

A Resolution is not the Solution

(or Weight loss solutions go well beyond New years resolutions)

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Okay, okay, okay. You have mastered in excuses, PH'D in New Years resolutions, and taken the Oscar for your dramatic performance(s) vowing to commit to those annual diet and fitness resolutions however the rewards have yet to manifest your ideal state of health and wellness. Isn't it time to simply and without the Ph d, mastered, Oscar winning drama on the 'why is has not worked for you', resolve to take another approach?

The Solution to sustained weight loss and improved health is not in the 'oh so well intended and so familiarly over ambitious, and all too frequently short lived' infamous resolution! Most fail often with this approach and yet they continue to repeat the same pattern year upon year resolving that this time will be different. Does this sound familiar?

Now please don't get your muscles all flexed in defensiveness over this. I merely want to get your attention and have you realize if what you are doing is not delivering you the results you would like, it is time to change your approach. Read on and find out where the key to sustained weight loss really is for most people are looking in the wrong place or continually attempting to achieve different results doing the same things repeatedly.

Sustained weight loss is not 'in your mouth and movement' and merely about what you eat and how much you exercise. It begins in your mind and is nurtured or fed if you will, within the very way you see yourself. There is not one of the miracle products or any of the fad diets that will see you succeed until you decide you will. Then, once this decision becomes 'your truth' - 'your knowing' then most any diet will do. In fact once a person chooses a different view of them self, when they can actually see it – see them self as that stronger, healthier and fit person, the process is underway and results are on the way.

To truly shift your perspective of yourself and begin the process of improved health, weight loss and weight management, ask yourself these questions:

- 1) Why do I want to lose weight?
- 2) What do I feel this will do for me?
- 3) Do I really believe I can succeed?
- 4) What is it I need to do?
- 5) Am I willing to do what it will take?
- 6) How will I overcome the challenges and stick to the program?
- 7) Where will I get support?
- 8) What does success look and feel like to me?

To achieve success it is imperative to source out the root of your desired objective (why and what and how), and to picture the results you want to realize. Create a mental image of exactly what it looks and feels like to you – own this image, make it yours, and begin to act like it is already happening, that this is who and how you are.

The steps that follow are rather like the mechanics tools for the process yet until you, the mechanic are there with the vision of just what it is you want to repair, how you will do it, and how it will operate once the work is done, it is virtually impossible to achieve and sustain the results.

Think of it like an architect with the ‘resolution’ to build a house. For this to happen, there must be the clear and specific vision of what this house will look like, the why/who is it being built for must be established, and the how will it be made, etc very clear in the builders mind. In other words there must be a plan and that plan must clearly establish the step-by- step process in order to see the realization of this house.

For a person to succeed at weight loss, it usually is necessary to understand what their relationship to food is and why weight gain has become an issue. In addition, it is necessary to know that the weight loss can and will happen. That architect I mentioned earlier does not ‘try to build a house’, they ‘know’ they will build it and with dieting and weight loss attempts, success is realized when the desired weight loss (or whatever the intention may be such as improved health, lower blood pressure, decreased body fat or...) is simply that, ‘a knowing’.

Decide this for yourself – make the intention for a healthier and happier you and begin to consciously live your life one breath, one mouthful at a time with a mindfulness-knowing and a ‘clear as day’ visual of where you are going, how you want to be, what you will do to get there and how it will feel. Live like you are already in this mode and make it your reality. “as a man thinketh, so shall he be” – Napoleon Hill

Below is a guideline of how to implement this approach and create your own crystal clear, precise and visualized intention of what it is you want and see for yourself. Remind yourself daily of this great quote I have seen often in my studies yet do not know who to credit: The way we see ourselves, creates the self we see. Begin to see your self as you want to be.

To launch into this vision of you...

- 1) Determine what it is you want – weight loss/healthier lifestyle/ stronger body / disease prevention-reversal....
- 2) Decide you are ready to do it – rather than just wanting it you have to commit to it and believe/know you can do it – will do it, see yourself fit
- 3) Make a plan – how will you do this, what and who will provide support, what potential barriers do you face and how will you overcome them (what have been your biggest challenges prior to this?)
- 4) Decide what success will look like and what will be your milestones/mini goals along the way (in addition to weight loss consider mood, strength, self worth, energy, sleep quality, skin condition, health issues from acne, eczema, allergies...)
- 5) Plan on how will you reward yourself for ongoing successes – not food, think spa/massage/new clothes etc...

Here are a few tips to get you revamping your nutritional approach. In the next issue – watch for a sample daily menu outline and a fabulous, easy and health infused recipe.

A healthy dietary Approach: Staying Healthy w/ Nutrition, Elson Haas, M.D.

- Eat a good balance of foods:
 - 65 – 75% of good quality carbs (good quality whole grains, fruits, veggies)
 - 10 – 20% healthy fats (from seeds, nuts, oils (extra virgin) such as flax, pumpkin, hemp, borage), cold water fatty fish –fresh/wild: mackerel, sardines, tuna, herring, halibut, salmon)
 - 15 – 25% of healthy proteins (animal and/or plant sources)
 - ensure adequate fibre intake – min. 25 grams per day

When choosing oils look for:

Extra Virgin Cold Pressed / Expeller Pressed

Stored in dark bottles / Organic whenever possible

Limit consumption of: corn, cottonseed, safflower, sunflower, soybean and sesame oil (polysaturated)

Preferred: olive, almond, hazelnut, pecan, peanut (monosaturated)

Eat as little Saturated fat as possible

Avoid – Trans fat, hydrogenated, partially hydrogenated(margarine, shortening, fried foods, crackers, cereals, breads, baked goods, spreads/dips/dressings, prepared foods.

For cooking use oils such as safflower, grape seed, or extra virgin olive oil.

“The way we see ourselves, creates the self we see.”

Now take ownership of your self visualization and live your life fully and joyfully.

Heart-ful Blessings and smiles to you, Teri