making two meals and they'd have to eat what I cooked. It didn't even faze him that I didn't cook for two nights. I learned that it's important that I do for myself first and that the world isn't going to fall apart if I do that! I feel a lot better about myself."

And this was Mary's formula for shedding all her weight and keeping it off. Did she have an eating problem? No, she had a responsibility and self-worth problem to go along with an expectation problem—expecting her family to behave in ways they simply were incapable of behaving. As she learned to ultimately be responsible for herself, the hand-to-mouth SM symptom disappeared.

Attracting A Healthy Thin Body.

So far we've looked at what you do to be successful in achieving your goal weight. Get in the "grove" and you're on your way to thinness. Recently in the last several years, there have been several books about the power of attraction— attracting what you want.

The total of this book, handles mental, physical and spiritual goals which will retune your radio.

Retuning Your Radio Frequency.

Abraham (spiritual group of beings that speak thru Ester Hicks) in Ester and Jerry Hick's book, *Ask and It Is Given*, uses an analogy of a radio tuner. Imagine health and wellness are broadcasted to you free of charge on 101.9 FM. All you need do is to tune into 101.9 FM to receive it—it's that simple. But... Maybe your on an AM or some other frequency looking for this broadcast—no good. Maybe you're at 101.7 FM—no good. Maybe you're at 101.8 FM---maybe a fuzzy crackling broadcast—not very clear. This book in total is

getting you tuned to 101.9 FM, but then maybe you've missed a few points I made or didn't think they were important which is why I suggest read, and reread and reread this book until you know if well enough to teach a course in it or consider telephone consultation.

Joe Vitale, author of *The Attractor Factor*, writes in his book about getting tuned to the right vibrations—another word for frequency. However, after several chapters you'd get an impression that you need to have a guru—and maybe a life long association with a guru to boot—to get the vibrations correct as he did in his personal life. But then, if you read further on, there's a gem that he quotes from another author, Karol Truman who wrote *Feelings Buried Alive Never Die...* In the book, Karol offers the following script to correct one's own skewed thinking and fix it. I underlined the section where you fill in the blanks. Most of the books dealing with attraction, talk in terms of knowing what you want which personally I have difficulty relating. It's much more real to look at my intentions which for me are synonymous with goal. But if you ask me for my goals, I'm tongue tied, whereas I can speak and write all day about my intentions.

The Script

Here's the script, “*Spirit, please locate the origin of my feeling that I can't successfully be thin and weight (your goal weight).*”

Take each and every level, layer, area, and aspect of my being to this origin. Analyze and resolve it perfectly with God's truth.

Come through all generations of time and eternity, healing every incident and its appendages based the origin. Please do this according to God's will until I'm at the present-filled with light and truth, God's peace and love, forgiveness of myself for my incorrect perceptions, forgiveness of every person, place, circumstance and event which contributed to this feeling that I can't successfully be at and stay at my goal weight.

With total forgiveness and unconditional love I allow every physical, mental, emotional, and spiritual problem, and inappropriate behavior based on the negative origin recorded in my DNA to transform.

I choose being healthy, thin and prosperous.

I feel the manifestation of thinness and health

I am totally successful at maintaining my goal weigh of (___ pounds)

It is done. It is accomplished now!

Thank you, Spirit, for coming to my aid and helping me attain the full measure of my creation. Thank you, thank you, thank you. I love you and praise God from whom all blessings flow.”

Obviously, this script can be used for any intention you may have. Write it out and keep a copy with you in your purse or wallet. Whenever you have a few moments (as in waiting for an appointment) practice your self hypnosis and read your script—no need to memorize it.

Joe Vitale sums up the Attractor Factor with these ingredients. Achieve all five and you have infinite success.

1. *Know what you don't want*
2. *select what you do want*
3. *clear all negative or limiting beliefs*
4. *feel what it would be like to have, do, or be what you want.*
5. *let go as you act on your intuitive impulses, and allow the results to manifest.*

The **Attractor Factor** sets the stage for your new vibrations because each chapter is about each and every one of the five goals mentioned above. From his book, “you don't manufacture your outcomes, you participate in them.”

Testing, need, measuring defeat achieving your goals.. Be grateful for what you have and what the universe provides. Ultimately, realize that the ego measures—kill the ego and be thin and prosperous. Let go of having to have the outcome—more about “outcome” in chapter Twelve—Self Worth

Chapter Review

Now that you've read approximately 85 percent of this book, my hope is that you are excited and raring to go. How many times would it be feasible to read this book? Two, three at most? Actually, the first time you read this book, you may get out of it what you were looking for; the second time, you'll begin to understand the intent of the book; and the third time, you'll be getting lots of ah ha's and really begin to understand the intent of this book and know that you have the power to manage not only your eating habits but also your life. This is when you truly realize that most of what you've been told about the overweight problem up until now is a lie. Managing your eating habits is truly about managing your life, stress, emotions, and relationships. It's much more than only managing a calorie count or scale, or using behavioral modification techniques such as using smaller plates and putting utensils down between bites, as you may have been told.

You may also notice that the repetition of suggestion is important. Sure, the first time you read the material it will probably yield a certain excitement akin to playing with a new toy. You may be gung-ho and use the suggestions every day

Remember that it takes time to get to your goal weight. As you get into your real life issues, you will forget about food and the conspiring scale. Food only fills in the void for lack of direction. This is the truth about food.

Use this book as a reference book. Remember, our goal is to forget about food. When you are living your own life, as

opposed to your parents', children's, spouses', or bosses', life and when you are willing to deal with the uncertainties of the future, you will be free of food being a problem because you will forget about it. And yet, eventually, with life's stresses and calamities you'll occasionally get knocked off balance and might remember food to fill the void and may gain a few pounds back.

If so, simply reread the applicable portions of this book to remind you what the truth is: it looks like food, it tastes like food, but you're really eating your accomplishments, disappointments, or fears of the future. You'll indeed get much further along if you deal with the real—life issues of self-worth, assertive communication, worries, guilt, anger, self-expectations, fears, and confusions than if you do the "poor fat me" act.

Get your vibrations in tune, write out your script and carry it with you—read it over and over whenever there's an opportunity to do so.

If you're getting excited with the approach in this book and would like to start support groups or add it to your existing practice where you can have up to twenty people or more in a group that meets weekly and is open ended, i.e. new participants can join at any time after they have read *The Scale Conspiracy* or worked with the CD's email me at richard@dstressdoc.com with weight management training in the subject for training and licensure of the materials. In your email tell me where you are in this wonderful country and a little about how you envision using the program.

***“When you blame others, you give up
your power to change.”***

~Dr. Robert Anthony



“Don’t wait until everything is just right. It will never be perfect. There will always be challenges, obstacles and less than perfect conditions. So what. Get started now. With each step you take, you will grow stronger and stronger, more and more skilled, more and more self-confident and more and more successful.”

~Mark Victor Hansen

CHAPTER XI

Saboteurs And Supporters



Now that you are on your way to shedding those excess pounds, be aware that there are others who may profit if you are unsuccessful. Some may profit monetarily, and others may profit psychologically. We've already heard from those who profit monetarily--the fast food chains, the advertisers, the supermarkets piled to the roof with junk food. These industries have lots of money invested in your eating habits.

It's a multibillion-dollar industry, and they stand to lose a lot of money if you stop buying their products.

These industries rely on waking hypnosis to keep you buying their products. They'll keep flashing their beautifully illustrated ads and luscious visuals. "Tastes like Mamamia's home made! Eat, you'll enjoy it." Of course, with your effective thinking and ability to refocus, you can now snub your nose at their attempts to lock you in the house of gluttony.

Far more dangerous, though, are the people who profit psychologically.

Saboteurs Who Profit Psychologically

Do you know any saboteurs? Most likely you don't think of them as saboteurs. We usually think of saboteurs as people who blow up bridges or buildings for a political cause. The people that make the best saboteurs are those who gain trust from the victim. The saboteur is then in the best position to do the most damage. Can you think of any saboteurs? Who has your trust? Spouse, children, relatives, neighbors, co-workers?

