

Losing Weight Without the Pain



Slimming
workshops

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Dieting Can Make You Fat

This is a rather bold statement, but nevertheless it is true for most people in the world at this very moment. But you have been taught that if you wish to lose weight, you have to diet, so why do we say that dieting can make you gain weight?



Before we answer this, I want to ask you the question “How many times have you tried a diet and perhaps lost weight for a while, but then it all piled back on and you felt a failure.”

If, like most people, you have tried several times, then perhaps you can understand what we are saying – for most people diets simply don’t work!

So why, if we are changing what we eat, and eating only foods that don’t contain much fat/carbohydrate/starch etc (depending on the diet in question), don’t we lose weight? Or if we do lose weight, why does it all come back?

Dieting is not a natural thing to do to your body, and it puts your body into a starvation mode where it deliberately slows down your metabolism and starts to preserve any food it can as fat. This, in a nutshell is the problem, you are persuading your body that it needs to store fat, when you want to be telling it to burn it off for you.

To understand what is going on better, we need to look at people as the result of the evolutionary patterns that we have travelled through since we originated in the depths of Africa. When man first searched for food, it would have been very different to today (obviously). Food was uncooked, and tended to be found in food groups – ie an apple tree might be found and the tribe would eat all the apples. They might next find some meat and eat that. Then vegetables and so on.



Sometimes food would be very scarce, other times it would be plentiful. So our bodies adapted to meet this variation by developing the ability to store food as fat. Even (especially) in times of scarcity, any goodness in unused food is extracted and stored as fat.

Our bodies haven’t changed all that much since then so our systems are expecting food to be received in the same way.

So what does your body think is happening when you go on a diet? It thinks that there’s a food shortage. So what does it do in response? It slows down your metabolism so as to preserve as much energy as possible, leaving you feeling lethargic and sluggish. It then extracts as much spare goodness it can from the food you do eat and stores as fat any that is not immediately used. So you can find that even though you eat less you still put on weight. It’s seems daft, but it’s what can happen.

Obviously, if you can keep up the reduced intake regime for long enough, you will lose weight, but you will also convince your body that there's a food scarcity. So when you stop the diet, and start eating a little more, this excess food will be immediately stored as fat and on the weight goes – far faster than you lost it in the first place.

And, to make matters worse, you have then taught yourself, or reinforced the belief, that you are a failure, at least at dieting. And the next diet you try is doomed to failure before you start.

So What Can You Do?

There is plenty you can do to lose weight, and many of us do seriously need to lose quite a lot, so it is important to have a system that works.



The first thing to do is to stop looking in the mirror and thinking “fat”. This simply makes you feel bad and has no benefit of any kind. You wouldn't like it if a stranger came up and called you fat. You would either feel annoyed or angry. So why do it to yourself?

No, you should look in the mirror and think “I'm ok – true, I could do with losing some weight, but I can do that. Yes, I'm happy with myself.”

Do that every morning. Look at yourself in the mirror and say “I am fine, I am happy with myself, I can become anything I want to and it's my choice”

Once you have learnt to do this, you are half way there. This is because you need your subconscious on your side. There is a section on how your subconscious mind works, and how it can cause problems for you as well as keep you safe, towards the end of this booklet.

Now, how much food do you eat? Most of us eat far too much. Why? There are several reasons.

- 1 Your body will tell you when your stomach's full, but we have lost the ability to “listen” correctly, so we keep on eating until the plate is empty. To make it worse, we then go on and eat a dessert, because we still don't recognise the signals our body are screaming at us to say “I'm Full”.
- 2 The signal that our body sends when it is thirsty is very similar to that it sends when it is hungry, so we often mistake the signals and eat, when a drink of water would have done the trick. Since we often drink at the same time as we eat, our thirst is assuaged and the signal goes – so we believe we did the right thing.

