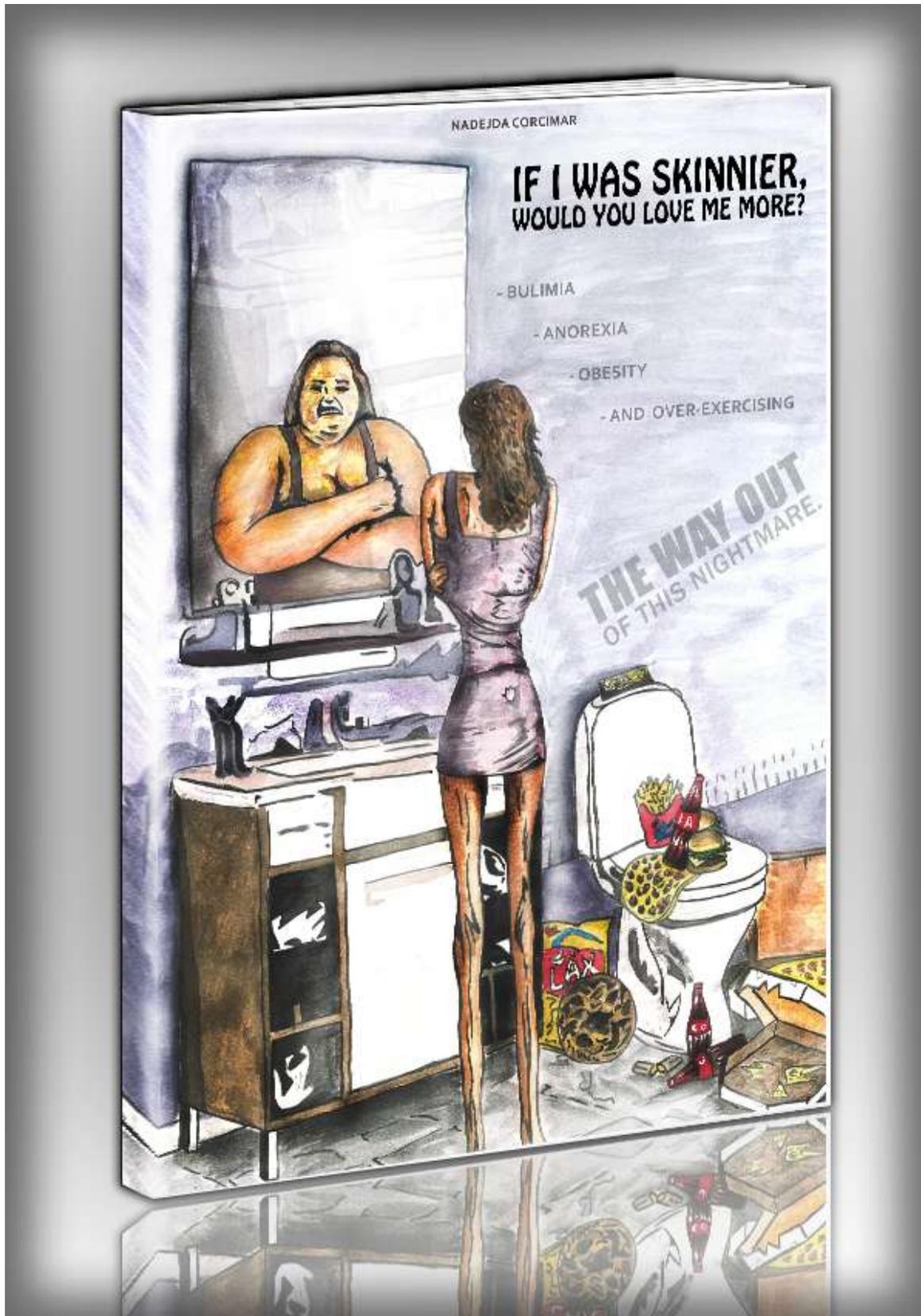


IF I WAS SKINNIER, WOULD YOU LOVE ME MORE?

BULIMIA, ANOREXIA, OBESITY AND OVEREXCERSISING–THE WAY OUT OF THIS NIGHTMARE.



INTRODUCTION

Certainly, you know and feel me when you see this title, otherwise you wouldn't be reading this.

Us, women, always so scrutinized by the patriarch society for our looks, as if it is our absolute duty to always look %100 great; because if one doesn't wake up every single morning looking like the perfect photoshoped dolls that people see on the cover of the magazines then she will be immediately discarded like an ugly piece of paper.