How could any of these individuals profit if you continue to have a weight problem? Let's look at them one by one.

Spouse



As you become thin, you may also become more physically attractive, sexy, and confident. Your spouse, though, may be insecure and therefore feel threatened. For example, Betty lacked confidence in herself. She had married George, the strong macho type, and during the ten years of their marriage they always did what George wanted. Betty didn't mind; she felt that she was lucky to get

George. She took care of George the way his mother did before they got married--it was sort of expected. Over the years Betty gained 40 pounds. When asked about their relationship, Betty would reply that "He loves me the way I am. He'd probably be happier if I were thinner, but he never says anything." Betty started shedding weight. At first, George was very supportive. Then after she had dropped about 15 pounds, George brought home her favorite pastry for dessert one night. He said he had just stopped off on his way home and thought a little reward would do no harm because she had been doing without for the last four weeks. Later, it occurred to Betty that George must have driven about eight miles out of his normal route in the busiest of traffic to obtain the pastry. "It makes no sense," she said. "He hates traffic. Why would he be so nice? He'd never go out of his way for it before."

As Betty continued thinking, she also realized that George had always been a demanding, selfish man. She never

mindful because she was glad to have him and thought that she couldn't attract another man. She also realized that she had used her own poor self-image to excuse George's behavior. *"Is it possible that George is afraid of losing me and that if I get thin I will no longer want a selfish person in my life?" she asked. "He must be as insecure as I am. No wonder he suggested we go out to dinner last week." She couldn't remember when he last offered to take her to dinner. "I've always had to be the person to ask to go to dinner. Is he trying to sabotage me from shedding weight?"*

With more counseling, Betty began to realize her self-worth. She saw that she had the choice of being with someone who wanted to do things out of fear of losing her. She also realized that she too was responsible because she never really expressed her point of view, much less her feelings. She was truly eating her poor self-image and the idea that she'd just have to settle for what she got and be glad for it. As she built self-confidence and began asserting herself, she influenced the relationship with her husband in a positive way. Sure, his macho, selfish self resisted from time to time, and she tested (risked the relationship) from time to time. But as he became more and more open and willing to share his insecurities, their relationship grew and he became more and more appreciative of her confidence instead of threatened.

Children

"Other than my husband, all I have is my children," Linda told me about herself. Her children were 13, 18, and 24. It seemed that they were always in some kind of calamity and often disrespectful.

Linda's opening remark tells us everything that's important to know about her. She forgot totally about herself. Linda gets her self-worth from her husband and her family. However, should a fatal accident befall one or more of them, Linda would be potentially helpless to deal with it because her self-worth has been totally derived from the family. But her family is not even supportive. Instead, we find her kids totally

disrespectful and always in trouble. Nevertheless, over the years, she has learned to get her self-worth from solving their problems, and even though she hates it, she needs it. Surely, her kids have not lived up to her expectations, but she has adapted. She was clearly eating her kids' calamities. When asked, "Who solves your problems? Are you really doing them a favor by always bailing them out?" she was at a loss. And she realized that maybe she was doing them an injustice by cheating them out of learning to be responsible for themselves.

"But why the disrespect?" she asked.

"Is it possible that your kids are angry at you because they depend on you to solve their problems?" I asked. Her face lit up like a light bulb.

We also learned that she used the kids as an excuse to keep from developing her own interests. Further exploration of her own interests led us to discover her fear that if she pursued her own interests she might fail. Upon realizing this, she began pursuing her interests by enrolling in a class at a local college. This left less time for dealing with her kids' calamities. They resisted by laying on "guilt trips," saying to her, "You don't care about us anymore. What kind of mother are you anyway?" Ultimately, they offered to take her to dinner after she had dropped a considerable number of pounds. She thought this was very amusing because they had never offered to take her to dinner before. Clearly, they were resisting her newly created independence.

Friends

Beth and Hilda were the best of friends. They had so much in common: They both had family, financial, weight, and health problems. They could talk for hours on the phone about their problems. And the more they complained, the worse things would get. They did their best complaining when their husbands went to ball games or fishing--and what better way to complain than over the freshly baked goods that they took turns preparing?

Then one of Hilda's friends gave her a free course in stress management. Beth thought it would be a waste of time and decided not to accompany Hilda to the program. And if it weren't for feeling guilty about wasting her friend's money, Hilda probably would have conveniently forgotten about it over coffee and Beth's crumb cake.

Hilda did attend and found the program interesting. The point that stuck most in her mind was the one about complaining. She had never quite looked at what she was doing by complaining. And when she heard the instructor say something about complaining killing creativity, she realized that all the complaining she had done had never solved any of her problems. It seemed that the instructor was reading her mind. But there were 20 other people in the class. How would he know about her, she asked herself?

Then the instructor said something about how some people simply complain because they are afraid of taking risks — that they might be afraid of living with the consequences of their choices and actions. That comment "lit a match" in her temper. She was certain that there was a conspiracy between the generous friend and the instructor. Just as she was about to give the instructor a piece of her mind, she realized that she'd only be complaining to him and instead chose to listen some more.

The instructor was "yours truly," and Hilda liked what I said so much that she went on to take the weight management program. She learned that she was eating her husband's extracurricular interests which she felt excluded her, and she was also eating Beth's complaining. She realized that her husband had a right to his interests and that she could have interests too. She even started going fishing with him and attending an occasional ball game. He liked her turnaround so much that he purchased equipment for her to do pottery — a long — lost interest of hers.

What about Beth? Well, Beth felt left out. She wouldn't go to a ball game if you paid her. Fish were "slimy and disgusting;" and she totally resented Hilda's revived interest in pottery. She did manage to let Hilda know that she felt abandoned by her "best friend" and that no one cared about her. And she did manage to express this: "You never come over anymore. Are you mad about something?" And she did manage to bake Hilda's favorite crumb cake and always happened to bring it along on her frequent (though discouraged) visits to Hilda's. And she did manage to say, "Since you're losing weight, you're just not the same anymore."

Hilda said that her "heart was broken" with sadness because Beth refused to let go of complaining. Hilda offered to pay for the stress program, the weight program, anything, but Beth remained steadfast in her resolve that all "that stuff is hocus pocus. It'll work for a while, but you'll gain it all back." And then she would imply that Hilda was not only losing weight, but also losing a friend.

It was a real challenge for Hilda to let Beth be responsible for her own opinions and choices. Even though their husbands remained best of friends, Beth and Hilda eventually drifted apart. Misery Loves Company

Of course, no bridges made of steel are being blown up by these saboteurs, but the bridges of relationships are being jeopardized by the saboteur's insecurity and dependence. Saboteurs are very subtle and quiet in their approach. In all sincerity, they will say and ask things like:

"Aren't you tired of dieting?"

"A little won't hurt you."

"But think of all you'll be missing!"

"So and so lost 20 pounds and she's just no fun to be around anymore."

"You look good, but are you sure if you're getting enough to eat?"

"So and so got skinny like that just before she died."

"You look great, but it's not healthy to be too skinny!"

"I slaved over a hot stove all day for you and now you don't even want to eat what I've made for you."

"You're getting too independent. I liked you better when you were fat."

"You'll dwindle away to nothing but skin and bones!"

"Don't you miss dessert?"

"You're just wasting your time. All the dieting in the world is not going to work. You're fighting Mother Nature. I read that you have a weight problem because you have too many fat cells. No diet can change the number of fat cells that you have. You may as well resign yourself to the fact that you'll always have a weight problem. You may as well enjoy it!"

And they go on and on, each comment designed to give you guilt trips or to imply that it's hopeless--all because this person, the saboteur, would profit somehow. Remember that misery loves company.

Supporters

Do you remember being told or asked, "You shouldn't be eating that—it's fattening. I thought you were on a diet! You don't really want to eat that, do you?"

What do you feel like doing in response to these comments? Punching the person in the nose?

