Losing Weight is a Healing Journey
Losing Weight is a Healing Journey
A woman's guide to losing weight naturally

Katrina Love Senn
I dedicate this book to my husband and best friend

Damien Senn
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Introduction

“The most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss and have found their way out of the depths. These persons have an appreciation, sensitivity and an understanding of life that fills them with compassion, gentleness, and a deep loving concern. Beautiful people do not just happen!”

~ Elisabeth Kübler-Ross

The idea of losing weight permanently for most women, lingers in the realms of pure fantasy.

Sure there seems to be no lack of media attention bestowed upon quick fix techniques, to help you temporarily shift a few pounds. But keep it off for good? Most would wonder if this was even possible.

From my experience, there are two reasons why women experience ongoing problems with their weight. They either;

1. Don’t know what to do, or
2. They know what to do but aren’t doing it.

Whatever situation you find yourself in right now, this book can help you to lose weight naturally and permanently. It will also help you to heal your body and experience more freedom around food than ever before.

It is filled with practical insights and motivation to keep you focused on achieving the long term weight loss results that you desire.

I want you to know that I’m not a doctor, dietician, nutritionist, psychologist or fitness freak. I don’t count calories, weigh myself
regularly and I couldn’t even tell you the last time I stepped inside a gym.

What I am is a real woman who was open and willing to learn how to use her weight problem as an opportunity for personal growth, deeper self-enquiry and healing.

On my own healing journey I managed to navigate through all the confusion and mystery that surrounds the topic of weight loss to lose over 60 pounds. (Just in case you were wondering that’s equivalent to around 25 kilograms or about 50 tubs of butter!)

I lost all of my excess weight without dieting, drugs or surgery and have successfully kept it off for over 12 years. I also managed to detoxify my life and heal my body in the process.

‘Losing Weight is a Healing Journey’ is based upon the breakthrough discoveries I made on my own weight loss journey. It also contains key distinctions that I have gathered from over a decade of further study, applied research and exploration into natural health and well being.

Some of the trainings that I have undertaken in this time include Yoga Teacher Training, Massage Therapy, Reiki Healing, Kinesiology, Meta Medicine, Peak Performance Coaching, Emotional Freedom Technique (EFT), Reflexology, Energy work and Neuro Linguistic Programming (NLP).

The book also contains a selection of heart warming stories from women who have experienced real breakthroughs from attending one of my workshops, yoga retreats or private breakthrough healing sessions.

Through my journey of losing weight naturally, I discovered the self worth, respect and love that I had been searching for all along. As with all successful relationships, it is something that continues to deepen and flourish with time. With each year that passes I continue to feel healthier, younger and more vibrantly alive. I’ll be sharing more on my weight loss story as we move through the book.

So what does this book offer?

‘Losing Weight is a Healing Journey’ offers you an integrative, honouring and healing approach to weight loss that recognises the inherent beauty, wisdom and natural power that is lying dormant within you.
The focus of this book is to help you create the kind of long term weight loss results that you have dreamt about. It will encourage and inspire you to focus upon your personal healing as well as make the lifestyle adjustments necessary to generate a sustainable flow of nourishment and energy for your body, mind and soul.

There is a deeper reason why you are experiencing weight challenges. This book can help guide you to find your own answers by providing the information, inspiration and support to reconnect you back to your body’s inner intelligence.

**So what is this book not about?**

If you are looking for a fad, starvation or yo-yo type of weight loss program created by someone who has never had a weight problem, then this is not the right book for you. This book does not offer a quick fix solution to all of your life’s problems. It does not contain any confusing dogma or anything that you need to accept in blind faith.

My weight loss approach is a holistic one that is born out of my own weight loss healing journey. It recognises the fact that every human being is unique and encourages you to connect with and follow the inherent wisdom within your own body.

**So why did I write this book?**

I wrote ‘*Losing Weight is a Healing Journey*’ to offer you fresh hope and guidance on your weight loss journey, whilst helping you to break free from the confusion, anxiety and low self esteem experienced by so many women in our society today.

Having personally experienced what it is like to feel overwhelmed and despondent by conflicting and confusing information, I had a deep desire to write a book that is easy to follow and understand.

I want you to benefit from the many hours that I spent searching for real answers on my own weight loss healing journey. I want to pass on knowledge of the things that I have done that worked, as well as the wisdom generated from things that didn’t.

The distinctions that I share in this book have been purposefully designed to help you create sustainable long term results. I know all
too well how heart breaking it can be to lose weight only to put it all straight back on again.

This book contains many safe, holistic and empowering healing tools that are available to you. Contrary to what you hear in the mainstream media, you do not need to count calories, weigh your food, take diet pills, have your stomach stapled, undergo liposuction, have a lap-band fitted or endure any other form of surgery, deprivation or embarrassment to achieve the kind of weight loss results that you want.

I personally live and breathe everything that you will read about in this book. Many distinctions that I will share with you, you will not hear about from any other source. It is these ideas and principles that made all the difference to my own weight loss healing journey and I know that they will have a positive and powerful impact upon yours too.

**Finding the hidden treasure.**

Buried in the layers of your excess weight are your secret hopes and hidden dreams. While at first it may not seem obvious to peel back the protective physical, mental and emotional layers, what resides beyond this is everything that you’ve hoped for.

*Losing Weight is a Healing Journey*’ is designed to guide you back to your true self. By having the willingness to start asking different questions, you have the opportunity to receive new and more empowering answers.

As with any journey worth taking, it won’t always be easy. There will be days when you will feel deeply challenged. Just know that with each challenge that you confront, you move one step closer to fulfilling your weight loss dreams. Conquering fears and obstacles on your path will make the gifts and the rewards that follow much more worthwhile.

**A healing approach to losing weight.**

My focus is upon inspiring other women to take a healing approach to losing weight. It involves realising that there is a holistic connection between your body, mind and emotions.

This is a total paradigm shift to the yo-yo dieting world that I was unhappily stuck in for many years.
Your external reality is only ever a reflection of your internal world. When you focus upon positively changing your inner world, your outer world will naturally shift to reflect this.

Getting the most out of this book.

To get the most out of this book I recommend that you read it in its entirety first. This will set you up with a good understanding of the ideas and information contained within it.

As you progress on your own weight loss healing journey, feel free to dip in and out of this book whenever you are seeking deeper insight, inspiration or motivation.

As you read this book, be kind and gentle with yourself. Take time out to honour and appreciate your uniqueness. If you experience any blocks or resistance, just know that life is calling you forward to connect more fully into your personal power.

For best results it is important that you keep your heart and mind open as you read it. When you take a healing approach to losing weight you open the door to living the life you have always dreamed of.

You can lose weight naturally!

My message to you is really very simple. You can lose weight naturally and permanently without dieting or deprivation. I have achieved it and I know that by incorporating some new distinctions into your life, that you can achieve it too.

I want you to enjoy all the wonderful experiences that life has to offer without having to constantly worry about lingering weight problems.

You deserve...

- To feel happy, healthy, and vibrant from the inside out.
- To create a healthy and loving relationship with your body.
- To live an extraordinary life, while eating food that tastes great and is good for you.

So my simple question to you is, ‘Are you ready to break free from frustration and finally create the body and life of your dreams?’

OK then… let’s get started.
Katrina’s Inspirational Weight Loss Story

“The weight loss journey is a unique opportunity for self acceptance, healing and growth. As you begin to release the heaviness of your life, you will lose weight naturally and permanently, just as I have done.”

~ Katrina Love Senn
From breakdown to breakthrough.

“This is my weight loss story. It shares my transformation from living with chronic weight problems, fatigue and sickness to experiencing a life filled with radiant health, energy and vitality. May it inspire you to have the courage to embark upon your own weight loss healing journey.”

~ Katrina Love Senn

I loved food about as much as I hated exercise. I had spent the majority of my teenage years battling with my body and self image. By the time I had turned 20, I was already 60 pounds overweight. I had pretty much resigned myself to the fact that none of the available dieting approaches were ever going to work for me and that I was going to be fat forever.

Of course I didn’t have the courage to tell anyone else that, it was just one of those things that I preferred to keep quietly to myself.

It wasn’t as if I hadn’t tried to lose weight using the conventional methods either. I’d really made an effort to shift all those unwanted pounds. I’d read the magazines, counted the calories and followed the advice of the dieting experts. Sadly the results of my endeavours always seemed to adhere to the same sorry story: fleeting short term weight loss, quickly buried beneath even greater weight gain and lower self esteem.

My unsuccessful dieting attempts left me feeling frustrated, confused and even more uncertain about myself. Low energy and daily doses of depression became a regular part of my day to day existence.