- 3 It can take several minutes after eating for our stomachs to give us the “full” signal. So if we eat quickly – as most of us do when we snatch a quick meal during the day – we have eaten far too much by the time we realise we’re full (if we realise it at all). You have probably noticed that you don’t feel bloated immediately after a large meal, but some short while later – perhaps after 10 to 15 minutes.
- 4 You were probably taught that you must eat everything on your plate, even if you end up eating too much. Comments referring to starving people in other countries are normally made, but what difference does it make to them if you leave some food? None at all. Better to have less food on your plate in the first place. And being overweight certainly doesn’t help anyone in the world who is going hungry.
- 5 We often indulge in emotional eating. This is eating in an attempt to reduce feelings of an emotional nature. But no amount of eating will actually satisfy an emotional need, so we put on weight. And this overweight can make us depressed, so we eat to compensate and put on even more weight.

So What Does All This Mean?

It means that it’s not so much what you eat, as how much of it you eat. And how well you listen to what your body is trying to tell you.

So if you want to start adjusting our weight to a figure that is more appropriate, you must take the following steps.

- 1 Eat slowly, paying attention to what you are eating – almost meditating over the food so you give it your entire attention. Only in that way will you recognise the signals your body is sending you.
- 2 Eat what you want to eat. This might go against all the dieting rituals you have had drummed into you, but your body really does know what it needs to keep it fit and well. At first, you may well find you eat the “wrong” foods, but you will soon discover that your body starts to automatically guide you to a balanced and healthy diet, once it has got out of the disastrous habits that dieting has put into you!
- 3 Always eat at the table. The main reason for this is so you can meet the needs of step 1 and pay attention to what you are eating. If you grab a sandwich as you rush down the street, corridor etc., your body has no chance to tell you when it’s had enough. Eating at the table is also better for your posture and digestion. Also, don’t watch TV while you’re eating, especially when you start on this new way of eating. In



that way you'll be better able to listen to your body without the distractions of the program.

- 4 Drink water or fruit juice. Avoid cola, tea and coffee as much as possible. Cola especially, because it contains chemicals which actually make you thirsty. Since you can confuse these thirst signals with hunger signals, drinking cola can make your life very much harder. And cola with a twist of lime, lemon etc will still taste refreshing, but can still make you more thirsty. All of the drinks mentioned also contain caffeine which is not good in any quantity.

Also avoid alcohol as far as possible. In small quantities it can be beneficial, but we have all heard of the "beer belly" and it's not only men who develop them, and it's not only beer that causes them.

- 5 If you find yourself hungry between meals, try a glass of water or (sugar free) fruit juice first. Try to avoid drinking too much tea, coffee, cola or any other fizzy drink. If you are still hungry after 20 minutes, then it is best to make yourself a healthy snack, but eat it at the table. If you take sugar in tea or coffee then replacing these drinks with water, or sugar free fruit drinks, will reduce your calorie intake from the sugar.



- 6 Don't weigh yourself every day. It doesn't boost your confidence much because the weight loss will be quite small each day and also some days your weight will go up which can be heartbreaking. Try our approach for at least a couple of weeks before weighing yourself again. Also you are, in reality, aiming to get fitter and look better rather than lose weight, so it's the better fitting of your clothes that will be what you first notice, not your reduction in weight.
- 7 Take more exercise.
 - a. This can be by joining a gym, but for many people this is not ideal, sometimes it can be better to simply take long walks. If you do join a gym, then make sure you go regularly – several times a week. Joining a gym will not help you grow slimmer, its regular attendance that does that!
 - b. Always use the stairs whenever possible – avoid lifts.
 - c. If the journey is short, walk rather than take the bus or car.
 - d. Adding just another 2000 steps to your daily routine can make a tremendous difference. You probably take around 6000 to 8000 steps already, so the extra 2000 will hardly be noticed. Get one of those pedometers (a cheap one is fine) and see if you can gradually increase these steps you take.

- 8 When you see yourself in the mirror, smile, and say to yourself “I’m fine, I am getting the figure I want, I’m losing the weight and I feel very much more healthy.”