But what do you really do? Eat it to show them who is boss? Either this person is a saboteur (this is another sabotage technique), or this is a person who wants to support you and is just plain confused and disappointed and lacks knowledge on how to support you. Let's assume the latter for now.

Put yourself in this person's shoes for a moment. This person has on numerous occasions heard you complain about

your excess weight. This person has heard you say how depressed being heavy makes you. This person has heard you say many times that you want to stop eating so much. And here you are eating. Either you're a liar or you are a weak-willed baby. This person assumes you're a weak-willed baby and treats you accordingly: "You shouldn't eat that, should you?"

As you remember from chapter II, this is a parent-like statement and will evoke the child within you. Instead, you can handle this behavior by letting the person know what you really want.

How You Handle Ignorance

This person is ignorant as to what you are doing. So stop where you are. Say nothing; do nothing. Notice what you are feeling. Most likely you will feel defensive and resentful. Then say something like, "You know I really want your support in shedding weight, but I have a problem in handling it. You just said I shouldn't eat that because I'm on a diet. I notice I feel defensive and resentful and the child within me wants to eat it just to spite you. Now, I really want your support. I just have trouble handling it the way you're giving it to me. Instead of telling me that I shouldn't eat something, I'd rather have you ask me what I'm really eating. I can handle that!"

Of course, you would go on to explain how you have learned from reading this book that we eat our accomplishments and "flat tires." This will even provide subjects for conversation!

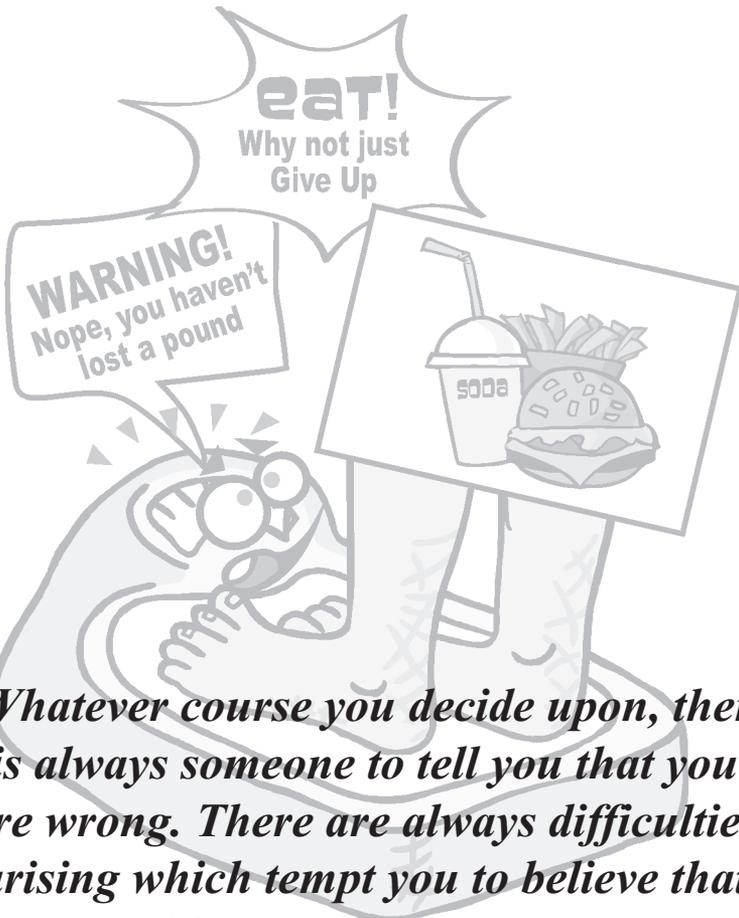
Chapter Review

As you eliminate the sins of suggestion, "say it right," practice your self-hypnosis, remember to ask yourself, "Can I let it be?", acknowledge, feel, and experience your emotions, stop eating your fears of the future (self-defeating eating), thank your brain, handle the saboteurs, and tell those who want to support you how to support you, you're well on your way to freedom

from the effects of food and escaping the house of gluttony whenever you want to.

***“The key to change... is to
let go of fear.”***

~Rosanne Cash



***“Whatever course you decide upon, there
is always someone to tell you that you
are wrong. There are always difficulties
arising which tempt you to believe that
your critics are right. To map out a
course of action and follow it to an end
requires courage.”***

~Ralph Waldo Emerson

CHAPTER XII

Self Worth

Who Are You?

What are you going to be when you grow up?" Do you remember that question? You were probably asked that question at age three, four, five, six, seven... and before you knew it you were asking this same question of yourself. "What do I want to be when I grow up?"

This simple, seemingly innocuous question is what's ultimately responsible for our deficiency in self-worth. It literally hypnotizes our culture and society into believing that we must "make something" of ourselves before we are somebody. In other words, it's who we marry, or what we accumulate, or what stature we obtain, or what we amass that gives us worth. For the first ten or so years we answered the question by saying something like "I'm going to be a fireman or a mommy." Later, when we reached our senior year in high school, we began to get very serious about the answer to the question. Now it looked better to be a doctor or an engineer or... and we began the "rat race" of life.

Are you in the "rat race?" Do the following. Write a letter of introduction for yourself. Imagine you are preparing to meet someone important for the first time who can tell you a lot about yourself. In your letter, write everything about yourself that you feel is important. Take as short or as long a period of time as you need. Read the next section after you have completed your letter of introduction.

CAPSOFF

Let's evaluate what you've written about yourself. Most likely, your letter contains some of the following information about you: You are a mother or a father, wife or husband, son or daughter; you have certain talents; you're sociable, a good worker, a member of the PTA; you own your own home, and so on.

Put a "C" by any items that are related to corporate affairs, that is, anything you do to earn money. Put an "A" by any items that are related to your age, physique, physical skills, any talents that you have that are associated with a particular age. Put a "P" by any items that are related to politics (including using tact or ability to mediate in any relationship). Put an "S" by any items related with your sociability. Put an "O" by any items relating to your organizational abilities or to organizations that you are a member of. Put an "F" by any items concerning finances or your material acquisitions. Put an "F*" by any family items.

Some items may have more than one letter. You may have said that you were a supervisor and thus have a "C" by it as well as a "P" because you are a tactful supervisor and use the politics of situations to your advantage as much as possible. If you list the letters in order, you have: "C","A","P","S","O","F","F" (CAPSOFF).

We become known by the various CAPS we wear in life and it's important to learn how to take the various caps off and see who is under them.

In time we often become known by what we do: "I am a mother, father, hard worker," and so on. This is probably true for all of us, and so far I haven't told you anything new. You probably won't be surprised to discover that much of your self-worth comes from the things you do. This seems to be a normal, accepted, sensible practice for our society.

At one time or another, we all build strong relationships with one or more of the CAPS we wear in life. In fact, it's to be expected. You should be the best mother, son, supervisor, or entrepreneur that you can be. Yet looming in the background is the monster that's capable of destroying the strongest of individuals. The monster is IdentitisSM (short for identity crisis). It can be the cause of obesity, alcoholism, suicide, heart attack,

and degenerative disease. In fact, I've seen that IdentitisSM is sometimes the single largest contributor to the development of some of these ailments.

As long as your relationship with your various hats remains healthy, you'll remain strong. But should your relationship somehow be dramatically changed, then we have the potential for disaster. There are warning signs for IdentitisSM. It doesn't just happen for no reason. There are two phases.

Phase 1

Phase 1 is usually characterized by extreme devotion to some person, place, thing, or duty. Phase 1 involves longer hours and more expended energy. It is usually accompanied by poor eating and sleeping habits because there's so little time to eat properly or to sleep.