Being a sensitive soul, I felt the pain of everyone and everything. I tried my best to deal with my emotions and perceived inadequacies by squashing them down with food. The binge eating episodes that would follow, although providing me with some temporary relief, only ever functioned to deepen my self-loathing.
While I carried on with the very private struggle with my weight, I couldn’t help but feel that I was missing out on all the amazing things that normal skinny girls had. I wondered what it would be like to be in a loving relationship, with a partner who could see beyond my extra layers and love and cherish me for who I was.

I also wanted to know what it would be like to move my body freely, dance and be able to wear whatever I wanted to.

I spent countless hours lamenting over what I thought were the big unanswered questions of my life. Questions I would repeatedly ask myself included... 'Why am I so fat?’, ‘Is it just because I am big boned?’, ‘Why aren’t any of my friends fat?’ and ‘What’s wrong with me?’

This background chatter constantly spun around in my head. My mind was my misguided master and it did everything it could to control my life through its irrational rules and warped logic.

In my lowest moments I had become so fixated upon my mental and emotional unhappiness that I had totally disconnected from the fact that my body wasn’t particularly happy either. I was feeling down for longer periods of time and my number of ‘duvet days' increased. I felt like my life force energy had totally burnt out. I still wonder how I managed to even muster the energy to get out of bed and face the overwhelming stress of my daily life.

At the time, I didn’t feel as if I had a whole lot of friends I could turn to, so I sought comfort in food. Food was my salvation and the only thing that gave me pleasure.

And then one day my body completely broke down.

I was overseas attending a university conference when my body just collapsed. I was rushed back home on the first available flight. My doctor told me that my condition was critical and ordered that I undergo urgent and extensive medical testing.

I spent the next couple of months bed ridden, sleeping for days on end, waking only to be spoon fed by my mother.

When my test results came back, they indicated that I had a major glucose imbalance, a thyroid disorder and adrenal exhaustion amongst other things. Despite this, my doctor said that it was difficult to pinpoint exactly what was ‘wrong’ with me.
I was told that these diseases were ‘incurable’ and that it was in my best interests to commence a program of experimental medication. When I asked how long I would have to take the medicine for, she responded ‘possibly for life’.

Alarm bells immediately began to ring in my intuition. After many years of taking prescription drugs and steroids, I was already disillusioned with modern medicine.

For most of my childhood, I had suffered from chronic allergies, asthma and eczema. The medication that I had taken over the years, although temporarily easing my symptoms, hadn’t been able to permanently heal me. In fact, whenever I had suggested to my doctors that I didn’t think that my medication was working, they would simply change my prescription or increase my dosages.

I was at a cross roads with a big decision to make. Should I follow my doctors' recommendations and trust that modern medicine would be able to offer me some kind of ‘miracle cure’ or trust in the inherent intelligence of my body to heal naturally?

I politely told my doctor that I needed some time to think about what I wanted to do. As I did, my mother gave me a reassuring and supportive glance.

**Starting my healing journey.**

After careful consideration, I decided to follow my intuition and set off on my own healing journey. Immediately upon making this decision, I experienced an exhilarating rush of both fear and excitement.

I experienced fear because I didn’t really know what I was doing. I thought that there was a very real chance that I could get it wrong and perhaps get even sicker. I simultaneously experienced excitement because I was finally creating space in my life to take back responsibility for my health, with a very real possibility of transforming it for the better. I felt ready to allow deeper truths to emerge in my life and to reconnect with my own power.

I have to admit that I was pretty scared. This was all new to me and I felt way out of my depth. I had never done anything like this before. I didn’t even know of anyone who had successfully healed themselves using natural methods.
I realized that all I could really do was take a deep breath and step powerfully into the process. I accepted the fact that I wasn’t going to have all the answers straight away and I opened myself to trust in the guiding intelligence of the world around me. It was the first time that I had ever trusted in the process of life and in my body.

The decision brought me a deep sense of clarity unlike any that I had ever experienced before. I felt as if I had finally moved into the driver’s seat in my own life. It was a wonderful feeling of exhilaration, freedom and adventure.

As I journeyed along I was magically led to many different sources of holistic and natural health information; including books, natural healers and spiritual teachers. My life had finally begun to turn around.

In those early days, my entire focus was on regenerating my health. I discovered an amazing naturopath and healer who was able to help me cleanse and detoxify my body through food and nutrition. She also supported and encouraged me to connect with and open to my creative, sensitive and intuitive nature.

By sheer necessity all the energy that I had previously devoted towards dieting and worrying about my weight was now dedicated towards regaining my health.

With this change in focus my body started to respond very quickly. The more I focused on my own health and inner healing, the more I found my energy, strength and enthusiasm for life returning.

And then an incredible thing happened.

After just a couple of months my naturopath noted that not only was my body starting to heal itself but I was also starting to shed my excess weight.

Could you imagine my excitement and surprise when I found out that I was losing weight naturally without any effort whatsoever after so many years of struggle?

I didn’t have to go on some crazy starvation diet, take pills or undergo any type of surgery. All I needed to do was follow the wisdom of my body’s natural desire to heal and be healthy.
Losing weight is a healing journey.

In that moment, it dawned on me that, ‘losing weight is a healing journey.’ It seemed so simple. Why hadn’t anyone shared this with me before?

Inspired by my initial results I continued to pursue my natural health and healing goals. Within 12 months, a medical report confirmed what I already knew; I was in a state of excellent health, with normal blood sugar levels and healthy functioning organs including my liver, kidneys, thyroid and adrenal glands.

A second medical report a few years later pronounced me 100% asthma free. That was a special day in my life!

My weight continued to fall off. I ended up losing over 60 pounds of excess body weight and have successfully kept it off for over 12 years now. I achieved all of these long-lasting results with no medications, drugs, deprivation, harmful side effects, counting calories, weighing food, portion control or surgery.

Finding food freedom.

After embracing the path of health and wellness in my own life, today I feel more vibrant, alive and younger than ever before. My healing journey forced me out of my comfort zone and into the unknown. I now allow my life to unfold effortlessly around me. Every day, I feel filled with gratitude for the many gifts that have shown up in my life.

Being sick, fat and tired was one of the biggest challenges of my life. I now know that it was my opportunity to learn and grow so I could create and experience the life that I truly desired.

I feel so blessed today to be able to share my story with women from all over the world, through my yoga retreats, writing, teaching, coaching and healing work.

You have the power to lose weight naturally.

When you focus upon healing your body, mind and emotions you will lose weight naturally and permanently.
Over the course of this book I will share the same health and healing principles that I personally applied to bring my life back into balance. These healing principles enabled me to lose weight naturally, feel good about myself and start enjoying my life again.

If you apply these same principles in your own life, I know that you too can do the same.

**The problem with dieting.**

"The definition of insanity is doing the same thing over and over and expecting different results."

~ *Albert Einstein*

It is widely accepted that ‘95% of all diets fail’, resulting in long term weight gain and lowered self esteem. And yet, despite these appalling statistics, 4 out of every 10 women in the United Kingdom are permanently on some form of diet.

Let’s face it; our collective addiction to dieting really is a dark comedy bordering on the edge of the absurd. Think of it this way. If you had a class full of enthusiastic students and 95% of them routinely failed their exams, would you say that the problem resided with the students or with the teaching methodology?

The dieting mentality would suggest that the students are at fault and should be the ones to blame. But when we allow ourselves to take a closer look, perhaps it is the teaching methodology that has been failing the students?

**Dieting doesn’t address the real problem.**

The reason why the dieting approach has such a high failure rate is because it focuses upon all the wrong issues. No amount of calorie counting and mindless exercise can resolve the inner issues relating to a woman’s body image, self esteem, intimate relationships or family life.
Many women I have spoken to who struggle with their weight, can reel off all the different diets that they have tried. For the most part, these diets fall into some permutation of the popular dieting model of ‘eat less, exercise more’. This model is so well known and accepted that if you ask most people who haven’t had a weight problem why people are overweight, they will often say it is because they either ‘eat too much’ or they ‘don’t exercise enough’.

And yet, many women who diet regularly are quick to point out that they don’t eat significantly more food than skinny women. Very often they also have a regular exercise program as well. But still they struggle to shift those unwanted pounds to experience the natural and permanent weight loss they desire.

Now while I certainly agree that diet and exercise have an important role to play in the weight loss journey, what I have discovered is that if you focus on them (to the exclusion of the other important aspects of weight loss and healing) you will almost certainly end up more overweight than when you began.