But What If I Slip?

Don’t worry, you are bound to have a time when you simply eat for the sake of it. It’s ok, don’t blame yourself or give up, it really is bound to happen from time to time. Simply return to the steps we have outlined and you will soon get back on track. Remember, it’s not like you’re having to suffer with this system, so these slips will not happen often, and will reduce as time goes by.



Getting Help

You can follow the steps we have described and lose weight on your own, but the process will be simpler and quicker with help as you will see.

One of the most important things in this weight loss system is that you are changing your whole outlook towards food and eating. You are re-programming your mind to see things very differently and this is not always easy. The habits that used to drive you to the endless diets, the eating everything on your plate, the eating at fixed times, all these habits are stored in your subconscious and to change this can require help, especially if you want to make it easy.

My favourite method for changing habits is hypnotherapy. This is nothing like the stage act you may have seen, where people act like fools on the stage. No, hypnotherapy works by helping you into a very relaxed state where your inappropriate habits can be changed. It is simple, enjoyable and completely safe. It is important to understand that hypnosis cannot make anyone do, say or even think anything against their will, so you must decide that you want to be fitter and healthier and look better before it will work for you.

In the next session, we take a look at the subconscious mind in a little more detail and this will help you to understand what is going on when we are trying to overcome a bad habit. After that section, we have a small session covering some of the questions we get asked about hypnotherapy, along with (of course) the answers.

Good luck with your weight loss, but it’s not really down to luck, it really just needs you to decide it’s what you want to do. And if you are overweight then believe me, you will feel so much better once that excess weight has been shed, and your confidence will grow through the roof. Try it and see for yourself, but don’t try it alone. At The Slimming Workshops, we take people in small groups and work together over a five week period to change your eating habits. We have found that people work well in a group like this and help each other along. It also saves your money which is a bonus.

A Few Words About Your Subconscious Mind

Your subconscious mind has the job of keeping you safe in the world. It does this by forming associations between events and reactions.

- If you put your hand somewhere hot it is pulled away almost instantly – before you are even consciously aware that it's burning. It is your subconscious doing it for you. It didn't know this when you were a baby, it had to learn the association between hot things and pain.
- As a child, your parents or guardians would spend a great deal of time teaching you to stay safe. This constant repetition is one way to get your subconscious to learn associations and is how you learnt road safety etc.
- If you repeatedly get hurt by doing something, you will begin to feel the pain even before you do the action. Again it's a learning process.
- When you first learnt to ride a bike it was very difficult. After a while it got easier, eventually it became easy as your subconscious started to take over the basic balancing and riding processes.
- Driving a car is mainly done by your subconscious, your conscious is only looking after the decision making – ie steering the car, braking etc., the gear changing, the basic control of the car as you go along is all handled by your subconscious, at least once you have learnt to drive.

There is a problem with this system though. If you learn an inappropriate association then you can develop a phobia, or a bad habit, or a belief system that can hold you back from ever becoming successful.

The habit of eating constantly is just such an inappropriate association. We often associate eating with pleasure, especially the types of foods that we shouldn't eat such as sweets and desserts. We also associate drinking with eating, so if you have a drink, you might have a biscuit. One biscuit is probably not too bad, but it might be a chocolate bar, or a cake – full of sugar and full of valueless ingredients.

As you go through a typical day, notice how many things you choose to do, and how many you do "by instinct". Smoking is an "instinct" for a smoker. Eating crisps, chocolate, biscuits, cakes etc are an "instinct" for many of us. See how much and what you do without even thinking about it. Also look out for how many times you say "one won't hurt" or something similar.

What about "soaps" on the television. Are you addicted to them? Many people are. The program makers achieve this by having a "cliff hanger" at the end of each episode, with the outcome held for the next episode. They may even leak the cliff hanger through the press to increase the audience ratings. After a while of being hooked to this "must find out what happens", you get into the habit of watching every episode regardless – you have to find out what is happening. People even get their friends to record programs while they're away on holiday.