Phase 2

Phase 2 is characterized by doubly extreme devotion and a frame of mind that says "It needs me. Without me it won't make it." In this phase, the time, devotion, and energy in phase 1 are magnified. However, if you are truly honest, you can see another side of this same coin. On the other side of "(It) needs me" is "I need (it). Without (it) I won't make it." This, however, is never recognized, much less expressed. This unconscious frame of mind is usually reflected in your language. "If something happened to my spouse (children, etc.) I don't know what I'd do. I'd just die." Or, "If I lost my job, there wouldn't be any reason to go on living." And unfortunately, when your relationship with your family, job, or whatever changes, that is exactly what happens. Of course you don't just go and lie down to die like the grandfather Indian in the movie *Little Big Man*. Instead, you begin eating or drinking yourself to death (a pleasurable, slow death), or you create a heart condition or a degenerative disease.

To Be

So who are you, anyway? You are your first, middle, and last or maiden name. That's it--nothing more! Anything else (even educational degrees) can get taken away or go unrecognized by other governments should you move or whatever.

Your Immunity To IdentitisSM

You develop your immunity to IdentitisSM by accepting the challenge of developing your self-worth from what you are--your being--rather than from what you do in life. For myself, I can say I am (identifying verb) Richard L. Kuhns and I do (active verb) counseling, writing, supervising, investing, socializing," and so on, rather than, "I am a supervisor, entrepreneur, counselor," and so on. Be creative. Say, "I do daddy/mother stuff rather than "I am George's mother/father."

Do things for you. Notice the guilt, thank your brain, and let your brain know that you deserve to do this for you and that you prefer to get your self-worth from your being rather than from what you do or mean to someone or some organization.

The Good Mother Trap

Eleanor, wife and mother, had an uncomfortable extra 40 pounds on her body. She ate her children's behaviors, their demands, the untidy house, their messy rooms, her husband's TV watching, and she was unable to break out of the hand to mouth actSM. She remembered being told once that "a good home reflects a mother." To her this meant that if someone saw that the house was untidy, she would be viewed as less than a very good mother. Likewise, if the kids misbehaved, it was a direct reflection on her motherhood. And of course if the kids wanted something like chauffeuring, she had to do it. Otherwise, she'd be viewed as less than a good mother. Her self-worth was clearly equated to her kids' behavior, the tidiness of the house, and her husband's desire for her.

Her son once made a glaring mistake in trimming one of the shrubs in the front yard. Eleanor had a binge right after she noticed the mistake. Even though she could identify that she was eating the cut shrub, she gluttonized until she was stuffed. Talking about it, she discovered that her self-worth again was the issue. After all, if she raised her kids properly they wouldn't make that kind of mistake. Again, her self-worth was tied into the behavior of her son and what the lawn looked like.

Her husband insisted on a home-cooked meal complete with all the non-nutritious trimmings (which constantly tempted her) every night. He would then retire to the TV room and spend the remainder of the evening there, and she'd feel rejected. Naturally, many binges occurred in the evening. She attempted to talk to him once about his chronic TV watching and how she felt left out, to no avail. On top of all this, if he ever took her out, he would only take her to the places he liked. She felt taken for granted because she did everything he wanted while he would never do anything she wanted. And if she requested something, he'd say, "We just went there," or "We're short of money," or "We'll go there next time." Of course, "next time" never came.

As we talked about this in our sessions, we discovered that she was allowing her self-worth to be challenged. After all, if she was indeed a good wife, he would desire to be with her instead of the TV; and therefore, rather than really deal with the issue (i.e., talk to him again about it, insist he go for marriage counseling with her, throw the TV out, consider a separation, etc.), she would eat. Again, her self-worth was totally dependent on her husband's behavior.

The Helpless Trap

Jane, mother of two and wife, made three distinct dinners every night—one for the husband, who liked a certain type of

food; another for herself and one of the children; and another for the other child, who liked another type of food. Jane practically lived and breathed food. Of course, she was going to do everything she could do to be a good mother and wife. You would think the children were 2 and 5 years old, but they were 14 and 18. Yet with food, she was relating to them as though they were toddlers. Her identity was wrapped up in being the mother of two young children and the wife of a junk food lover.

It's common for mothers to continue relating to their children as though they are still small even though they may be in the early-to-late teens. Teaching responsibility to the children was a real challenge for Jane. If she didn't do all this cooking and housework (even though she complained about it), what would she do? So in reality, the issue for Jane wasn't to teach the kids responsibility but to teach herself to be responsible for her own life.

The Cage

My late wife once brought home a dog because she wanted to save it from a life of living in a cage. I built, per her specifications, a very large pen in the basement and outfitted it with a fluffy pillow in an attractive open box. I put the dog in the pen. Because we were limited for space, the cage was stored in the dog's new pen. The dog jumped and romped for joy--it seemed. We left the dog to familiarize itself with its new environment and returned several hours later only to find the dog back in its cage. In fact, as long as the cage was left in the pen, the dog preferred it to the comfortable pillow. So much for trying to read a dog's mind or shall I say, trying to "teach an old dog a new trick," as they say.

Unfortunately, if you have been getting your self-worth from what you do in life (the dog's cage), it's impractical to expect that some Good Samaritan will come along and take you out of your cage and give you a soft pillow (your own self-worth). And if one did, you'd probably complain of mistreatment and sue for punitive damages because for humans,

change (even when it's for the good of one's self) can be very challenging, fearful, and difficult.

Some cages are lined with velvet. Imagine circumstances much like Jane's but with the husband earning \$200,000 per year. Here, she could have every materialistic thing (jewelry, expensive clothes, vacations, etc.) but what she really wants, respect from her husband, doesn't exist. Of course, with all the velvet in the cage, it's even more difficult to make changes than if the cage were unlined.

It's our nature to resist change. We usually have to justify any changes we make. Sometimes we have to make ourselves sick or totally miserable to justify change. Several decades ago, I commuted an hour to New York City on a daily basis. The buses were old and often full and I'd have to stand, or the only seat available was over the wheel well or the one over the engine and it was hot. Every time I'd have to stand or sit in one of those seats, I'd think to myself, "I'm going to switch to the train." Access to the train was nearby, but I never changed until I had to stand three times in one week in order to get to work on time. My options were to take a bus 30 minutes earlier or take the train. It took that one miserable week's experience to make the change. Why the resistance?

In retrospect, I realized there were many unknowns that I allowed to rule my behavior. First, I'd require a permit for the parking lot and I didn't know whom to call to get it. Second, I'd never ridden a passenger train before and as silly as it sounds, I was concerned about tripping or looking stupid while boarding the train. Third, I didn't know if I'd be able to make new friends on the train. Fourth, I'd be required to change trains at the Newark station and I wasn't sure if I'd get the right train. Maybe I'd end up on a train to Boston by mistake.

Much to my delight, none of these fears came true and I found it easy to commute by train. However, I also discovered that commuting by train had its disappointments as well. But by making this simple change I benefited--I went on to make an even bigger change--a change of career.

What does this have to do with self-worth? By changing from the bus to the train, I gained some self-confidence. But underlying it all was my question of self-worth. Commuting in the 70's was a humiliating experience (I have no idea what it's like today), but thousands of people, including corporate executives, did it. The velvet in the cage for me was the "way above average" income I was being paid in my position as a senior engineer. The cage was the aggravation I put myself through every day, from commuting and from the boredom of my job. I didn't believe enough in myself or in my own self-worth to know that I could step out of the mold of the "corporate rat race" and create comfort in my own pillow. It meant taking risks. It meant learning how to become comfortable in my own pillow and knowing that I deserved escape from the cage. This was also the period of time in my life when I weighed the most ever, over 200 pounds.

I did take the risks and am happy that I did because I like my new "pillow." I'm glad that I won't be thinking to myself at age 70 "I wonder what would have happened if I had taken a risk and changed careers." It's the fear of making a mistake that often cuts our legs out from under our self-worth. That is, you're supposed to somehow know where you are in life and the answers to life's turmoil and if you don't, what kind of person are you anyway? Thus, as with Jane, your behaviors and the mistakes you make are tied into your self-worth.

Unfortunately, I've often noticed in counseling my clients that it's almost as though someone has to remove the cage for them and force them to learn how to become comfortable with a pillow. It took me approximately eight years to learn how to be comfortable with my new pillow. I also know that a cage can be constructed around any pillow. If such be the case, remember that you are a worthy person and can create a new pillow.