On my own weight loss journey, the ‘eat less and exercise more’, although making logical sense, was never able to yield the long term results that I was desperately searching for. And I know this holds true for many women. Whenever I lost weight by trying to control my diet and exercise, whilst ignoring the inner aspects of my being, regardless of any short term results that would transpire, life would inevitably get in the way.

Boredom, stress, emotional upset or just plain hunger would kick in and I would feel compelled to break my diet and exercise routine. This would always result in me binging on my favourite comfort foods and regaining any weight that I had just lost.

**Dieting is a cycle of self abuse.**

Dieting is a physically, mentally and emotionally abusive approach to losing weight. The ‘dieting cycle’ is a highly sophisticated one that very few women manage to break out of. It has been purposefully engineered by companies that have a vested interest in keeping you stuck, confused and overweight.

Breaking free of this mentality is like leaving an abusive job or relationship. When you leave it behind you, you will wonder why you didn’t do it sooner.
You can tell the quality of any relationship simply by the way that it makes you feel about yourself. For most women this relationship to dieting is a loathsome one.

My own dieting trigger used to get activated whenever I reached the last notch on my belt or when I could no longer bear to look at myself in the mirror. My self imposed diet would commence in earnest. I remember relentlessly trying to follow low calorie eating plans that were probably more aptly described as ‘starvation plans’.

Despite my best intentions, I would soon be overcome with uncontrollable urges to ditch my diet and binge on the closest chocolate bar I could get my hands on. All changes I made to the way that I ate were temporary. Over time this pattern wreaked havoc upon my self esteem and confidence, as well as my waist line.

Dieting put an increasing strain on my already tenuous relationship with food and my body. These once dear friends had somehow become my enemies.

The yo-yo dieting cycle was an emotional roller coaster for me. It wrapped me up in an unfolding sequence of deprivation, desire, frustration, embarrassment, guilt, anger and ultimately shame.

The one thing that I couldn’t see at the time was that dieting was a regime that I had ultimately inflicted upon myself.

**Dieting makes you fat.**

For women wanting to lose weight, they are often told that their only option is to ‘go on a diet’. But dieting typically results in women actually gaining weight, creating the opposite effect of what they originally wanted. How is this even possible?

This happens due to the restrictive nature of dieting. When you deprive your body of adequate nutrition it becomes vulnerable to variable energy, sickness and disease.

When losing weight, it is important to eat food regularly to maintain a healthy metabolism. The dieting approach can actually result in interfering and negatively affecting your body’s natural cycles.

When you diet, you are effectively starving your body of nutrition. With reduced nutrients, food and energy intake, your instinctive survival program is kick started. Your body is led to believe that it must survive on minimal food. The sophistication of your body’s inner intelligence is notched up a gear. Your body will start to retain water
and store fat, to ensure that you have adequate nutrients in case your survival is threatened.

It is easy to prevent this extreme form of survival program from being activated. Simply avoid harmful dieting and weight loss approaches that focus exclusively on reducing calories and restricting your food intake.

You want your body to function optimally in a way that is in flow with your own natural rhythms and cycles. When you place your body in the wrong environment, expose it to the wrong foods, your weight and your health will certainly be compromised. Too much stress or stimulants, coupled with not enough sleep will overwork your body’s immune system and negatively impact your health.

As you are about to learn, you can lose weight naturally by healing your body with the right nutrients, fluids, gentle movement and appropriate rest. Your body and health can rebalance very quickly when you provide it with these types of natural healing tools.

When your body is adequately nourished it is able to function normally and will begin the process of self healing.

**A flawed model in need of revolution.**

The dieting approach is a deeply flawed model in need of revolution. The important thing to realise at this stage, is that there is an alternative.

‘Ditching your dieting mentality’ frees you from the feelings of deprivation, desire and guilt, without subjecting yourself to the abuse that is so commonly associated with dieting. Doing this is a very conscious process and a deep act of self love. It will enable you to create a healthy relationship with food, your body and yourself.

When you ‘ditch your dieting mentality’, you open the doorway to internal peace, freedom and kindness. You deserve to live a life free from self punishment and attack. It is a gift that only you can give yourself.

Taking a healing approach to losing weight is the break-through that you have been searching for. I lost over 60 pounds by ‘ditching my dieting mentality’ and in the process I radically transformed my own life. I know that if you follow the healing approach to losing weight that is contained within this book, that you can naturally and permanently lose weight too.
A healing approach to losing weight.

"You did what you knew how to do, and when you knew better, you did better."

~ Maya Angelou

‘Losing Weight is a Healing Journey’ is an invitation to heal yourself from the inside out. It is a total paradigm shift away from the collective hypnosis that women have been subjected to through the traditional model of dieting. The weight loss journey is one that allows you to discover your true potential by gently releasing the past and taking a healing approach to your life.

The majority of dieting approaches would have you believe that you are just a physical body, but the reality is that you are so much more than this. Beyond your physical self are the non-physical aspects of your nature including your thoughts, beliefs and emotions. These aspects hold the key to why you gained weight in the first place and also what you can do to lose it.

This book is structured around the three key phases of the weight loss healing journey. These are:

Phase 1: Heal your body.
Phase 2: Heal your mind.
Phase 3: Heal your emotions.

I have written this book in a way that mirrors my own personal experience. On my own journey I made the decision to turn my focus away from dieting, deprivation and portion control. Instead I turned my attention towards my health, healing and wellness and this is what made all the difference.

Throughout this book I share the ideas, tools and techniques that helped me to bring my life and body back into balance whilst losing weight naturally in the process.
Your ‘Inner’ and ‘Outer’ worlds.

I want you to take a moment to imagine an iceberg. Can you picture those big blocks of ice jutting straight out of the ocean?

The iceberg that we see sitting on the surface of the ocean is really only the ‘tip’ of the iceberg. What most people don’t realise is that about 80% of the iceberg itself is submerged and hidden deep beneath the sea.

And so it is with weight loss. The dieting approach focuses upon the visible aspects of weight loss or what I call the ‘Outer World’ whilst disregarding the ‘Inner World’.

The Outer World of weight loss is made up of food, exercise and your physical body. Although these aspects are important, they only ever reveal a small part of the story.

What is sitting beneath the surface and unaddressed by most dieting approaches is the Inner World. The Inner World of weight loss includes your thoughts, beliefs and emotions. It is here, in your Inner World that you will find the real secret to losing weight naturally and keeping it off for good.

When you take a healing approach to losing weight, you bring unity and balance to both your Inner and Outer worlds.

Your weight loss healing journey.

When you change your focus from dieting to healing, your life will change forever. You will start to uncover the answers that have seemingly eluded you. Of course you will be tested along the way but once you become aware of this you can rise above any challenge you encounter on your path.

Your weight loss healing journey will give you the opportunity to learn and discover many new things about yourself. You will also strengthen who you are and increase your levels of self-awareness.

When you apply the ideas contained within ‘Losing Weight is a Healing Journey’ not only will you lose weight naturally but your life will just work better. By taking a healing approach to weight loss you can set yourself free; physically, mentally and emotionally.
The Dieting Approach vs. The Healing Approach.

The following chart gives you a summary of the healing approach to weight loss compared to the dieting approach.

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<thead>
<tr>
<th>The Dieting Approach to Weight Loss</th>
<th>The Healing Approach to Weight Loss</th>
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<tbody>
<tr>
<td>✗ Focus on quick fixes</td>
<td>✔ Focus on permanent results</td>
</tr>
<tr>
<td>✗ Rigid, dogmatic and prescriptive</td>
<td>✔ Flexible, intuitive and non-prescriptive</td>
</tr>
<tr>
<td>✗ Follow the dieting ‘experts’</td>
<td>✔ Become your own authority</td>
</tr>
<tr>
<td>✗ Formulaic approach</td>
<td>✔ Unique to each person</td>
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<tr>
<td>✗ Dishonours the body’s wisdom</td>
<td>✔ Honours the body’s wisdom</td>
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<tr>
<td>✗ Something is wrong with the body</td>
<td>✔ The body always gives accurate feedback</td>
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<tr>
<td>✗ Disempowers the individual</td>
<td>✔ Empowers the individual</td>
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<tr>
<td>✗ Target fat and problem areas</td>
<td>✔ Support holistic healing</td>
</tr>
<tr>
<td>✗ Ignores real reasons for weight gain</td>
<td>✔ Opportunity to develop self awareness</td>
</tr>
<tr>
<td>✗ A masculine approach</td>
<td>✔ A feminine approach</td>
</tr>
</tbody>
</table>
PHASE 1:

Heal Your Body
Chapter One – Food

“To eat is a necessity; to eat intelligently is an art.”