It's probably one of the main reasons that people ever learn to set the recording on their videos!

To sum up, think about what you do during the day and stop letting your instincts rule you. It's fine to let your subconscious look after things like riding the bike, driving, walking (yes without your subconscious helping you you'd keep falling over), breathing etc., but each time you reach for a biscuit, pop out to the corner shop for a snack, make another cup of coffee, then stop and think about what you are doing. Do you really need this coffee? Is the sugar rush from a chocolate bar essential or just a short term boost which will leave you feeling worse afterwards?

Take back control over your life and your body again.

Some Frequently Asked Questions About Hypnotherapy

Hypnotherapy is not the same as the hypnosis you might have seen on stage or on the television. It uses the same principles, but we are not in the business of making people cluck like chickens (to use the most common example). In a stage show, the "random" audience members who go on stage are in fact carefully chosen, and even then several are sent back to the audience as "not suitable". Those who are chosen are selected because they are natural born "entertainers". If they go to the pub and there's karaoke, they join in. After a few drinks they're on the table and singing. They have very few inhibitions and like to be seen "acting the fool".

Why are such people chosen? Because in hypnosis, you cannot be made to do something you would not do out of hypnosis. So the hypnotist needs to be careful that the people he or she chooses are going to respond to a suggestion that they run round the stage barking, and the only people who would do this are people who could be persuaded to do just this at a party.

Is Hypnosis Dangerous?

Quite simply, no. The hypnotic state is one we enter naturally and quite frequently. It is simply a deeply relaxed state and is found when you daydream.

Can I Get Stuck In Hypnosis?

Again, no. Even if the hypnotist dies or collapsed, you would simply go to sleep after a few minutes and then wake refreshed when you are ready.

How Does Hypnotherapy Work?

This is, of course, a question that really needs a book to answer properly. But in principle, your therapist will help you into a deeply relaxed state. Once you are in that state, he or she can reach into your subconscious mind and remove negative associations that you may have which are either causing an unwanted habit, or holding you back. These must be changes that you are consciously in agreement with since you will be fully aware of what is going on and any inappropriate suggestions would be rejected and the hypnotherapy session would end.

Does The Hypnotist Take Control Of My Mind?

Absolutely not, you are always in control and aware of everything that is going on. Should you want to end the session at any time you can do so.

Can I Be Made To Do or Say Something I Might Not Want To?

No, hypnosis cannot make you do or say anything that you would not freely do when not under hypnosis. Should any attempt be made to do so, you would find yourself ending the session immediately. This is why it is so important for a stage show hypnotist to very carefully select his volunteers.

What Does Hypnosis Feel Like?

Being hypnotised feels different for each person, but the most common answer we have heard is “I felt so relaxed, it was really great, I didn’t want it to stop”. It’s a little like going to your favourite place and just relaxing. You are aware of everything that is said and are always in control, but you feel so very relaxed.

Will I Need Lots Of Sessions?

In most cases, a single session is enough to cure phobias and to boost confidence. You should be aware though, that you can still form new negative associations after hypnosis. You will find yourself more aware, though, of what is happening now you have a better understanding of how such associations are formed, and will find yourself resisting such associations.

Can I Really Be Cured of My Fear Of Spiders?

Yes, one of our recent cases involved a lady who was suffering from both stage fright (she had been a professional singer) and a fear of spiders – she lived in the country in a thatched cottage where spiders greatly outnumber humans. After only one session, we had the pleasure of watching her perform live on stage for the first time in over 10 years. Talking to her in the interval, she told us how she had picked a spider up from her desk earlier in the day and taken it outside – something she could never have done before, her usual reaction to a spider had been to run out of the room screaming for someone to remove the beast!

Can I Learn to Hypnotise Myself?

Yes you can. We can teach you how to boost confidence levels and show you a number of tricks which can turbo charge your life, completely under your own control.