

BEYOND DIETS: ADDRESSING THE ROOT CAUSES OF OVEREATING AND WEIGHT GAIN



Are you tired of the typical weight loss approach that just doesn't seem to work in the long run? Counting calories, meal replacements, and alternative food choices can only go so far. The real issue is **why** we overeat in the first place. Until we address these underlying causes, we will keep falling back into old habits and programs. It's time for a new approach that instead of just treating the symptoms. Don't settle for temporary results, it's time to address the heart of the matter.

DIET

Are you aware of the dangers of the modern Western diet? With carbohydrate and sugar-rich foods flooding our supermarkets, our bodies are struggling to cope with the overload. Flour, for example, is simply a concentrated, processed form of carbohydrates. The issue is that carbohydrates, alongside sugar, get converted into glucose, which is then absorbed into the bloodstream. This wreaks havoc on our hormonal balance, making us feel hungry more frequently and causing chemicals within our body to shift.

Why is this such a concern? When we eat foods with sugar and carbohydrates, our bodies respond by producing insulin - a hormone made by the pancreas. Insulin sends important signals to our liver, muscle, and fat cells to take up sugar from the blood for energy, helping to regulate our blood sugar levels. However, if we keep overloading our body with carbs and sugar, it will continue to produce insulin in order to regulate blood sugar. This is a problem because the body may become desensitized to insulin, resulting in it not taking sugar out of the bloodstream. In turn, this can lead to a dangerous cycle whereby the body produces more insulin to try and clean the blood, causing even more resistance and an overall rise in blood sugar level, which can lead to serious complications.

What's more, an increase in blood sugar also produces leptin, which is responsible for signalling the brain to stop eating so that our bodies can try to deal with the sugar. Yet, the more leptin that gets produced, the less sensitivity the body has in responding to the 'stop eating' message, leading us to feel hungrier and eat even more. This is a vicious cycle that can result in serious long-term consequences for our health.

FEELINGS & EMOTIONS

Are you stuck in a never-ending cycle of using food to numb your feelings? It may be the cause that's keeping you trapped in a looping pattern. When we fail to process our emotions properly, we hold onto them, creating resistance that builds up over time. This leads to seeking further distraction and comfort through food, perpetuating the same destructive pattern.

THOUGHT ERRORS

Do you ever feel like your relationship with food is defined by thoughts you can't escape? These "thought error loops" can come from years of cultural, familial, and social conditioning and perpetuate lies we blindly believe. For example, thoughts like "cutting back is painful" or "I'm entitled to eat what I want" may seem like facts, but really they just induce an over-desire for food that can consume your life.

And it's not just thoughts- the feelings of over-desire, deprivation, and entitlement that come from these thought patterns fuel our actions around food. The bottom line is that our thoughts, feelings, and actions are all intertwined, and we need to create new ways of thinking and being if we want to change our relationship with food.

THE RELATIONSHIP WE HAVE WITH YOURSELF

Another root cause may be your relationship with yourself. It's crucial to have a compelling reason for wanting to lose weight and become healthier to tap into your future self and resist physical urges and temptation. This involves building a strong bond with yourself and learning to honour all versions of yourself- past, present, and future.

The way we treat ourselves and the habitual thought patterns we have is key to success in any endeavour or goal, including weight loss. If we deny self-love and self-respect, put ourselves last, and give up on our dreams, we reinforce the belief that we're not worthy of living in a happier, healthier body. Thus, our relationship with ourselves is a critical component in determining whether we undermine and sabotage our success or consider ourselves worthy enough to truly honour.

Are you tired of waiting for circumstances to change before seeing results? It's time to take control and become the change you want to see. Deliberately choose your thoughts to generate the desired emotions and actions needed for success. You don't need to do it alone; we provide a program to help you.

We're so confident in our program that if it doesn't work for you, you won't pay. Say goodbye to the battle of the bulge and hello to mastery over your mind and a healthy, happy body. Join us on a journey to become the best version of yourself and enjoy the health and vitality you deserve.

[Listen to podcast Episode 8 - The Way to Lose Weight for Life](#)