~ La Rochefoucauld

<table>
<thead>
<tr>
<th>The Dieting Approach to Weight Loss</th>
<th>The Healing Approach to Weight Loss</th>
</tr>
</thead>
<tbody>
<tr>
<td>× Food is the problem</td>
<td>✓ Food is an important part of the solution</td>
</tr>
<tr>
<td>× Eat low calorie foods</td>
<td>✓ Eat real foods that nourish your body</td>
</tr>
<tr>
<td>× Focus on food restriction</td>
<td>✓ Focus on food freedom</td>
</tr>
<tr>
<td>× Food makes you fat</td>
<td>✓ Food heals your body</td>
</tr>
<tr>
<td>× A short term, crash approach</td>
<td>✓ A long term, sustainable approach</td>
</tr>
<tr>
<td>× Portion control and restriction</td>
<td>✓ Eat an abundance of natural foods</td>
</tr>
</tbody>
</table>
Rule 1: Eat consciously.

“Did you ever stop to taste a carrot? Not just eat it, but taste it? You can't taste the beauty and energy of the earth in a Twinkie.”

~ Astrid Alauda

True and deep healing happens in the presence of awareness. The act of bringing conscious awareness to the foods you eat, as well as your eating patterns, will help you to connect to your body’s needs and rhythms.

When I started out on my weight loss healing journey, one of the first things that my naturopath did was draw my attention to the power of food to either harm or heal my body.

She asked me to start becoming more conscious of the foods that I was eating and the physical, mental and emotional affects that they were having upon me.

So what does eating consciously mean?

Eating consciously is about being mindful of the foods that you eat and making the connection to how food affects you. It is about choosing to eat in a way that feels empowering and uplifting for you. Conscious eating is a way to tune into your own body so that you can make food choices that support your long term health and wellness.

As you become more conscious of your food choices and eating patterns, you will start to build a much healthier relationship with food. You will start to appreciate the food that you eat more whilst also savouring all the many different tastes, textures and flavours of food.

Recently I facilitated a week long ‘Yoga and Detox’ program at a retreat centre in Urbino, Italy. One of the practices for the week was to learn how to eat more consciously. To achieve this, we dedicated an entire lunch to eating in silence.
Afterwards, it was fascinating to hear what people had to share about the experience, particularly from those people who were slightly apprehensive about the experiment. Many people shared that they discovered profound things about themselves. Some of the insightful comments participants offered to the group included: ‘I ate less’, ‘I felt like I was really able to savour the taste of my food’, ‘My food tasted sweeter’, ‘I really noticed when I was beginning to feel full’ and ‘I was able to eat with the desires of my stomach instead of my eyes!’

Other things you can do to start eating more consciously include:

- Give thanks and appreciation for your food.
- Chew your food properly.
- Slow down to taste your food.
- Use cutlery when eating your meals.
- Stop eating when you are full.

**What is unconscious eating?**

When you eat unconsciously, there is a natural disassociation between the food you consume and how it affects your health, energy levels and waistline. This style of eating can also be described as ‘mindless eating’ and can easily occur when you are feeling tired, stressed, anxious or distracted. When you eat unconsciously you can lose focus upon ‘what’ as well as ‘how much’ food you are eating.

Have you ever had the experience of eating something without having any memory of eating it? Does food somehow mysteriously vanish in your presence? Can you eat a whole block of chocolate without even noticing? These are all tell-tale signs of unconscious eating patterns.

Unconscious food consumption patterns can include eating while:

- Sitting in front of the television.
- Working on the computer.
- Talking on the phone.
- Feeling stressed or distracted.
- Driving your car.

Breaking these patterns of unconscious eating can transform the way you live forever. Creating simple rules for yourself like not eating in front of the television or sitting at your desk can help tremendously.
At the height of my weight problems I found myself stuck in a chronic pattern of unconscious eating. Due to my busy schedule and tendency to cram too much into my day, I would habitually be forced to override my body’s natural desire for proper nutrition by skipping meals. To compensate for this, I would unconsciously eat food on the run, during meetings or while I was working.

**Becoming conscious of when you eat.**

An important aspect of becoming more conscious of the food you eat is paying attention to the times that you eat. I find that what works best for me is to have a big breakfast, morning snacks, a hearty lunch, afternoon snacks and a small dinner early in the evening.

Try to eat your evening dinner, at least 3 hours before you go to bed. As a regular practice, don’t eat late at night and certainly don’t make eating late at night a regular habit. When you go to bed on a full stomach your body focuses on digesting food rather than healing and rejuvenation. When you wake up, have a big breakfast early in the morning. As a result you may find that you experience much better quality sleep and as a result need less of it.

Your body will love you for going to bed on an empty stomach. This allows your body to focus upon cleansing and healing, rather than digestion.

**Broader concerns of food issues.**

As you become more conscious of your own eating habits, you may feel moved to explore wider issues around the way we produce food in our modern world.

Things you may begin to think about and question include:

- Who grew my food?
- How was it grown?
- What country does my food come from?
- How old is my food by the time it reaches me?
- Were any chemicals used in the production of my food?
Before and after.

One of the most common questions I get from women who are curious about my weight loss transformation is about what I used to eat versus what I eat now. Or in other words, what kind of foods I ate when I was eating unconsciously versus the foods that I consciously started to eat to bring my body back into balance.

Here is a simple chart that summarises the foods that I would typically eat ‘before’ and ‘whilst’ I lost weight.

<table>
<thead>
<tr>
<th></th>
<th>Before losing weight.</th>
<th>Whilst I lost weight.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td><em>Time: 10am</em></td>
<td><em>Time: 8am</em></td>
</tr>
<tr>
<td></td>
<td>Coffee</td>
<td>Lemon water</td>
</tr>
<tr>
<td></td>
<td>Muffin or Croissant or Danish pastry or White bread roll</td>
<td>Coffee substitute</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Fruit salad or</td>
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<tr>
<td></td>
<td></td>
<td>Porridge with soy milk or</td>
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<tr>
<td></td>
<td></td>
<td>Bircher muesli or</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Poached eggs on spinach or</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Scrambled eggs on toast</td>
</tr>
<tr>
<td><strong>Morning snack</strong></td>
<td><em>Time: 12pm</em></td>
<td><em>Time: 10am</em></td>
</tr>
<tr>
<td></td>
<td>Low fat muesli bar or Protein bar</td>
<td>Vegetables and humus or</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Vegetables and dip or</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Green smoothie</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td><em>Time: 3pm</em></td>
<td><em>Time: 12pm</em></td>
</tr>
<tr>
<td></td>
<td>Pastry and coffee or Low fat ‘diet’ yogurt or Bagel with cream cheese</td>
<td>Fish and green salad or</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Chicken and vegetables or</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Salmon sushi with salad</td>
</tr>
</tbody>
</table>
### Afternoon snack

<table>
<thead>
<tr>
<th>Time: 6pm</th>
<th>Time: 3pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chocolate biscuit &amp; tea or Chocolate bar or Protein bar or A glass of wine and nibbles</td>
<td>Miso soup or Dried fruit or Dark chocolate or Seasoned pumpkin seeds</td>
</tr>
</tbody>
</table>

### Dinner

<table>
<thead>
<tr>
<th>Time: 9pm</th>
<th>Time: 6pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hot chips or Vegetarian kebab or Indian take-away</td>
<td>Salad with tofu / chicken stir fry or Salad with fish curry and brown rice or Vegetable soup</td>
</tr>
</tbody>
</table>

### After Dinner

<table>
<thead>
<tr>
<th>Time: 11pm</th>
<th>No food 3 hours before bed.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hot chocolate and biscuits</td>
<td></td>
</tr>
</tbody>
</table>

### Water consumed

<table>
<thead>
<tr>
<th>1 - 2 glasses of water per day</th>
<th>6 - 8 glasses of water per day</th>
</tr>
</thead>
</table>

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### Exercise: Keep a food diary.

1. Use the ‘Your weekly food diary’ worksheet (see example overleaf) to keep track of the foods that you consume over the course of a week.

2. What interesting things did you discover about your eating patterns and habits through this process?

..........................
Your weekly food diary.

<table>
<thead>
<tr>
<th></th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Morning snack</td>
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</tr>
<tr>
<td>Lunch</td>
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<td></td>
</tr>
<tr>
<td>Afternoon snack</td>
<td></td>
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<tr>
<td>Dinner</td>
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<tr>
<td>Evening snack</td>
<td></td>
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</tbody>
</table>
Rule 2: Eat real foods.

“If you can’t say it, don’t eat it.”

~ Michael Pollan

If you want to lose weight naturally it is essential that you eat foods that your body recognises as food. Permanent weight loss is more about focusing upon ‘what kinds’ of food you eat rather than ‘how much’ you eat.