Self-Worth

Finding a cookbook approach to attaining self-worth is a difficult task. The first and most important task is to recognize the tentacles of the various sources of your self-worth, as you did in the beginning of this chapter when we

looked at CAPSOFF. Simply recognizing the importance of your goal, building your own self-worth, is a most valuable step.

Next, look at all your relationships with CAPSOFF in a "doing" rather than an "I am" mode. In other words, "I do parenting, supervising, treating," as opposed to "I am Jack's mother, vice president, a medical doctor." Remind yourself constantly that you prefer to get your self-worth from the essence of you rather than from what you do or how well you do something.

Identify where you presently are in phase 1 of IdentitisSM. Which of your devotions, aspirations, and dreams make a difference in CAPSOFF?

Identify where you already are or where you are headed in phase 2 of IdentitisSM— who and what needs you to survive. You may even want to seek counseling in handling this phase. The important thing is to recognize that just as someone or something needs you, you also need it—that you are dependent on this person, place, or thing for your own self-worth. If you realize that you've fallen into the IdentitisSM trap, it's most important that you let that be OK. Recognize that your goal is to free yourself from the dependency of this relationship.

Remember, this applies to the workaholic who says he works hard for his family so that they can have all the nice things in life. The truth is that he really needs his work so he can feel important and worthy. The rest is just a guilt trip for the family so he can get his way and work all the time even though he complains (martyr syndrome) of all the sacrificing. In truth, if he didn't go to work (got out of the cage), and instead had the day off (a pillow), he wouldn't know how to enjoy it.

The Experience

Make a list of everything that contributes to your self-

worth and self-esteem. Typically people will include items such as:

- Being creative
- Getting things done
- Having others' respect
- Being a good friend
- Having common sense
- Being able to support my family

Let's analyze! What do any of these items have to do with self? Actually, everything has to do with things external to you or with the outcome of something. For instance, being creative—how do you know you're creative? Isn't it based on the outcome of your energies and endeavors, a solution to a problem, or a finished product? Once you've demonstrated your creativity, there is a finished idea or product.

How do you know you're a good friend? Most likely you know so because of the ways you've demonstrated this in your relationships in the past. In other words, you know the result of what you've put into relationships. You've been there for your friends when they needed you or you've supported them or been unselfish.

Just about every way we look at any item listed, we find that our self-worth is based on the worth of others or things instead of self. So the question is, "How can you create self-worth?" If we eliminate the outcome of our endeavors, what's left over?

The answer is "the experience." We often are so glued to getting the outcome that we overlook the experience itself. The experience consists of the "doing" of things. While we are "doing," we may feel a variety of emotions such as happiness, boredom, or frustration. The result is that the outcome may or may not work out as we'd like.

Most of us as youngsters have had the opportunity to

make pot holders; and we did it. But what happens when you give a pot holder kit to an adult and ask him to complete it. If he's a type A personality—perfectionist—you'll get some humorous results.

He'll remember that he made these things when he was a kid; and he'll assume that it would be easy as an adult to make another one. But he'll most likely forget a lesson he had learned as a child: when he goes to remove it from the frame, unless he takes some special precautions, the pot holder will begin to unravel and he'll end up with less than a whole pot holder.

And when this happens, he'll either:

1. Put it away and never finishes it and if questioned about it, he'll deny its existence or say he never got around to doing it.
2. Go to all extremes (hours of time) to reweave it, and hang it on the wall for everyone to see. Will he ever do another one? No! Why? Answer: Because his self-worth has been challenged.

Building Self-Worth

To build self-worth, it's important to look at all our goals in life—the every day ones as well as the long-term ones that are related to our various CAPS. With each goal, it's important to say, "If the end result that I desire is attained, that'll be great, I'll be happy, and I'll like myself. On the other hand, if it all falls apart, I'll be very disappointed, unhappy, and upset, and I'll still like me. I'm still a fine person!" When you can choose to do this, you are building self-worth.

"If so and so likes me, that's great, and I like me. If so and so dislikes me, I can be unhappy and disappointed about that and I still like me."

Because we have high expectations of ourselves and often expect that we should know the answers (a self-worth trap), we do everything to avoid being uncomfortable. Yet to build self-worth inevitably means that there will be uncomfortable times. Building self-worth means “letting it be,” that we are at loss as to what we can do to feel better at times, to allow ourselves to be exposed to unknowns and uncertainties, and to know that the subconscious brain will solve the problem. As you learn to become comfortable feeling uncomfortable, you begin to recognize that you can do it because you have self-worth and know that you can not only handle any situation in time but also profit by any experience in some way. And that your new pillow is beginning to feel good and right for you.

No matter what mistake you should ever make, or whatever may be taken away from you or lost, you are a worthy person. If you had it once, you can create it again because having it in the first place was no accident. It was because you deserved it. Give yourself time to build self-worth. Realistically, it can take months, even years to build.

Chapter Review

Once you recognize what you are really eating, ask yourself if your self-worth is somehow connected to your hand to mouth actSM. If so, the key to escaping the house of gluttony is to build your self-worth. Look at how you might be dependent on CAPSOFF for your self-worth. Acknowledge what phase you may be in. Look at each goal—no matter how large or small—and choose, “If it works out well for me, that is great, and I like me. If it falls apart, I’ll be unhappy and I still like me.”

Every time you find yourself doing the hand to mouth actSM in a self-worth connected issue, thank your brain for any negative or self-limiting thoughts and remind yourself that you prefer to rely more on yourself to develop your own self-worth and less on other persons, places, things, or relationships, and

that you prefer to forget about food. By doing this you will in time be breaking the addictions your self-worth has on CAPSOFF.

***“You cannot expect to achieve new goals
or move beyond your present circum-
stances unless you change.”***

~Les Brown



***“In three words I can sum up everything
I’ve learned about life. It goes on.”***

~Robert Frost

APPENDIX A –The KingSM Eating Plan

And now the good news -- the King Eating PlanSM – cause it King (tops) when it comes to shedding weight and eating all that you want. You can also call it the shrimp scampi diet). Appendix B contains tasty recipes.

Eat all the Protein you desire:

Eggs,

Bacon* or ham** (no sugar, honey, or corn syrup or gelatin)

Sausage (without fennel)

Beef—minimal amounts

Pepperoni (Boars Head only)

Pork chops

Chicken

Lamb

Veal

Shrimp

Lobster

Clams

Crabs

Scallops

White fish, flounder, tilapia, bass, trout.

Cocoa:

Semi sweet or non sweetened chocolate

Nuts (except peanuts)—dry without syrups

Carbohydrates:

White or brown rice, risotto

Rice bran, spelt flour, rye, and millet

Bread:Spelt, dark pumpernickel, oats, barley www.the-baker.com has many tasty breads**Crackers:**

Dark Rye crisp bread (no yeast) Ryvita

Oil:

Butter

Rice bran oil
Garlic oil
Safflower

Vegetables:

Spinach
Romaine
Red and green leaf lettuce
Tomatoes
Red and white cabbage
Cucumbers
Onions
Radishes
Celery
Peppers and roasted red peppers (in water)
Green beans
Broccoli
Snow peas
Egg plant
Sauerkraut
Mushrooms
Asparagus
Artichoke

Seeds and legumes:

All legumes, lentils, and beans
Sesame, pumpkin, and sunflower seeds
Starches
Rice, Risotto
Rice, spelt, and or spinach pasta
Red potatoes
Sweet potatoes

Cold Cuts:

Roast beef
Boars Head Oven Gold Turkey
Sweetener:
Stevia

Condiments

Horseradish
Catsup (sugar and corn syrup free)

Fruit:

Bananas (avoid ripe bananas)

Apples

Spices:

Parsley

Oregano

Salt—preferably sea salt or Morton’s salt substitute

Black pepper

Red pepper

Paprika

Garlic (no corn syrup)

Fennel, licorice

Anisette

Rosemary and ginger

Cajun spices

Mustard

Cheese:

Goat and sheep cheese all non processed cheeses (unless you’re dealing with candida or Lyme disease in which case no cheese).

