

## **Three steps to weight loss: Lighten up; think healthy; do healthy**

**Bradenton Herald Newspaper**

**Joan Dickinson, ED.D.**

**November 10, 2007**

I'm suggesting that you DO a new kind of diet plan, a lifestyle change. (I didn't say 'try' because trying never gets us anywhere.) My Lighten Up and Loose Plan allows no focusing on your weight. Now that's food for thought, isn't it? I know that most people who diet are tired of it. Just plain tired of yet another diet. Do they work? Yes and no. But what's the common denominator for most diet plans? They focus on food. It doesn't make any difference whether the diets are low fat, low carb, all protein, vegetarian, if you're jumping on the scale or getting support from your friends. Your focus is on WEIGHT.

Step One: Lighten up. Lighten your mood, lighten your gait, lighten your load and lighten your attitude toward stress and that fat may drip right off that lovely frame of yours. Again, it's back to that old American ethic that says, nothing good is ever accomplished without hard work. Thus dieting must include hard work. I want you to challenge that notion. Now think about it, do other animals or plants think about their weight? Does a flower say, "I am eating too much fertilizer and my stem is getting fat"? Does a tree say, "I have too large a girth"? Does a shrub say, "HMMM, this foliage is just too much"? Or does a cow say, "My waist is huge, I'd better stop chewing my cud"?

OK, laugh about it. Yes, laugh hard, but don't diet hard. Nature has a plan, a natural, no struggle plan for our perfect health. It's different for all of us and depends on our body type. We complicate matters and frustrate this natural plan when we push that control button and actually lose control. We control our emotions, manipulate others, care too much about others approval, spend way too much time judging ourselves and others, and laugh way too little. Hey, most of us have stress and suffering at some point in our lives; it's part of living. Stress is not a good reason for us to over-eat, drink, smoke or get angry. Being too serious can add lots of unwanted pounds. We can think too much or be problem focused and get very weighty, indeed.

Step Two: Think healthy, not thin or fat. Remember, our words create our realities. We attract what we attend to, focus on. So if you want to be a fat magnet, by all means keep saying to yourself every day, "I'm too fat." Or "I'm too ugly." In the same way, if you're lonely keep saying, "I'm lonely" and more loneliness will flow to you. When we focus on the lack of or the opposite of what we want, we get more of the focus point. Negative magic happens.

Try these positive thoughts instead to reprogram yourself. It matters not that you believe these affirmations right now. Say them and over time you will believe them. The results can be amazing. Start attracting a healthy body.

- I am a perfect weight for me.
- I am beautiful.

- I am healthy.
- I am capable.
- I am strong.
- I am my best me, perfect.
- I love nourishing my mind and body.

Write these affirmations down, say them every morning and evening, look at them at work, and tape them to your mirror or refrigerator. Smile and with time, belief will come to you.

Step Three: Do healthy. Exercise, eat nourishing foods according to your body type and create a healthy lifestyle. If you want to learn more about the Chopra Center for Well-Being healthy lifestyle program, Perfect Health, come to the Anna Maria Community Center on November 15, Thursday, 7:00-8:00 PM. For reservations call 779-1908. Cost \$10.