



Ask the Expert?

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Q. I've tried all the diets but just put the weight back on again after a few months – help!

A: Why is it that for some people, no matter how many diets they try, they either don't shift the weight or when they do it all comes back in a few months? Surely, it's just a matter of science: take in fewer calories than you use? Unfortunately, as our students, clients and we ourselves will attest, fat is an emotional issue.

We are used to the idea that denying ourselves food, especially through anorexia and bulimia, is about self-worth and unprocessed emotions. However, when the baggage is physical and visible, we are told we can just change our behaviours and it will all be fine.

Health Coaching works on the increasingly common understanding that the mind, body and emotions are interlinked and therefore, our bodies represent the results of behaviours that our beliefs create.

Some people use food as reward because they can't hear or feel enough praise and value from them-

selves or others. Similarly, other people use food to feel full and satisfied because they do not feel satisfied with their life. A further common food relationship is to insulate ourselves from the world around us, like having a permanent duvet, or full cupboards. Changing behaviours – by going to the gym or following a diet – may work for some people, or for a short time. However, many people need to find out the root cause for their eating habits to make the changes stick. Obviously the behaviours will still need to change, but rather than pitting your emotions and body against your sheer will power, this approach works on aligning all the parts of you to the same goal.

What can you do to change this and align body, mind, beliefs and emotions towards the slim new you? Become aware of what your relationship with food is really about:

1. Write down all the things that you say about food: the reasons, the excuses, the beliefs. Sometimes total honesty is enough to kick start a new level of living.
2. How do you currently see your body? If you are focusing on your body as fat, overweight and ugly then you are not focused on your goal and you will always achieve what you focus on.
3. Notice how you feel after you eat: overfull, dissatisfied, guilty? Write the word for how you want to feel instead on your fridge, kitchen door or the wall behind your cooker – wherever it will refocus you on your goal.

Some people prefer to do things on their own and these steps will help you do that. For those of you who like to feel supported then find a practitioner who will work with you beyond the level of behaviours, who will help you find your patterns and reasons, the root cause for you.

Contact Clear Sky Coaching at 01273 239054 or visit www.clearskycoaching.co.uk