Your body needs real foods to create long term health and vitality. The old adage holds true, ‘you are what you eat.’ The food you put in your mouth really does affect you.

The radical industrialisation of the food chain, which has occurred over the past 50 years, has transformed a largely natural, organic and local food production cycle into an artificially created, mechanised, global one.

There has been a massive departure away from the connection that our ancestors had with the land, food production and preparation. With the constraints of modern day living, most people today have no idea how their food is produced or about the chain of events that occur prior to their food appearing before them.

The Academy Award nominated documentary called ‘Food Inc: How industrial food is making us sicker, fatter and poorer - and what you can do about it’, reveals that our food production methods have changed more in the last 50 years, than they have done in the preceding 10,000 years. During this same time period, we have witnessed an alarming increase in chronic health conditions such as cancer, diabetes, heart disease and obesity.

Today, food production has become a matter of profits and big business. This bottom line focus has come at the expense of your health, well being and your waistline.

In 2007, the UK Government-commissioned Foresight report predicted that, ‘if no action was taken, 60% of men, 50% of women and 25% of children would be obese by 2050.’
The dieting industry has hypnotised us into focusing our full attention upon calorie counting and portion control. They have achieved this whilst getting us to ignore the things that really matter: nutrient levels of food, natural food production methods and preparing food with love.

**Overcoming confusion around food.**

From personal experience I know how confusing and overwhelming the area of food can be. It is quite amazing that something so simple has become so hard to understand.

It is no wonder when you realise that today, there are approximately 20,000 - 40,000 food items in an average British supermarket, giving us more food choices than ever before.

People in the US find themselves in a similar predicament. Marion Nestle author of the ‘The soft sell: how the food industry shapes our diets’ in 2002, says “The average number of products carried by a typical US supermarket has more than tripled since 1980, from 15,000 to 50,000.

In 1998 alone, manufacturers introduced more than 11,000 new foods. More than two-thirds of them were condiments, candy and snacks, baked goods, soft drinks, cheese products and ice cream novelties.”

This culture of seemingly endless food choices has resulted in mass confusion and this has created an environment where so many women routinely give away their power.

Knowing what to eat is perhaps the most confusing thing that women have to deal with on the path to losing weight. I know I found it confusing. Like many women, I had been faithfully following the dieting approach to losing weight with pretty lack-lustre results.

When I was rebuilding my health, I realised that I had to change my whole approach to food.

What I needed was a practical philosophy that was easy to understand and follow that would help me to make better food choices.

To achieve this, I started to classify food into 3 basic categories: ‘real foods’, ‘lightly processed foods’ and ‘fake foods’.

I then applied the following guideline to increase my consumption of real foods.
(a) Eat 80% real foods.
(b) Eat 20% lightly processed foods.
(c) Substitute fake foods.

The ‘eat 80% real foods’ is a simple guideline to assist you to make healthy food choices for yourself. It is the same one that I applied to radically transform my health and permanently lose 60 pounds in the process.

The key element to keep in mind with these guidelines is the fact that they are there to help you to focus your attention upon the thing that is most important. Stephen Covey, author of ‘The 7 habits of highly effective people’ said it best when he wrote: “the main thing is, to keep the main thing, the main thing”. The main thing that I want you to take from this section is simply ‘eat more real foods’.

Use this as a guideline for sustainable and healthy living. Just know that for most women this change is not likely to occur overnight. If you still chose to occasionally eat ‘fake foods’ or a higher percentage of ‘lightly processed foods’ just notice how it makes you feel afterwards.

When I started to apply these guidelines in my own life, I noticed that my body and energy levels improved. This motivated me to want to eat more real food. I learnt that not only does my body feel more energised but I actually preferred the taste of real and lightly processed foods to that of highly manufactured fake foods.

We will explore these three food guidelines in more detail below.

1. Eat 80% real foods.

Eating real foods means eating whole natural foods that haven’t been tampered with, just as nature intended. Real foods nourish the body and support its ability to detoxify and self heal.

Real foods grow naturally on trees, in vegetable gardens, paddocks, lakes, rivers or in the ocean. They are rich in nutrients absorbed from the soil, sunshine, water and fresh air.

They are the types of foods that your grandparents used to eat before the mass scale corporatisation and industrialisation of food production. They are the foods that your body recognises and can be most readily digested.
Allow your food intake to come from 80% real foods. This may appear like quite a leap when you are starting out. Just know that the consumption of real foods is the building blocks for creating true health and vitality.

One thing I personally did to make this target more achievable was to spend more time cooking for myself at home, instead of buying food on the run.

Examples of real foods include:

- Fresh fruit.
- Fresh leafy greens, vegetables and seaweeds.
- Whole grains such as brown rice, millet, polenta and quinoa.
- Legumes, beans, pulses, lentils, nuts and seeds.
- Natural flavourings such as sea salt and honey.
- Organic red meat, chicken, fish and eggs.

2. Eat 20% lightly processed foods.

Lightly processed foods are foods made from real ingredients, which have been naturally processed and packaged within the food chain before you eat them.

These foods do not contain harmful chemicals, such as artificial flavourings, colourings, additives and preservatives. When you read the ingredients listed on the packaging you recognise them and can easily pronounce them.

Lightly processed foods are frequently produced by health conscious companies that have an innate awareness of the problems that are associated with artificially processed foods. They produce their food using healthy food preparation methods and their ingredients are derived from real foods.

Allow 20% of your food intake to come from lightly processed foods. This one rule will give you the flexibility you need to design a long term and nourishing way of eating that will help you to naturally lose weight for good.

Examples of lightly processed foods include:

- Naturally baked whole grain breads and pastas.
- Jars of olives, peppers, sundried tomatoes and artichokes.
- Extra virgin olive oil and extra virgin coconut oil.
• Tins of lentils, beans and chickpeas.
• Hummus, tahini and tamari.
• Organic teas and coffees.
• Organic dairy and cheeses.
• Soya, almond and rice milk.
• Organic chocolate.
• Dried fruits.

3. Avoid fake foods.

Most people are familiar with the term ‘junk food’. The ‘fake food’ definition broadens the ‘junk food’ definition to include many of the pre-packaged snacks, processed meals and ‘diet foods’ that exist on the market today.

‘Fake foods’ are foods that contain ingredients that have been artificially created or chemically altered, through the use of artificial additives, preservatives, colourings, flavourings, stabilisers, thickeners, emulsifiers, sweeteners, trans-fatty acids, refined fats, high corn fructose syrup (HCFS), glucose-fructose syrup and e-numbers. They include all foods that have been heavily processed and are removed from their natural state.

Food manufacturers engineer fake foods to maximise shelf life, reduce costs and to create addiction. This is all done ultimately to enhance profit. Despite any marketing claims to the contrary, these foods have not been created with the intention of generating health or wellbeing for you or your family.

It is important to realise that these ‘fake foods’ are not ‘real foods’ as they are toxic and harmful to your long term health. They are also a major contributing factor in weight gain.

A good way to avoid fake foods is to avoid processed foods that contain ingredients that you can’t pronounce.

This one guideline can pretty much help you to take a big leap forward to increasing your intake of real foods.

As an alternative, simply look for a similar product made from natural ingredients.
Examples of fake foods that I substituted included:

- Ready-made meals and diet foods made with artificial ingredients.
- White bread and baked goods made with bleached flour.
- Soft drinks made with sugar or artificial sweeteners.
- Snack foods seasoned with iodised table salt.
- Deep fried foods and fast foods, high in trans-fats.
- Non-organic meat and dairy foods.

Fake foods make you fat.

Regularly eating fake foods, regardless of how many calories they contain or how low they are in fat or sugar, is a recipe for poor health and weight gain.

Fake foods harm the natural functioning of your body particularly your body’s digestive system. They are extremely difficult for your body to break down and eliminate. The main reason being that your body doesn’t recognise them as food.

In the Academy award nominated documentary called ‘Super Size Me’, filmmaker Morgan Spurlock undertakes a 30-day body experiment of exclusively eating 3 meals of McDonald’s per day. If you haven’t had a chance to see this movie, I highly recommend that you watch it.

By the end of the film he had gained 25 pounds (11 kg), suffered liver dysfunction and depression (he was above-average health and fitness when he started the film). After the experiment was complete, it took Spurlock fourteen months to return back to his normal weight of 185 pounds (84 kg).

Making better food decisions.

When was the last time that you saw an animal in its natural habitat consulting a diet book in order to work out what to eat? It doesn’t happen because instinctually animals know exactly what to eat. If a wild animal comes across something that it doesn’t recognise as food it won’t eat it.

