

Weight Management in Today's Environment



By Irene Lim



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ABOUT THE AUTHOR



Irene Lim has a Business Law Degree, A Masters in Law, a Certified Master Coach, A Certified Trainer in Neuro Linguistic Programming and Certified Hypnotherapist and Trainer by the American Board of Neuro Linguistic Programming and the American Board of Hypnotherapy respectively. She is also an interactive hypnotherapist certified by the the Board of Interactive Hypnotherapy Association (IHA). She is passionate to assist others to achieve their goals, and reach their desired outcome.



WHAT IS WEIGHT?

It is how we measure something or someone on whether it's heavy or light.

We strive to lose weight, to look perfect to be that perfect proportionate person that we see in every social media, Instagram. Some equate being slim as being happy, some sees it as being healthy, glowing skin, shiny hair because when you're slim, everything is perfect.

Well, I hate to say this but it's all a lie! A line we are told over and over again until we begin to believe it to be true. Who says that you have to be slim to be healthy? Who says being slim equates to a perfect life? That person in the social media could be anorexic, unhappy but pretending to be having fun. Never believe what you see on social media.

There are many people out there who are their ideal weight and are healthy. That means, not being 45 kg at 5 feet 10inches.

This book isn't about weight loss. It's about weight management. How to eat in smaller portions and eat healthy and also exercise. This does not mean sacrificing your favourite foods. In fact you can still include your favourite food but in smaller portion.

THE DIET PHENOMENON

When I was in my early 20's, I had just began working for this legal research company. One of my colleagues was peeling off the bread on this burger she purchased from McDonald's and only ate the beef burger, without the vegetables, she had scrapped off the mayo. I asked her what she was doing, she said, she's on ATKINS DIET. "It works and loads of people have lost weight on it". I began researching on what it was about. Short story, it's basically protein and high fat food without vegetable, breads. Only meat based. I wondered how it work on the digestion system. Then there were other diet fads, all supposedly to be only for 7 days and yet there are those who goes for longer than 7 days. There's a reason why there is a cut-off point of 7 days. Prolonged it will damage your health. I have lost count on how many different diets there are.

Now the latest fad, KETO diet. The original Keto diet was designed by Dr. Russell Wilder in 1923 for epilepsy. This diet is high in fat intake, low in protein and no carbohydrates in the body for your body to be in Ketosis (where the fat starts to burn) There are other factors that you need to take in while on this diet,

1. Hydration
2. Electrolytes
3. Nutritional supplements
4. fasting
5. Activity level

This diet was first introduce by the medical profession to help in ailments of epilepsy, cancer, other neurological disorder.



For a normal person who goes on this diet, when you don't have medical issues but maybe just overweight, this diet may not be the right one for you. If you want to start on this diet, the advice is to see medical advice to find out if this is the right diet for you.

Take note that when you start going on any diet, you first lose water then you start to lose muscles. Your body thinks that you're starving and start to burn the necessities first, which is dispense with water and muscles. Fat is the last to be used up because your body is in survival mode and it's trying to store up the fat. It is a fact that muscles weigh heavier than fat and it is the muscles that help you to burn away the bad fats in your body. The problem arises, when your body burns all your muscles, your metabolic rate slows down, it doesn't mean you're healthy. Yes you may look slim but you still have fat in your body. That is why skinny people can have high fat content and high cholesterol.

WHAT ARE THE CAUSES OF WEIGHT GAIN?

There are several factors on why you start to put on the pounds.

1. Hormonal issues
2. Thyroid
3. Emotional issues

The first two are medical issues that need medication to resolve that problem. If you have no medical issues and your weight creeps up due to an emotional past, then I can help you.

Let me tell you a story about this girl I knew. Way back when she was a teenager. She was 16 when she left to further studies. She was alone, away from family and knew no one. This was a girl who was slim, perfect figure and size. She was nervous to be away for the first time but she wanted to go to further her studies. In her first few months in boarding school she discovered dessert, cakes, sweets. In her home, she never had cakes for dessert. So she ate everything. Then she met with a string of bad experiences in the school. It took a toll on her. She hadn't realized this, she had gone up two dress sizes, she was withdrawn, build a wall around herself, spoke less and even her mom commented that she needs to stop eating so much and stop gaining weight. She was miserable. The weight stayed on for years. She couldn't shift it. She hid or 'forgot' about her experiences until one day, she went to a workshop, it was one of those personal development class and in the 3 days of the workshop, she noticed her weight shifted. She still ate normally but she was lighter. That girl was me.

I started to correlate weight with the emotional baggage I was carrying around. I let it sit there, and it shaped me physically as well as mentally. I was on guard, protecting myself from being hurt. I became a very private person. Once I started to let go of my emotional baggage I was carrying, my weight started to drop. We are creatures of habits. We tend to hold on to the bad habit, perhaps it's a security blanket for some, it's comforting yet painful, for others they aren't ready to let go because letting go means forgetting about the hurt and pain and memories. To let go of those means you are going to get hurt again because letting go also means breaking down your shield.



WHY DO WE HOLD ON TO THINGS THAT HURT OR DAMAGE US?

When I was in boarding school, lies were told about me. That's when I learned not everyone is nice. I became withdrawn. When my mom past away, I held on to the pain for 10 years. I couldn't let go, I couldn't think about my mother without feeling the pain, the tears flowing. I couldn't look past the things I could no longer experience with my mom instead of the joy she brought into my life because while I was in pain, all I want to experience is pain. To stop the pain meant I'd forget about her and would be disrespectful, that's what I thought in my mind. Then there's the factor of guilt because I was not at home when she suddenly passed on.

The sub-conscious mind knows no different. It doesn't know pain or joy. It's primary purpose is to protect you. If that meant, missing my mom made me feel loved, it will not stop it. When I let go of what I missed out with my mother, the pain I felt when I lost her, it was at that moment I could see the bigger picture of who she was in my life. The sacrifices she made for me, what she did for me and I can now look back, think about her and say thank you for everything with joy in my heart.

That was also the moment I had a breakthrough with my weight. I woke up. I started to take responsibility and started to listen to my body and what it needed. I started to exercise.

If you find yourself holding on to something negative in your life, ask yourself is it serving you? Is it time to let go.

HOW DO YOU START TO LISTEN TO YOUR BODY?

This is not a diet.

To start listening to your body:

In a quiet space, ask yourself, what do you need to do and when do you eat in excess.

Am I hungry or just greedy?

Or emotional eating to fill a hole.

Can you choose a healthier snack and if you crave that unhealthy snack, eat maybe 1/3 of the snack, save the rest for later.

What are your emotions when you binge?

What alternatives can you replace your binging when you're feeling that negative emotion?

Can you cut down your sugar intake?

Perhaps your body is saying 'no food today' just hydrate until you feel hungry.



Pay attention to the food that is in front of you and not sit in front of the TV or phone while eating. This is called conscious eating.

Before your meal, have a glass of water (that's the advice everyone knows)

1. Chew slowly
2. Stop eating when you are full and you can take away the rest for later
3. Remember the message carried to your brain on whether you're full or not takes a few minutes so that's why you eat slowly. It's also good for your digestion if you eat and chew slower

It takes 28 days to acquire a new habit and to make it into a habit. Being conscious on the intake of food will take time. Your eating habit did not develop overnight. Paying attention to what you eat and the emotions when you start to eat is only a start.

Then the next step is, dealing with those emotions, overcoming them either on your own in a healthy way or seek help.

Sometimes it is better to have a neutral party to guide you because we don't buy our own bullshit whereas, you will buy your own bullshit and may not even face the real issue.

To learn more, visit our website at www.dovetailcoachings.com.