Drinks:

Water

Black coffee with stevia sweetener

Herbal teas

Yogurt (unflavored)

Cottage cheese

Definitely avoid at all costs eating or drinking any of the following:

- snack foods such as pretzels, chips, crackers, nachos, cookies
- sugar (all types), corn syrup, maple syrup, molasses, fructose, lactose, maltose, dextrose etc.
- soda or fermented drinks
- yeast or yeast products: bread, pizza, buns, breadcrumbs, marmite, Oxo, Bovril, Bisto, gravy mix etc. flavored foods i.e. crisps and foods containing citric acid.
- Refined grains, white flour products, cakes, biscuit, pasta,

corn flour, quick rice, all prepared breakfast cereals

- Processed or whole grain wheat
- alcohol (beer, wine, all hard liquors)
- cows milk,
- ice cream except for Haagan daz
- processed cheese as in American white or yellow, velveta, cheese spreads
- salad dressings
- fresh or dried fruit (except bananas and apples), no fruit juice
- food with MSG
- peanuts and peanut products
- starchy white potatoes except for red potatoes
- sweet vegetables like carrots and sweet corn
- all flours* except for rice bran, spelt, rye, barley, millet
- anything with gluten (pasta, breads, pizza)
- all hydrogenated cooking and salad oils (vegetable, soy, palm, coconut, canola, olive, crisco vegetable oil, cottonseed oil, peanut oil, olestra
- margarine, butter substitutes, olestra
- wheat germ
- foods from fast food restaurants
- mayonnaise, salad dressings

APPENDIX B—Tasty Recipes

Let's start by the staple #1 —**Perfect Rice.**

Many dishes go well with rice.

Use brown rice—long or short grain, it doesn't matter. Later when you get fancy you can graduate to risotto. Using a pot, add one cup of water and about a tablespoon of butter, 1/2 teaspoon salt, and bring it to a boil with the top on—simply makes it faster to boil.

Then add in 1/2 cup of rice to the boiling water. If you want to rinse it in a strainer beforehand, that fine. The most important thing is to reduce the heat on the burner to low as soon as the rice is added and place the cover back on the pot. Thirty to forty minutes later for brown rice (twenty minutes for white rice) you will have perfect rice without having to scrape it from the bottom of the pot. Flavor with pepper and butter as desired and serve.

Fancy Rice

How about rice with onion or peppers, or onion and peppers? Cook your rice as instructed above. Use about 1/3 of a pepper (any color) and about 1/3 of an onion. Chop the peppers and or onions into small square pieces about 3/8". Sautee them with rice bran oil or butter as described below and when rice is finished, add them to the rice and stir to mix them with the rice --Flavor with salt, pepper and butter as desired and serve.

Staple #2 perfect pasta.

Sometimes you just want to break up the rice thing with pasta—it's the easiest thing on the planet to make. Visit your favorite super market or health food store and purchase rice pasta. You can get fancy with meat or manara sauce, but let's leave it simple.

Linguini, spaghetti, spirals or whatever: I prefer a spinach rice spaghetti style of pasta. Simply fill a large pot half way with water, add a tablespoon of butter, cover it and bring to a boil.

Then add in the pasta and keep the heat on high for the recommended period of time (on the package—usually 8-to-11 minutes). Keep the cover off. Stir every few minutes to keep the pasta from clumping or sticking to the bottom of the pot. When finished, dump into a colander and cover until it's time to serve.

Serve with a fine grade of parmesan cheese sprinkled on top)—I prefer sheep cheese.

Perfect Vegetables

Steamed—Cut your vegetables (broccoli, cauliflower, green beans). Place 1/2" water in the bottom of a pot and bring to boil. Place the vegetables in the steamer and then into the hot water and cover. Steam on high heat for 5 minutes.

To avoid your veggies getting too cold, melt butter with salt and pepper, or warm rice bran oil flavored with salt and or pepper. Place veggies in the covered dish and pour your butter sauce over them and stir to distribute the sauce. If you like, flavor by sprinkling a tablespoon of parmesan cheese (sheep) over the veggies and serve.

Perfect Vegetables

Sautéed— green beans, collard greens, arugula, spinach, broccoli. Use a large 13" pan with cover. Place a tablespoon of rice bran oil in the pan along with your vegetables. If you're using spinach or collard greens, fill the pan to the top as when heated, the greens seem to disappear as they shrink. Bring to medium low heat and cover. Stir every 4 or 5 minutes and add approx 1/2 teaspoon of salt (I use Morton's light salt which is high in potassium) Add in chopped garlic after about 6 or 7 minutes and stir. Avoid over heating as too much heat will burn the garlic along with your veggies. The trick is to keep from burning the garlic so keep an eye on it and reduce heat when you notice the garlic browning.

Perfect shrimp scampi for two

1 ¼ pound of raw shrimp

1 stick of butter
chopped garlic
parsley
lemon

Start the shrimp scampi about 10 minutes before the rice is finished. Melt one stick of butter on low heat. While melting the butter, remove the shells from the shrimp.

Then add several cloves of chopped garlic to the melted butter and raise the heat slightly to brown the garlic. You can get the garlic that's already chopped or chop it yourself into small pieces—of course remove the outer shell of the garlic before chopping.

Lay the shrimp in the butter—usually you will need a 13” pan to accommodate 1 ¼ pound of shrimp. Do not place shrimp on top of each other—have them all touching the bottom of the pan. Once the shrimp are distributed in the pan, sprinkle with parsley and squeeze in the juice from ½ of a lemon. Cover the pan and let it cook the shrimp for about 3 minutes on a low-medium heat. Remove the cover after the second or third minute to check to see if the shrimp are finished—their beautiful bottoms will be red and the tops might still be pink. When you see the redness beginning to reach the top half of the shrimp, use two forks to flip each one over and sprinkle more parsley on the flipped shrimp. Cover the pan for another two to three minutes. It's easy to see when they are finished—they are all red top to bottom.

If you have the luxury of heating the plates, do so and when the shrimp are ready, serve the rice first and keep the rice covered to keep it warm. Using a large spoon, serve the shrimp and the butter garlic sauce on top of the bed of rice.

There's only one more thing to do and that is enjoy. Bread (dark pumpernickel only) optional, makes a great mop for the sauce that no one can stand to see thrown away.

While we're on the subject of seafood, how about King Crab legs—very easy dish.

Perfect King Crab Legs

1 $\frac{3}{4}$ pounds of king crab legs
1/3 stick of butter
lemon

Start the king crab about 10 minutes before the rice is finished. You'll need pan with a cover large enough to fit in the legs. Ideally, place a vegetable steamer in the bottom of the pan with about $\frac{1}{2}$ " of water. Bring it to a boil with the top in place, then place the crab legs in the pot and cover keeping the heat on high for 5 minutes.

While the legs are steaming, melt $\frac{1}{2}$ stick of butter in a small pot. Add the juice from about 1/3 of a lemon to the butter.

Serve the rice and crab legs with the drawn butter and enjoy.

Perfect Lobster

2 lobsters 1 $\frac{1}{4}$ to 1 $\frac{3}{4}$ each
1/3 stick of butter
lemon

Start the lobsters about 20 minutes before the rice is finished. You'll need a relatively large pot with a top. Place the vegetable steamer in the bottom—not really necessary, but I like to use it to keep the lobster from collecting too much water. Fill the bottom of the pot with $\frac{1}{2}$ " of water and bring to boil. Place the lobsters in the pot and cover. Let them steam on high heat for about 14 minutes. If your lobsters weigh more, you'll need to add a few minutes to the steaming.

Heat the butter and add the juice from 1/3 of a lemon.

Serve with rice and enjoy.

Perfect Steamers

1 1/2 Pound of steamer clams (enough for 2 people)
Soak them in cold water with black pepper for 30-45 minutes to cleanse them (they will spit out the sand).