Within ourselves we always know the answer. We know that profoundly, this can't be as important as the society tends to emphasize it. It just can't be the center of our tormented minds. There must be something wrong with this mass perception, otherwise our hearts wouldn't be screaming out loudly at us, and hurting so much everytime we beat ourselves up for eating that extra piece of cake.

And yes, it really is profoundly wrong.

Just like myself, you will soon come to this realisation on your own. I will guide you to your way out of this darkness and you will see how beautiful and enjoyable this life could be, in all it's aspects, with all the pleasures that it has to offer you, and YOU only.

Chapter 1

HOW IT ALL STARTS

It always starts the same way really, for all of us girls. We fail to do something that we set as a target for ourselves to achieve, and when it happens, we take it on our bodies.

This is where the fundamental mistake is made.

Well, never mind. We live to learn and if it wouldn't be for those life lessons, one would not become even stronger and wiser in this life. And then, once you learn to never sweat off the *little stuff*, then the *big stuff* will ironically worry you even less. But I will talk about this later.

Do you know why we immediately and subconsciously choose to take it on with our bodies? Because, if one is already mature enough to realise that it's not always somebody else's fault that this or that happened to him, this is when he sadly falls into the trap of blaming himself for it, instead of simply letting the matter go....dissolve for goodness sakes!

Yet we always choose to blame somebody or something. Just listen to it carefully *somebody!*

The body.

Something we have immediate access to. Something that we have control over.

Something that we endorse every day and have to carry with us for the rest of our lives.

Yes!: we say to ourselves when we are looking to point the finger away from ourselves, - it must be it's fault!.

If I was skinnier/taller/whiter/with this or that body part etc. and etc. and etc. then things would have been different and I would be happy and satisfied with life.

What a trap... You can vividly feel that this is not real, but you just can't stop doing it, because this is the only way that you can stop yourself from finding the real reasons for your dissatisfaction.

I will try to be more pragmatic and less philosophical on this as to be better understood. Every time that you catch your mind convincing you that if you modified your body in any way your goals would have been achieved easier, you are allowing your Ego to make you weak and stupid. And fundamentally you always know it, that is why you always feel like *shit* when you so called *diet* and restrict yourself from food.

Because it is so fundamental how you nourish your body, your sacred temple, it will certainly be much harder to achieve your goals when you are underfed/obese and therefore weakened physically and as a consequence mentally. It is as logical as a plant drying up without a good dose of water on a regular basis. The plant will always say "thank you for feeding me!" when we water it, isn't it? by giving us beautiful flowers and leaves; do we always thank for what we eat??

With a woman it's almost always an emotional issue. With a man it is usually stress related. Either way, using food as a shelter to hide in is a direct sign of *depression*.

Women become bulimic, anorexic or obese mostly as a result of a break up (whether it is happening in real life or you simply already detached yourself from your partner within your mind), and only in some cases they use food as a release from tiredness or stress. It is always tougher on women because we are forced by the society to look *perfect*, and, as you already know, perfection doesn't exist.

The mass media is playing a really ugly game with us. It is fiercely promoting those role models, selling a synthetic perfection on screen and in paper, and we keep buying that crap, we consume it every day and then we complain about it even existing and overflowing us with product. But it's us that is buying it in excess!!!

Look at those shelves in the supermarkets. Can't you see what we have created, the place is bursting with product, product that we will most probably buy and then never even use in the end. Isn't that the true reality of us all?

It's clear that it becomes hard for us to resist temptation when every time you turn your head around you, even by one degree, you can see some sort of a commercial shoved in your face. And if you noticed, most of them are always selling food.

Do you know why there are so many commercials out there selling food?

Because the food industry is so huge that even if a human being in the future would find a way to exist without feeding the body for survival, these crooks will still find a way of shoving that sandwich up your neck. They need to produce and then sell their product in order to keep making more and more money, and if you will not desire their "biscuits" they will lose their primary cash flow, so as will all their business partners. And so, by using their stupid commercials they raised a society of "food addicts", that way they can keep selling their shit to us forever.

But we are human beings, evolved and spiritual human beings. It's impossible that we can not spot this phenomenon coming at us. Yet they have been getting away with it for such a long time, it's incredible.

This is why modern type illnesses developed like bulimia or anorexia, even obesity. Food is at every corner, and whilst cigarettes and alcohol use have their age or access restrictions, food is always there to °console° you.