This also holds true for domesticated animals too. Recent experiments have shown that when cows are given the choice of either an organic
feed or a genetically modified (GMO) feed, they will instinctively choose the natural, organic one.

The good news is that you have the same instincts around food. Your body can tell the difference between what is good for you and what isn’t. These natural food instincts however have been submerged beneath a sea of bogus scientific food research, false advertising and marketing hype.

The majority of what you see promoted through ‘food industry’ marketing campaigns are fake foods, with well-known, popular brand names. I mean when was the last TV marketing campaign developed to promote the importance of eating broccoli?

It is a scary fact that more money is often spent on advertising and marketing fake food than is spent on producing it. These fake ‘food marketing’ messages are often intentionally misleading by omitting the most important and basic facts about the food and how it was produced.

Spurious marketing claims such as ‘fat free’, ‘cholesterol free’, ‘no added sugar’, ‘added vitamins and minerals’ or ‘zero calories’ lead many women to mistakenly believe that they are eating something healthy. For the most part this is just not the case. If the food you are about to eat is a fake food, just know that it is doing your body harm and placing your long term health and weight loss plans at risk.

The one thing you can be reassured of is that your body always knows the truth.

**Real foods are healing foods.**

Now is the time to start making better food decisions for yourself. To make better food choices you need to become aware of whether something is a ‘real food’, ‘lightly processed food’ or a ‘fake food’.

To become more mindful of what is contained within the food you eat, begin to read the ingredients on food packaging. This will help you to navigate marketing claims, avoid fake foods and choose real foods instead. Eating real foods are the building blocks that are required to create a healthy and trim body. Simply by eating real food, your body will begin to detoxify and naturally heal, as well as shed excess weight.

When you eat more real foods, such as vegetables (especially green leafy vegetables), fruit, whole grains, beans and legumes you will also lose weight naturally and permanently. Being prepared and having real food close at hand will make eating it much easier for you.
As a society, we have become disassociated from the foods that we eat. Fewer people grow their own food or prepare their meals from scratch. Even sitting down to enjoy a family meal at the table is fast becoming a thing of the past.

Eating at least 80% real foods combined with 20% lightly processed foods, gives you a sustainable eating plan that you can follow for life. Eating in this way will put you on the path to healing your weight problems and creating true health from within.

When you eat real whole foods, not only will your body love you forever, you will create a vibrant, healthy and happy body. Your body is your temple. It is your home. Treat it well and it will treat you well.

Exercise: Where are you now?

1. In the chart below, take a moment to estimate what is the breakdown of your food consumption between the following 3 food categories:

<table>
<thead>
<tr>
<th></th>
<th>Real foods</th>
<th>Lightly processed foods</th>
<th>Fake foods</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Target</strong></td>
<td>80%</td>
<td>20%</td>
<td>Avoid</td>
</tr>
<tr>
<td><strong>Current</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

The next chart shows the shopping list that I use to ensure that I always have an abundance of real foods in my kitchen cupboards at all times.
Katrina’s ‘Real Food’ shopping list:

**Seasonal greens**
- Rocket, sprouts, kale, lettuce, spinach, mustard greens, collards, celery, broccoli, cabbage, cucumbers, zucchini/courgettes, avocado.

**Fresh vegetables**
- Garlic, ginger, carrots, onions, peppers, pumpkin, sweet potato, beetroots, leeks, aubergines and fresh herbs.

**Protein sources (Organic)**
- Tofu, free-range eggs, Sun warrior vegetarian protein powder.

**Fresh and dried fruit**
- Lemons, grapefruit, limes, kiwifruit, berries, bananas, apples, watermelon, pineapple, tomatoes, melons, mangos.
- Dried apricots (preservative free), raisins, figs, prunes, dates.

**Flavourings and seasonings**
- Hummus, pesto, tahini, curry paste, miso, sundried tomatoes.
- Apple cider vinegar, tamari, sea salt, coconut water, nut butter, cocoa, carob, vanilla essence.

**Whole grains and legumes**
- Spelt, brown rice, lentils, couscous, buckwheat or rice noodles, oats, quinoa, millet, polenta, split peas, kelp noodles, chickpeas.

**Oils, seeds and nuts**
- Extra virgin olive oil, extra virgin coconut oil, organic butter.
- Sunflower seeds, sesame seeds, chia seeds, pumpkin seeds, flax seed, brazil nuts, pine nuts, almonds, walnuts, pecans, cashew nuts.

**Super foods and sweeteners.**
- Chlorella and spirulina tablets/powder, seaweed.
- Honey, stevia, maple syrup, coconut nectar, dark chocolate.
Rule 3: Substitution not deprivation.

"The commonest form of malnutrition in the western world is obesity."

~ Mervyn Deitel

Once you are able to classify your possible food choices into either ‘real foods’, ‘lightly processed foods’ and ‘fake foods’, your focus then shifts to upgrading your food choices wherever possible.

The important thing to grasp here is that all food is not created equal. How your food has been cooked along with how it has been prepared makes all the difference. For example a hamburger could be healing or harmful for your body, depending on how it has been made and the ingredients it has been made with.

The Mayor of New York, Michael Bloomberg, recently remarked, “Nobody wants to take away your French fries or hamburgers – I love these things too, but if you can make them from ingredients that are less damaging to your health we should do that.”

Unfortunately, we live in a world today where a high percentage of food is heavily processed. Much of this food is cheap and frequently discounted when bought in bulk.

On a positive note, things are starting to change. Healthier food options are beginning to emerge. For example, many petrol stations in the UK are being transformed with the addition of mini-supermarkets which stock a variety of different healthy food options for consumers.

From deprivation to food freedom.

One of the main reasons why the dieting model doesn’t work is because it is based upon restriction, deprivation and control.

Whenever you remove something from your diet, it is important that you replace or substitute it with a healthier and more nourishing option. If you just remove the food item without replacing it with something else, you will more than likely experience cravings for it or withdrawal
LOSING WEIGHT IS A HEALING JOURNEY

symptoms from it. In some cases it may even work to deepen the desire for the thing that you stopped eating. In extreme cases, this type of behaviour can set up a cycle of addiction that can be much harder to break out of.

By substituting the fake foods that I had been eating for nutritious foods, I found that I could free myself from the torture of counting calories, weighing food or measuring portions. By eating healthy servings of nutritious food, I no longer felt as if I was missing out. If my body was hungry, I knew that I had plenty of real food options to choose from.

I approached substitution with a sense of curiosity and light-heartedness. In doing so, I was able to break free of the feelings of deprivation that I had suffered from when I was dieting. Using the approach of substitution, I changed my relationship with myself and I began to feel powerful around food.

Many of my weight loss break-through clients share this experience. Below is an email that I received from Alani:

“Yesterday I went shopping after work... while shopping I was looking at the foods I used to buy (so called fat free stuff etc) and started thinking about my new approach to food - eating whole and real foods... I felt so happy... I felt brightened up. I felt excited to get home and try something. Like... I found some South African pears and I chomped it up like it was the best thing I ever ate... I had that free feeling when unpacking the groceries...”

As Alani opened her mind to substitution and not deprivation she was able to see a whole range of food choices that she previously hadn’t noticed.

**Changing your relationship to food.**

One of the best ways I found to wean myself off high processed foods and drinks is to research them. In many cases, when you learn how these foods are produced you will not want to eat them. Knowledge is power. For example when I learnt about what happened to caged hens I realised that I could only buy free-range, organic eggs.

Substitution will allow you to create a great relationship with food so that you can enjoy eating again. You know that you are not only satisfying your taste buds, but you are also building the cells of a wonderful new body.
There are a huge variety of healing foods that are available that taste delicious. When I teach my ‘Yoga and Detox’ retreats, I get my students to focus upon eating real food. One of the things that participants comment upon is how amazing they feel from eating real wholesome foods. Many are surprised about how much real food they could eat and still lose weight!

On my own weight loss journey, once I started to look for healing foods, I was amazed at all the number of delicious foods that I found. I came to really enjoy the process of discovering real and lightly processed food in health food shops, farmer’s markets and delicatessens. In the health section of my local supermarket I also found many interesting foods that I had never seen before, along with new healthy recipes to try.

**Focus on what you can eat.**

The key to making this transition work for you is by focusing your attention on the abundance of amazing foods you ‘can eat’. When you use the power of substitution it means that you get to experience feeling really good about yourself while you are eating as well as after you finish eating. You will feel light and energized with no bloating, gas, nausea, water retention or fatigue.