Run 2" of water into the bottom of a sauce pan, bring to boil, and then add the clams. When the water begins boiling again, boil for 5 minutes. Steaming longer will result in rubbery clams.

Dipping sauce

1/4 cup butter

dried parsley

chopped garlic

Heat the butter and garlic and add in the parsley to your liking.

Perfect Chicken in Wine Sauce

3 boneless chicken breasts

1/3 stick of butter

1 cup of white wine

lemon

salt and pepper

Start preparing the chicken 30 minutes before serving. Prepare the chicken (wash and slice thinly—usually two to three pieces per breast depending on the thickness of the chicken breast.

You'll need a 13" pan to fit all the chicken. Melt the butter in the pan on low heat and then place the chicken—see below for breading option—in the butter. Make sure all the chicken is laid in the bottom of the pan—no stacking. Turn the heat to medium low and let the chicken brown for about 5 minutes as you sprinkle salt and pepper to your liking. Then flip over the pieces and brown the other side for about 4 minutes as you add more salt and pepper. Add one cup of white wine and the juice from 1/3 of a lemon, cover and cook for about 5 minutes until the chicken is cooked through.

Lay a bed of rice on the plate and serve the rice and wine sauce on top. Enjoy

Breading option:

Like breaded chicken in wine sauce?

Egg

½ cup of rice bran, spelt, dark rye, or millet flour.

Place an egg in one bowl and mix to distribute the yoke. Place ½ cup of rice bran flour in another bowl.

Follow above instructions except before placing the chicken in the pan, wet it first (both sides), with the egg and then dip in the flour (both sides), and then place it in the pan. Follow instructions for perfect breaded chicken in wine sauce.

Perfect Lemon Butter Chicken

3 boneless chicken breasts
1 stick of butter
juice from 1/2 lemon
salt and pepper

Start preparing the chicken 30 minutes before serving. Prepare the chicken (wash and slice thinly—usually two to three pieces per breast depending on the thickness of the chicken breast). You'll need a 13" pan to fit all the chicken. Melt all the butter in the pan on low heat and then place the chicken—see below for breading option--in the butter. Make sure all the chicken is laid in the bottom of the pan—no stacking. Turn the heat to medium low and let the chicken brown for about 5 minutes. Sprinkle salt and pepper to your liking. Then flip over the pieces and brown the other side for about 4 minutes adding more salt and pepper. Add the juice from ½ to ¾ of a lemon, cover and cook for about 5 minutes until the chicken is cooked through.

Lay a bed of rice on the plate and serve the rice and wine sauce on top. Enjoy

Breading option:

Like breaded chicken in lemon butter sauce?

Egg

½ cup rice bran, spelt, dark rye, or millet flour.

Place an egg in one bowl and mix to distribute the yoke. Place ½ cup of flour in another bowl.

Follow above instructions except before placing the chicken in the pan, wet it first (both sides), with the egg and then dip in the flour (both sides), and then place it in the pan. Follow instructions for perfect breaded chicken in lemon butter sauce.

Perfect Sausage Peppers and Onions

1 lb of sausage

assortment of red and green plus orange and or yellow (if desired) peppers

1 large onion

red pepper spice (if desired)

Place sausage in pan with low to medium heat and cover. Note: some like to boil sausage in the water first for 10 minutes to remove excess fat and then place in pan to seer or brown.

Cut the peppers in strips from top to bottom about 3/8" wide. Cut the onion in half from top to bottom and then in slices about the same width in the same direction. Place a tablespoon full of rice bran oil and about 5 tablespoons of water in a large stir fry pan and then add the onions and peppers and bring to medium heat. Cover and stir every 5 minutes for a total of 20 minutes. Add salt, black and red pepper to flavor.

When the sausages are browned, slice* them with a slight diagonal cut into ½" pieces and stir them into the peppers and onions and cover for 5 minutes or until the peppers are to your liking—some like them soft and some like them a bit crunchy. Serve when ready.

Serve:

1: over brown rice.

2. with a hoagie--you may want to leave the sausages full length as opposed to slicing them.

To add zest, serve with horse radish and or ketchup. Peppers and onions can taste bland and empty — the secret is the right amount of salt, but be careful. Too much salt and the dish is ruined. Too little and the dish is tasteless. So it's best to add as you are stirring during the last 10 minutes and constantly do taste testing.

No dinner is complete without the **Perfect Salad**

Obtain at least 10 of the following ingredients:

Spinach, Romaine, Red or Green leaf lettuce

Roasted Red Peppers (in water only)

Shredded Red Cabbage

Red Onion

Radishes

Tomatoes

Broccoli

Cucumber

Zucchini (any color)

Bacon bits (made from real bacon)

Cooked Shrimp (in butter)

Red, Green, Yellow, or Orange Peppers

Celery

Walnuts (stage II only)

Feta Cheese

Goat Cheese

Bleu Cheese or Gorgonzola (stage II only)

Parmesan Cheese from sheep

Yellow Cheddar (stage II only)

Cabbot Habanero cheese (hot) (stage II only)

Jack or Pepper Jack Cheese (stage II only)

Mozzarella (stage II only)

The secret is in how the ingredients are sliced, cut or prepared. Rather than use one large bowl and then hope to transfer all

the goodies, I like to make two separate bowls of salad. I like my bowl to be at least 10" in diameter and three or four inches deep for a hearty salad. This way you can make the salad to order with only the ingredients you and your guest wants.

Start with the green leafy stuff. If you're using triple washed spinach you simply load each salad bowl to near the top with spinach. If you're using a leafy lettuce, rip off leaves and wash them to remove any grit or dirt. Then break the leaves into small pieces about 2" by 2". An easy way is to not break off the leaves but to use a ginsu knife and cut from the top of the lettuce downward 2" towards the bottom, rotate the head 90 degrees and do it again. Then take the knife and 1 ½" from the top cut across the top of the head and let the pieces fall into a colander. You can continue the same procedure of cutting top to bottom and across until you have enough lettuce and you'll find that the pieces are in perfect size.

Roasted Red Peppers--Cut the roasted red peppers on a chopping block into bite size pieces before adding to the salad—no certain way to cut.

Red Cabbage--Distribute shredded red cabbage as desired over the salad in each bowl.

Wash the radishes, cut off the top and bottom and discard. Slice the radish into each bowl about 1/8" thick.

Cucumbers—Wash the cucumber and thinly slice approximately ¼ of a cucumber so you have circular pieces about 1/4" thick

Zucchini-- Wash the zucchini and thinly slice approximately 1/4 of a zucchini so you have circular pieces about 1/4" thick.

Celery--Wash a stick of celery and from the end of the widest part, make one or two cuts an inch or two deep along the length of the stalk, and then make narrow slices (about ¼" wide) across from the bottom where you end up with two or three pieces for each slice. When you're into the narrow part of the stalk, the cuts along the length are no longer necessary.

Red Onion—Remove the skin and cut off the top and or bottom.

Make thin slices about 1/8" thick. You don't want to add too much since the taste of red onion is very strong. Only add about three or four slices and separate the slices so you end up with narrow lengths of onion decorating the salad.

Tomatoes—Cut into wedges—not slices although you can slice off the bottom a piece about an inch thick and then cut that into four pieces and from there just cut wedges. No more than about two or three wedges per salad.

Artichokes—cut them in quarters on the chopping block and add to the salad.

Fry the bacon until crispy on medium heat. After it's cooled, place in a paper towel to absorb all the grease, then break it into small pieces and add to the salad.

Nuts—Add walnuts—break them into smaller pieces by crushing them in your hand as you add them to the salad.

Peppers—One or two slices from top to bottom about 1/2" width and then cut into smaller pieces about 1/2" wide. Don't overload the salad with too many peppers. One slice of each color is sufficient.

Broccoli—Cut off the smallest heads and if necessary cut them from top to bottom to reduce size.