If you never heard about the 25th screen shot, I'll explain it to you a little bit. When they make a film on TV, it really is a sequence of 24 photos one after another, and that is how when we see the final result we perceive it like a movie with the eye. There are 25 of them because the human eye only needs that number in order not to notice any pauses between the pictures. That means that if a 25th one is introduced in the sequence, the human eye will not see it. But...it will certainly perceive it subconsciously. So, the scientists in the early 60's have already let the *great all seeing eye bosses* out there know that if they insert a 25th image with *a cowboy smoking a Marlboro cigarette*, lying relaxed on a beautiful flower field then a human being that is watching a movie in the cinema will never actually see that picture, but he will perceive it and remember it with his subconscious. Not only that, if that image is inserted at an intriguing moment in the film, like a dramatic scene or a very loving moment, then the picture will be imprinted in our minds even better as it will be mixed with emotions!

See? What the people behind this industry are doing to us? Do you think that any of them out there will blink at least once before selling you that cancerogenous cheese, considering that they have already been doing this since World War 2? I don't think so! Especially now, when the industry is unstoppable.

This is why everytime you want to relax after a hard day of work and you sit down in front of the TV you automatically reach for food. It's not just our power of will that is so weak, trust me.

MY STORY, PROBABLY JUST LIKE YOURS

I have to tell you a little bit about myself so that you can trust me more about this matter. I started modelling when I was only 13 like many other girls out there, and that is probably the worst industry to be in that is body related. Obviously, I was told to lose weight and keep it off forever. Initially, it was relatively easy, because one has a strong metabolism when at such a young age, so cutting off bread and sweets was quite easy. But in time, as you probably already know, a woman's body changes and of course hormones and things like that started to play up with my head. As I started having relationships with the opposite sex, my sex life being not always very regular, the traveling and continuous timezone changes took a toll on my health, but most of all the tiredness and stress caught with my body.

And so gradually weight control became a part of my life as natural as sleeping, without me even realising it was there. No wonder that every time that something stressful happened (and I tend to blame myself first of course as most of us women usually do) , I blamed the body for it, going on another diet, starting a new exercise routine or stupidly keeping myself so busy with work that the exhaustion will not even leave me time and space to feed my body correctly.

Although it sounds self centered when I write about it, as one could now say °hey, you think about yourself too much°, make some kids or something, take care of the straving in Africa... Which is essentially right, no doubt about that, but...you are missing the point. This is not about doing this thing more than another, or that more then this. People like Princess Diana or Jane Fonda already had beautiful healthy children and a blossoming carrer, yet they were bullimic like many other successfull people.

An eating disorder is a way of battling depression. *This is serrious.*

And I would like to emphasise this, especially for people that know somebody in their family who is struggling with it and can't get out of the repetitive vicious circle. An ill person can not get out of it on his own. He needs some help, but a sort of help than can only be offered with love. No therapist in the world can offer you love, no doctor in the world can tell you °I really love you°. Only a close to you person can. If you really want to help out your family member who is in real need of help, never criticise or force her/him to do something. Simply love, and you will heal him.

With my disorder, which started with a few but astonishing binging sesions in my solitude whilst divorcing my husband and finding myself helpless and without money in a foreign country after years of phisical abuse within this unhappy marriage.

Then it temporary kind of went away as I found a job and kind of healed my mind with prayers and a new loving partner at the time. Yet body awareness was always with me anyway as it was installed in my mind at a very early age, but, as most of us, I wasn't even aware of it. So I simply °kept myself fit° by being carefull with what I eat and exercising.

You see, the main problem with this beast called °staying fit° is that it kind of keeps you restricted; it is always with you, somehow *sleeping*, waiting for a °wake up call° in order to wake up.

I got my wakeup call when I caght the man that I really loved with another woman. No illness in my entire life, no tragedy or loss has ever affected me as strongly as this thing. Believe me, I went through several tragedies in my life, but somehow, his betrayal really knocked me off my feet for good. Even now, when I remember about it, I can steel feel a profound loss. It was a massive hit to my self esteem.

And of course, I took it with my body. The fact that the other woman was really skinny didn't help eigher. Then, he made a few other coments about me having a big arse and how he hates fat women and so on, so that was enogh for me to completely wipe of my personality and rebild that °whatever he saw as beautiful° new me. That new me was a 1.85m tall girl weighing 52kg for a very, very long time and at the point where I had such strong heart pains that even my depression would seem pale. Yes, I still loved that man very much.