Simply changing your focus from ‘cannot eat’ to ‘can eat’, will make a significant difference to your health and state of mind. As a result, you will notice changes in your energy levels, waist line and the bathroom scales too.

Your body will certainly notice a difference. It can easily digest and absorb the nutrients that can be found in whole foods. Substituting fake foods for foods made with real ingredients that your body recognises, will have the immediate effect of natural, healthy and permanent weight loss.

Below is a chart that you can use to help you substitute harmful, fake foods out of your life and instead replace them with ‘real foods’ or ‘lightly processed foods’.
Fake food substitutions.
Listed below are some common fake foods (highly processed foods), which I recommend that you substitute out of your life and replace them with real or lightly processed foods instead.

<table>
<thead>
<tr>
<th>Fake Foods</th>
<th>Real or Lightly Processed Foods</th>
</tr>
</thead>
</table>
| Muffins, cakes or biscuits  | • Wheat, gluten and sugar free options  
                                 • Explore raw desserts and sweets                                                                 |
| White Bread                 | • Brown or rye bread  
                                 • Gluten free breads with spelt or rice flour  
                                 • Organic, whole grain baked goods                                                            |
| Crisps / chips              | • Baked, not fried chips  
                                 • Pumpkin seeds cooked in tamari (soy sauce)  
                                 • Home-made potato wedges  
                                 • Baked or roasted vegetable chips                                                             |
| Ice cream                   | • Dairy free soy, rice or coconut ice-cream  
                                 • Organic ice-cream  
                                 • Frozen sorbet                                                                 |
| Cheese                      | • Sheep or goats cheese  
                                 • Raw cheese  
                                 • Seed and nut cheese                                                                            |
| Chocolate                   | • Organic chocolate  
                                 • Dark chocolate (70% cocoa)  
                                 • Raw chocolate  
                                 • Carob                                                                                     |
<table>
<thead>
<tr>
<th>Cooked breakfasts</th>
<th>• Porridge</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>• Scrambled or poached eggs on spinach</td>
</tr>
<tr>
<td></td>
<td>• Roasted tomatoes, grilled mushrooms, avocado and fresh herbs with goat’s cheese</td>
</tr>
<tr>
<td>Creamy sauces</td>
<td>• Olive oil, garlic, lemon juice and fresh herbs</td>
</tr>
<tr>
<td></td>
<td>• Tomato herb sauce</td>
</tr>
<tr>
<td></td>
<td>• Tomato, chilli and basil sauce</td>
</tr>
<tr>
<td>Pizza</td>
<td>• Top a heated thin pizza base with generous amounts of rocket, lettuce, pesto, sundried or fresh tomatoes and basil</td>
</tr>
<tr>
<td>Coffee</td>
<td>• Drink less: order a small or medium sized cup</td>
</tr>
<tr>
<td></td>
<td>• Drink high quality, organic coffee</td>
</tr>
<tr>
<td></td>
<td>• Coffee substitute: teeccino, caro</td>
</tr>
<tr>
<td></td>
<td>• Dandelion coffee, immune boosting Reishi mushroom coffee, herbal tea</td>
</tr>
<tr>
<td>Alcohol</td>
<td>• Drink less: order a small glass of wine</td>
</tr>
<tr>
<td></td>
<td>• Drink high quality, organic alcohol</td>
</tr>
<tr>
<td></td>
<td>• Non-alcoholic wine or cocktails. One of my favourites drinks is soda water, fresh mint, lime &amp; lemon</td>
</tr>
<tr>
<td>Soft drinks</td>
<td>• Drink still or sparkling water</td>
</tr>
<tr>
<td></td>
<td>• Fresh water with lemon, mint and fruit (such as oranges, cucumber, and pineapple)</td>
</tr>
<tr>
<td></td>
<td>• Make healthy soft drinks at home (lemon, lime, honey and ginger)</td>
</tr>
<tr>
<td></td>
<td>• Fresh vegetable juices</td>
</tr>
</tbody>
</table>
Reading ingredient lists.

By law, food manufacturers must list what ingredients they add to their products to make them. In theory, that should make it easy to know which foods you want to buy. But often these companies use very sneaky methods to conceal the ingredients that they use.

Ingredients are always listed in descending order of product by weight. So when you read an ingredient list, you know that the first ingredient listed is what the product is mostly made from.

Do not look at the products advertising claims on the package. Many people are easily misled by the terminology that food companies use.

For example, be careful to make sure you are buying whole wheat bread. Check that the ingredient list states that the flour is 100% whole wheat. Many companies use words such as ‘wheat flour’, ‘unbleached wheat flour’, ‘multigrain’, ‘enriched or stone ground wheat flour’ instead of saying ‘refined white flour’.

Another thing to watch out for when you read food ingredient lists is a sweetener called high corn fructose syrup (in the UK it is called glucose-fructose syrup). It is commonly used in processed foods. It is a highly refined sweetener made from corn with many studies linking it to the rise in obesity and weight gain statistics, along with chronic health conditions. Most fake foods are high in this ingredient.

Once you start paying attention to the ingredients contained in your foods, you will able to find brands and food items that you can trust.

Healthy food companies, as well as using real foods in their products, prepare their food using natural preparation methods where possible. They focus on operating ethically, treating their food, customers and employees with care and love. Spend your money wisely by buying food that helps to make the world a healthier place to live.

To give you an example of ‘Substitution not Elimination’ in action, here is a food comparison chart. It shows how certain foods can be made using either real foods, lightly processed foods or fake foods, depending upon the ingredients used to produce them.
## Food Comparison Chart.

<table>
<thead>
<tr>
<th>Food</th>
<th>Real Food</th>
<th>Lightly Processed</th>
<th>Fake Food</th>
</tr>
</thead>
</table>
| BBQ sauce   | *Homemade BBQ sauce.*  
  Tomatoes, onion, molasses, vinegar, red pepper flakes, sugar, sea salt, garlic, mustard, olive oil. | *Supermarket BBQ sauce.*  
  Tomatoes, garlic, onion, peppers, brown sugar, molasses, special combination of spices and fresh habanera peppers. | *Fast food restaurant BBQ sauce.*  
  Glucose fructose syrup, water, tomato puree, red wine vinegar, spirit vinegar, salt, modified maize starch, vegetable oil (rapeseed), mustard flour, colour (sulphite ammonia caramel), stabiliser (xanthan gum), flavouring, preservative (potassium sorbate). |
| Burger bun  | *Home made bread buns.*  
  100% whole wheat flour, water, sesame seeds, olive oil, yeast, honey, salt. | *Supermarket burger bun.*  
  Organic sprouted wheat, malted barley, sprouted millet, sprouted barley, sprouted lentils, sprouted soybeans, sprouted spelt, filtered water, fresh yeast, sea salt | *Fast food restaurant burger bun.*  
  Flour, water, salt, sugar, yeast, sesame seeds, rapeseed oil, wheat fibre, soya flour, emulsifiers (mono and diacetyl tartaric acid esters of mono and diglycerides of fatty acids, sodium stearoyl lactylate), palm oil, preservative (calcium propionate), flour treatment agent (ascorbic acid). |
Food Comparison Chart (continued)

<table>
<thead>
<tr>
<th>Food</th>
<th>Real Food</th>
<th>Lightly Processed</th>
<th>Fake Food</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Ice cream</strong></td>
<td><em>Home made ice cream.</em></td>
<td><em>Supermarket ice-cream.</em></td>
<td><em>Fast food restaurant sundae.</em></td>
</tr>
<tr>
<td></td>
<td>Frozen fruit</td>
<td>Water, agave syrup, cashew nuts, carob or cacao powder</td>
<td>Ice cream: Skimmed milk, cream, sugar, whey powder, glucose syrup, stabiliser (guar gum, mono and diglycerides of fatty acids, nature identical flavouring, carrageenan, dextrose. Sauce: condensed whole milk, Glucose-fructose syrup, butter, modified starch (hydroxyl propyl distarch phosphate), malted barley extract, stabiliser (sodium citrate), salt, flavour, flavour vanillin</td>
</tr>
</tbody>
</table>


Rule 4: Progress not perfection.

“What saves a man is to take a step. Then another step.”

~ Antoine de Saint-Exupery

It has been said, ‘that a journey of a thousand steps starts by taking the first step.’ Know that you have already taken your first step towards weight loss simply by reading this book.

Rest assured that upgrading your food choices is very much a journey of progress not perfection.

You may feel that eating 80% real foods from where you are today might not be possible. But if you stay with the process and take small steps towards your goal, substituting fake foods as you go along, then you will certainly be able to create big changes in your body as you make progress in the long term.