Cheese--Add in three or more cheeses for flavor. Cut the cheddar or any solid block cheese into slices, then strips, and then small pieces and add to the salad. Cut the mozzarella into small chunks. Sprinkle feta and parmesan cheese over the salad.

vShrimp—Peel the shell and distribute on top of the salad.

vDressing—add rice bran oil or alternatively use the shrimp cocktail sauce -- usually this salad is so flavorful that little if any salad dressing is required.

If you use shrimp, you may want the perfect shrimp cocktail sauce as dressing. The trick is to have a little of everything and not a lot of any one thing.

Perfect Shrimp Cocktail Sauce:

Golds hot horseradish

Catsup

Lemon

For two, use a teaspoon of hot horseradish and about three tablespoons of ketchup. Add in the juice from 1/3 of a medium size lemon and stir. Adjust the amount of horseradish according to your individual taste.

More dishes? Sure, you almost double your repertoire by using boneless pork or lamb chops to substitute for the chicken in the above recipes.

Breakfast:**Pancakes:**

1 cup of rice bran, rye, or spelt flour

1 egg

1/2 teaspoon Rumford baking powder

4 small scoops of Stevia

1 tablespoon oil

1/3 cup of walnuts

1 tablespoon baking chocolate

1/2 cup of buttermilk

Topping—very light with honey or maple syrup as the pancake is made with stevia for sweetening.

Super Omelet:

2 eggs

chopped onion

chopped tomato

chopped spinach

chopped celery leaves

chopped mushrooms

cheese (any of the following)

shredded unprocessed white/yellow cheese

crumpled feta

shredded Monterey or jack or spicy cheese bacon or ham bits

Add Spices of preference:
crushed black pepper
sea salt
oregano
crushed red pepper

Put in skillet medium heat and after 5-7 minutes, flip half onto the other half to cook the top.

Dessert:

Rice Bran Cookies

1 cup rice bran flour, spelt, or rye flour (mix them in any proportion)
2 tablespoons of butter or oil
1 teaspoon of real vanilla
1/2 teaspoon of sea salt
1 egg
4-6 portions of Stevia (using included measuring spoon)
1/2 cup walnuts
1 teaspoon of Rumford baking powder
1/2 cup of buttermilk

Mix all dry ingredients together in one bowl and mix all wet ingredients in another bowl, then add them together and mix, roll into 1" balls on a baking pan, flatten with the bottom of a drinking glass and bake at 350 degree F for 10 minutes.

Homemade Ice Cream (one quart per week)

2 eggs
1 teaspoon real vanilla
2 cups half and half or light cream
1/4 cup walnuts
1/2 cup of honey or 1/4 cup honey and three scoops of Stevia.
2 tablespoons of coca (optional for chocolate ice cream)
Heat and mix the eggs, vanilla, and honey.
Then add in the half and half and nuts. Then put it in your ice cream freezer to finish.

APPENDIX C – DstressDoc.com Audio Programs

There are five basic senses: visual, touch, olfactory, auditory, and taste. The more senses one uses in the learning process, the more effective the learning becomes. While reading this book, you've naturally used the visual sense, but you've also used the sense of touch while writing the affirmations, writing your responses, and completing the various tasks referred to in the book. Up until now it's been impractical to involve the senses of taste and smell. Yet it is easy to involve the auditory sense, and through the auditory sense, we can suggest the appropriate ways for you to involve the olfactory and taste senses.

To use the auditory sense, you could read each chapter of this book into a tape recorder and then play the tape back during the day or as you sleep at night. If you happen to know any verbal relaxation techniques, you can likewise read these relaxation techniques into the tape recorder prior to reading from the book, or you could obtain the recorded program—a complete series of CDs already available for programming your subconscious mind. The complete weight management program you have been reading about in this book is contained in a series of four CDs. Following are descriptions of each CD.

Weight Management CD #1 \$24.95

This CD contains all the information and techniques given in chapters I through VI and instructs you in the use of self-hypnosis as given in chapter IX.

Weight Management CD#2 \$24.95

This is a complete program and course on emotions (chapter VII).

Weight Management CD#3 \$24.95

This is a complete program on self-defeating eating (chapter VIII).

Bonus Tracks

These tracks are only available for those who have already order CDs #1 through #3 and are a bonus. Especially important for those who have 40 or more pounds to shed as realistically, you will require six months to shed 40 pounds,

you will require six months to shed 40 pounds, and CD's #1, 2, and 3 will practically have been memorized by the third month. The bonus tracks provide a variation of these suggestions. Both focus on emotional and self-defeating eating.

Each CD listed above is complete with an appropriate relaxation technique followed by the suggestions in hypnotic form. Click on the link to go to <http://www.dstressdoc.com/weightmanagement.html> to order any of the CDs or the complete program.

Of course it would be nice if weight were the only problem you have. Yet after reading chapters VII and VIII on emotional and self—defeating eating, you may discover that you'll get a lot further managing your eating habits if you first deal with your disappointments, lack of confidence, guilt, worry, resentments in your relationships. . . To help you handle the major issues in this book the complete Weight Management Series which includes following CDs is available.

Building Self-Worth

Unlike most techniques used to build self-worth, which in the end may actually lead to a life crisis, this program on two CD's is the only one that encourages and guides you in building true self-worth. Go to <http://www.dstressdoc.com/Selfworth.htm> for more information.

Self-Confidence

Hold your head higher than you ever dreamed possible. You can do anything you really want to do. This CD program gives you the key to doing it plus assertiveness training. Go to http://www.dstressdoc.com/Self_Confidence.html for more information.

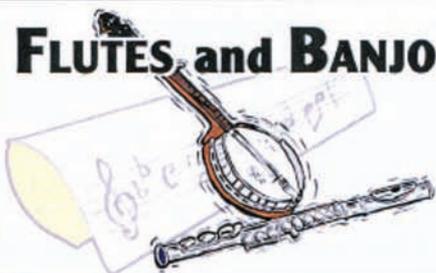
To take advantage of a special offer saving you lots of cash go to http://www.dstressdoc.com/Weight_Management_Series.html to order.

Other Popular Series*Executive Advancement Series**Weight Management Series**Dealing with Rejection Series**Emotional Health Series**Stress Management Series**Study Skills Series**Panic Series**Self Esteem Series**Relationship Series**Overcome Shyness Series*

Each series is comprised of a collection of pertinent CD programs from the next page.

See next page for card description and use

FLUTES and BANJOS



GREEN GRASS



“Thank You My Higher Intelligence”

BLUE SKIES





Richard Kuhns

ABOUT THE AUTHOR:

Richard Kuhns B.S.Ch.E. (a chemical engineer) certified in hypnosis and a specialist in biofeedback, stress management, cognitive, and relaxation skills. His engineering perspective has allowed him to “stop outside the box” in his approach to empowering others for success. He has successfully worked with thousands to manage their eating habits and shed weight.

As an accredited hypnotist, Richard is considered to be one of the most advanced and progressive self-help specialists. He brings a progressive approach to self-help by combining hypnosis with a cognitive shift, nutrition and stress management techniques. He operated the Biofeedback Center of NJ and HypnosisConsultants for over twenty years. He is now in private practice and is author of other fifty self-help and stress management CDs and DVDs as well as author of several e-book pertaining to self-help.

This is the first book that focuses on the stress of emotions (the real problem) rather than on the stress that causes emotion/s. Focusing on the stress that causes emotion/s (as other experts do) is like trying to empty the ocean with a bucket.

To See What Type of Eater You Are:

Take the following quiz.

- Does it seem that it's you and Chips are watching TV together?
- Do you sometimes think that the scale is conspiring against you?
- Is food always on your mind?
- Have you been depressed about your weight?
- Do you eat when you're bored, frustrated, happy...?
- Are you your own worse enemy?
- Do your great intentions finish with a binge?

If you answered "yes" to one or more questions this book is a “must read!” If you answered yes to the question regarding emotions you have an emotional eating problem. If you answered yes to the last question, you suffer from emotional binge eating. The answers on how to eliminate compulsive emotional eating and binge eating are finally here!

by Richard Kuhns, B.S. Ch.E
NGH Certified



The Scale Conspiracy - Self Help \$26.95