It took me many years to heal my broken heart.

First, I became anorexic, depriving myself of food. My boyfriend liked me that way and encouraged it as months passed by. Then, as I inevitably noticed, I wasn't loved or cared for much more by looking the way I did, yet the body was trying to regain it's normal weight in the meantime, so ironically I got psichologically stuck beetwen my new body and mother

nature's tendency. This is when bulimia started to chick in. Boy, was it strong and painful! Every girl out there knows how awful, humiliating, sad and lifethreatening it is. And it keeps its repetitive circle over and over and over and over again until you drop down powerless.

I would never ever wish something like that to anyone on this planet.

The easy part BREAKING THE VICIOUS CIRCLE

You see, one would say that there are worse illnesses out there like cancer for example, but I can tell you as somebody that had a tumor removed myself that when a disease is kind of external, it's like a hurricane – there is not much you can do about it. But, when it is self-inflicted, and you know you are doing it to yourself with your own hand, this is when you become portruded with guilt and despair. There is no one else out there to blame for it, so then you feel even more like blaming yourself.

This is the ever repeating vicious circle.



And it never ends.

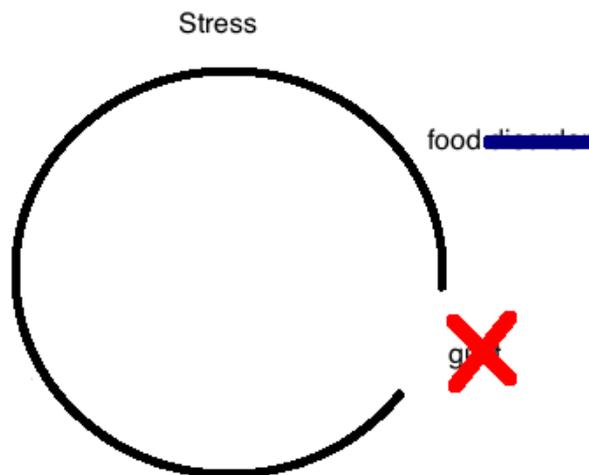
Until...you eliminate the guilt factor. Never mind letting go your internal issues that are bringing you down psychologically right now. You can deal with it in the mean time. Of course you need to understand that there are things in life that we can not change, like people being mean, betrayal or tragedies, but the only way out there to get healed is to forgive and let go.

But before that wisdom reaches you, you have to break the vicious circle.

Once you stop feeling guilty for something or somebody or whatever it is that is bothering you, you will find the internal power to stop abusing your body with food. You will simply not need it anymore.

How can you °abuse° with something if this is not a guilt generating thing just as / how can you feel °guilty° about something when you are not abusing of anything? You see ?

Easy to say, but actually, try this : eat whatever you want and however much you wish *without feeling guilty*. Instead, I advise you this train of thought : °fuck the bastards that are bringing me down with their evil words and actions. Let them all go to hell° and never ever feel bad about nourishing yourself with whatever or however much food there is that your body needs at that moment of time.



Just try doing it, it really is easy. Just do what you will!!!! And you will realise how this is the most beautiful and blessed thing you can do to yourself.

You see, for the anorexics, it is the fear of getting fat that is restricting you from becoming healthy. But really, lets be honest, how great are the chances that you will become obese after being a long time an anorexic? Your poor body will probably need years of reconstruction until it regains its normal structure. So again, be honest with yourself, you will always be within the normal weight.

For the bulimics, it really is the same, only that those are also using food in stressful situations. So everytime a crisis comes in, just forgive yourself before you even thought about that binge. The magic of it is that once you forgave yourself in anticipation, you will not want all this food anymore ! **You know you only want it because you restricted yourself from it!** So go ahead, allow yourself that excess pleasure every day and very soon you will discover that you don't actually desire that much chocolate or pizza or whatever there is that you liked before as much, simply because you had enough of it already.

Please, listen to my advise, eat whatever you want. You will never want more than you need if you REALLY eat what you want or as much as YOU want on a daily basis. Your body will not desire something in particular because you are having it all anytime you like, and because you are spreading out all this vast variety whilst enjoying your lifetime, food

as a stress instrument automatically loses its power. Instead, from my own experience, try just one glass of red wine as a way to unwind after a hard day of work in the evening, or go and buy yourself something small maybe, but nice, that will put a sincere smile on your face. Or, if you have such a blessed person in your life, give her/him a call.