It took me a couple of years before I was eating real foods the majority of the time. What made this much easier for me was changing my food focus towards drinking lots of water, fresh juices and smoothies, whilst also eating a wide variety of soups, salads, vegetables and stews.

Even now after being on the path for over 10 years I am not perfect. Nor do I aspire to be. Unlike what the dieting model may have led you to believe, you don’t have to be perfect to get amazing results.

The philosophy of ‘progress not perfection’ is still very much a part of the way I eat today. I find that it gives me the flexibility to enjoy and experiment with food as well as my life.

In the beginning, you will certainly try things that just won’t work for you. That is okay. You don’t have to get it right first time. Your body is very forgiving.

Just know that every step that you take is an opportunity to develop deeper awareness and understanding about yourself.
Breaking free of perfection.

The dieting industry creates a false expectation of perfection that is simply unrealistic and unattainable for most women.

Melissa, a client I was working with from New Zealand emailed me saying

"Katrina, I know I need to fundamentally change my eating and living style for myself but it has to be without triggering my punishing doomed-to-fail-fundamentalist-perfect-solution behaviours."

I assured Melissa that by adopting a ‘progress not perfection’ approach to eating, she would be able to relax more around food without triggering her ‘perfectionist tendencies’.

Since adopting this approach she has found so much more freedom around food and has been amazed at the ever increasing levels of kindness that she extends towards herself.

Rebuilding my relationship with food.

JK Rowling, author of the Harry Potter series famously said “Rock bottom became the solid foundation from which I rebuilt my life.” In much the same vain, rock bottom was the place that I started to rebuild my relationship with food.

One thing that I discovered is that the only thing my body truly craved was proper nutrition. Eating low nutrient food made it difficult for my body to ever feel satisfied. Given that my body’s nutritional requirements were not being met, it was no wonder that I continued to have an insatiable desire to eat. This is why you can still feel hungry even after eating large quantities of fake food.

After my physical break down, I wanted to get a better understanding of the nutritional deficiencies that existed within my body. To achieve this, I had a hair and mineral analysis test done through my naturopath. What this basically entailed was cutting a small clip of my hair and sending it off to a laboratory for analysis. From this hair sample I was given a report that detailed exactly where my body was nutritionally out of balance.

Given that my health had completely broken down I found that this was an excellent place for me to start. Depending on your preferred
approach and where you are on your journey you may find that you feel
drawn to doing this as well.

Another helpful thing to test for is food allergies and sensitivities.
Many women may have food allergies without even realising it.
Common food allergies come from gluten, wheat, dairy, sugar, caffeine
and alcohol. If you crave these substances, then I encourage you to
consider a gentle detoxifying cleanse.

One of the food nuances that I have personally found interesting is how
women are often allergic to the foods that they are addicted to. This is
particularly the case for women who have high amounts of toxicity
within their bodies (we will explore some simple detox tips later on in
the book).

Your body is holistically connected.

What this process helped me to become more aware of is how the body
is intricately and holistically connected. What I didn’t realise at the
time was that being overweight is a key indicator of nutritional
depletion and deficiency.

As hard it was for me to initially comprehend, most overweight people
who eat high levels of ‘fake foods’ are actually malnourished. What
this means is that the body is not getting the right type of nutrition or it
is not absorbing the nutrients properly.

Having regular tests will help you to keep motivated and on track with
your weight loss intentions. I can tell you from personal experience
that it is amazing to directly monitor the results that subtle food
changes can have upon your body.

Taking baby steps.

A fascinating concept that I share regularly in my yoga classes is the
power of taking baby steps. Most people falsely believe that success is
created by taking giant leaps. My own experience has actually revealed
the opposite to be true.

Taking baby steps on your food journey is essential. Trying to change
your entire diet overnight may only leave you feeling frustrated,
confused and angry. Leaping ahead with radical changes is often not
the most sustainable approach to take. You can do extreme things for a
short while but they generally won’t last. Making radical changes to
your food choices are akin to the dieting approach, which simply does not work for most people over the long term.

Give yourself the gift of time to learn about different foods and your new food choices. Creating the right inner and outer environments to support permanent change does take time. Making small gradual changes to your diet over a period of time is the key to changing your eating habits and ensuring your long term weight loss success.

When you make changes to your diet and allow for periods of learning and integration, you will likely find losing weight for good a much easier, enjoyable and sustainable process.

Each woman is unique.

I spent so many years thinking to myself that if only I could find the right diet book then all of my weight issues would be solved.

I know many women who have devoted much of their lives trying to find that perfect ‘one size fits all’ approach to eating. I was a victim to this kind of thinking for many years. I remember desperately searching for the ‘golden elixir of eating’ until I finally came to a very important realisation: It doesn’t exist. Everybody is unique.

This is why it is so important that you attune your eating approach to suit the needs of your own body. The food that heals one person might not work for another. Said another way, one persons’ tonic may be another persons’ poison.

Be willing to experiment.

Finding ways to eat foods that you like, may involve some experimentation on your part, by adapting the right eating approach. It took me quite a bit of playing around before I found a way of eating that was totally right for me.

By ‘right for me’ I mean eating in a way that was sustainable and in harmony with my own body. Every woman needs to eat in a way that honours her own body and lifestyle.

Eating right for you takes into consideration your lifestyle choices, beliefs, blood type, body type, religion and food preferences.

To eat right for you, consider the types of foods you like to eat, as well as the foods that you don’t like to eat. Eating right for you means
eating in a way which appeals to your personal tastes, senses and lifestyle.

Each experience brings an opportunity for learning.

Each experience, regardless of the outcome, creates an opportunity to learn something new. Let go of the need of trying to get everything perfect. When you accept that getting things perfect or obtaining perfection is not important, you can easily turn your focus towards progress, insight, growth and learning through action.

One way that you can ensure progress not perfection is to upgrade your food choices over a period of time from highly processed, fake foods to real foods. When you upgrade your food choices, your lifestyle decisions and your actions, you can create massive change in your health and your life.

Just keep making small, consistent but regular adjustments to your daily habits and you will begin to experience significant long-term transformation.

Progress keeps you on track.

Did you know that airplanes are typically ‘off course’ about 99% of the time, yet most still arrive at their intended destination. How is this possible? The reason why is that the pilot is constantly making adjustments to bring the plane back to its’ flight path.

Just like the pilot, realise that going off course is a natural part of your weight loss journey. The secret is to keep going making subtle adjustments as you go along. If you feel yourself go off course, just keep reconnecting back to your intention. Keep aiming for progress and not perfection.

If you do, you will achieve progress and stay on track to achieve your weight loss goals. Creating healthy habits of progress is the key because success is about what you consistently do, rather than the things that you occasionally do.

Keep navigating your way back to simplicity. Experiment with eating different foods and notice how they make you feel. Look for real foods in your supermarket and food shops. Spend time watching documentaries about food and how your food is produced.
The weight loss journey isn’t a race.

The weight loss journey isn’t a race. Enjoy the ride and be conscious that there will be times of frustration as well as joy and elation. Each of these experiences are milestones on your path to healing.

It is important to remind yourself that you have your lifetime to master your habits and create an approach that works for you.

Just keep aiming for progress not perfection as you move towards your health goals. Each day celebrate wherever you are on your weight loss healing journey.
Measuring your weight loss progress.

Measuring your progress on a weekly or monthly basis can be a great way to keep you motivated and focused on your weight loss journey. Here are some ways you can monitor your progress.

1. **Have a nutritional test done:** Having a nutritional test done will give you an objective way to monitor and measure your progress. From this initial test you will get an idea of what is happening inside your body, including what vitamins and minerals your body is deficient in as well as those that it is abundant in. Examples of nutritional tests include hair and mineral analysis, blood tests, insulin tests, pH tests, pulse reading, intuitive pendulum dowsing and kinesiology. Enquire with your naturopathic practitioner or holistic doctor and be sure to go back for regular check ups.

2. **Get tested for allergies.** Allergies can be a common cause of unwanted weight retention. If you suspect that your body may be experiencing allergic reactions, it may be another great thing to have checked and monitored.

3. **Buy a bio-impedance scale.** Traditional bathroom scales only measure your weight and can be deceiving. A bio-impedance scale measures the fat, water and muscle mass content of your body and will give you a much better indication of your progress (they range in price from £20 - £50). Just remember that no scale, no matter how sophisticated, will ever tell you how much happier you will feel as you begin to reduce toxicity in your body.

4. **Use your favourite belt or pair of jeans.** A low cost and easy way to track your weight loss progress is to notice your jeans (and belt) becoming bigger as your body shrinks. This is a particularly great way to track your progress if you have an aversion to weighing yourself with the bathroom scales.