Any psychologist can confirm that we only desire the things that we are restrained from having.

If you have nothing to restrain yourself from, then the problem ceases to exist. As in regards to gaining those extra pounds, if any, I can tell you from personal experience that you will not gain any extra weight. Only in the beginning maybe a little bit, that is because you are not forcing it up anymore, but once your body has enough of eating as much as it wants whenever it wants it, you will feel like eating less, or even healthier, trust me. Your body will thank you and speak to you like never before.

Once you start to actually listen to your body, and not do what some diet says, it will tell you everything that you need to know and will make you crave the exact things that you need in order to fill up with the nutrients that you lack currently.

For all the girls out there that have fuller bodies, beautiful curvy figures that I admire so much like such of Kim Kardashian, Jennifer Lopez, Eva Longoria, Adell or Monica Bellucci and many others, please, keep eating up your stress!

The worst thing you can do, to yourself most of all, is feel guilty about it. We are given the body that we have from *above* and must be grateful for what we have.

A Russian psychologist once did an interesting experiment with a chubby girl that was always complaining about her shape, saying that she liked absolutely nothing about her body and was always grumpy.

He placed a gypsum on every part of her body so that she can not move any longer, and then asked her again "which part of yourself do you hate the most right now? now that you can not use any of those any more, now that you lost your leg or arm or neck?". It is when we lose something that we had been given "for free" is when we actually start to really appreciate it. Sadly, this is the truth for all of us.

Returning to the vicious circle. Ironically, it is not the "stress" factor that needs to be eliminated in order to break the repetitive destructive and abusive behaviour. Obviously, that is because in any place or time stress is inevitably present in this world. It is absolutely impossible to avoid stress in our lives. Even if you close yourself in a square room and never go out, "stress" will always find you in the end, even if it has to intrude your space through a tiny ray of light. It's not easy, yet life challenges us in order to make us stronger and to actually train us to become immune to more and more stress. So instead of accumulating the frustration and getting sick or building up cancer tumors in our bodies, what we really need to do is focus on learning to release it as soon as it reaches us in any way.

Once we accept stress as an inevitable part of our existence and understand that it simply needs to be managed just like our shower routine for example, that is a good time for discovering your personal way of managing it.

But, before you can proceed with doing that, you need to free yourself from that vicious circle, as it will eternally bring you further and further away from being happy in life.

Just as you can see in the picture, the chain makes great sense. You will instantly understand it because you are probably still living it in real life, and ohhhhh, how well can I understand you and feel you now, trust me!

Food abuse is just an instrument, it is your personal way of escaping the sad reality of things. Yet you know better than anybody else that it's only an illusion, because just like any other type of a quick fix, it only is a very short term solution. That is why an outbreak happens over and over and over again, even several times a day. Isn't it?

GUILT. This is the only thing that is not natural here.

Guilt is a self-inflicted, destructive, vicious misproduct of your brain. Basically, as human beings, we are never born with this irrational feeling because we only have good intentions in the beginning. Guilt, as a feeling, gets installed in us as we learn about the so-called "wrongs and rights" of this world, starting from what our parents teach us. Yet our parents, just like everybody else, are humans also, that have been taught by others, so...it's really nobody's fault, but you can probably understand it yourself: feeling guilty is a sadistic feeling.

Without getting too deep into philosophy, for some self-proclaimed "moralists" might be getting at me for these words, what I sincerely advise you to do is to stop feeling guilty for whatever you did, are doing now or even will do in the future.

You see, the logic of it is that the past can not be changed any more, and the future is unknown, so what's the real point in feeling guilty about anything and punishing yourself psychologically over and over again for something that is no longer there or is simply unpredictable?

Stop being a sadist to yourself! Let go of that useless parasitic thought called guilt, as it is only an awful side effect of your own brain, and you will release a whole new world for yourself. Just try! You'll bless the day I wrote these words, just have faith.

Once you don't feel guilty about overdoing something, you will automatically stop obsessing about it. It will not be an object of your interest anymore: you'll break the chain.

OUTSIDE TRIGGERS

A very intelligent girl once said to me: "you know, depression is actually a sign of vitamin deprivation."

Only now I know how absolutely right she was. In today's world it is easy to become vitamin deprived, considering that the lack of time and the poor outdoor conditions do not offer the most organic food out there. No wonder we suffer from cramps at night, have skin rashes and severe acne. It is not a cream or a tablet that is needed to resolve the problem. Actually, what we need is to return to the basics and simply make the best choices we can in regards to what we ingest. And we all know what would technically be a better choice: fried fries or boiled potatoes? Even though an occasional treat is always wonderful, as your life must be wonderful just like the great taste these foods can offer you as an addition to your joy.

The really important thing to underline here is not the stupid "healthy living" crap that so-called nutritionists are preaching; what I mean is that, for example when one is bulimic, when they purge, they lose a lot of vitamins that the digestive tract eliminates whilst you

ingest the food, Potassium being the primary one. That means that your body will be not only dehydrated and deprived of basic minerals after a purge, but because you lose so much potassium you will really feel like shit. You know what I'm talking about now, for sure.

When someone is ill for a very long time (there are so many people out there you won't even believe it!!!! because the illness is so invisible), that person becomes chronically depressed because the illness squeezes the life out of you. The body will gradually weaken and the ugly side effect of this disastrous behaviour is making you become more and more depressed, literally drying you up like a lifeless flower.

You can observe so many cases of anorexia in our days. Whilst bulimia is making you feel miserable and isolated, as you will tend to hide from people so that you can continue your vicious cycle, anorexia is just the straight path to death.

I have been anorexic myself. And although I started getting ill through binge eating and bulimia, in time losing almost a quarter of my weight (I was already skinny naturally), my skeletal body entered a completely new eating mode.

My gynecologist, who is also a good family friend, after not seeing me for about two years, when I came for a check up and told her that my period stopped a long time ago, was in shock when she saw me and being an extremely wise woman, she simply said to me at the time "your body is in the state of comotosis". Little I knew about the damage I was doing to myself.

In time, I started to have such terrible heart pain that the only thing that I could think about was that I'm probably about to die really soon. In essence, as sad as it sounds, every anorexic knows that they are committing suicide, but because they already taught their body to live off of eating extremely small amounts of food once every other day, their brain stopped sending hunger signals to the stomach any more. For that reason, the brain and the body, as a consequence, lose their motivation to exist. No fuel, no speed, no car.

Such a great amount of people died from this nonsense disease. People say that an anorexic needs help, but they always talk about an institution, a psychologist, or they are stupid enough to really think that this is something that a nutritionist can help with! Can anybody on this earth be further away from the truth?

I sometimes wonder, do the parents of anorexic children really think that this is an external problem? Come on!!!!

Look at your child! She/he is screaming for attention and love! Your child is slowly dying in front of you; can you really be so blind not to understand it???? Or so selfish and self centered?

Most of the times anorexia hits young teenagers between 14 and 24 years old. To me, that means one thing only: real lack of parental love and care.

Believe me, there is no child that becomes bulimic, anorexic, obese or exercise obsessed if both parents confirm to him every single day, in a way or another, that they deeply and sincerely love her or him. Whether you like it or not, if your child is sick, you have some work to do on your parental skills and most of all, *parental love*.

As I mentioned above, the realisation of that fact doesn't have to implant guilt feelings in a parent's head, that's the wrong way to go, for sure. What really needs to be done in this case, is first of all to keep your mind clean of any resentment or mixed emotions, as those will distract you from helping your child getting out of the dark tunnel. A parent needs to concentrate all their inner power and love resources on to their child. No need for doctors, no need for dieting, no need for a psychologist, as all these things will make your kid even more frustrated and closed off inside. Simply give him constant love! Give him as much love as you can, give more than you can, make your child FEEL FILLED UP WITH LOVE, and she or he will never ever feel an emptiness inside that no amount of food will ever cover. Do you understand me?

Obesity will deprive your body of the necessary vitamins as well, because you would have never gotten chubby if you were to be eating the right foods in the beginning, isn't it? But because you abused it with over sugary and greasy foods in large amounts, it is now simply a carrier of excess fat and weight, rather than a well functioning "machine".

Yet obesity has the same motives and triggers behind it, just like any other food disorder, a huge emotional gap that is eternally asking to be "filled up" with something. And because this "something" is filled with food, when in reality what it is striving for is love, the abuse will repeat itself in search for real fulfillment.

But, once you break the cycle and find love, especially the love for your own self, you will never feel empty again, and therefore will not ever allow somebody or something to destroy you.

Extreme exercising is often regarded as something pretty normal, but when you work the hell out of yourself, killing your body in the gym or running for miles like a maniac, you know there's got to be a better way.

Pain is never the solution.

The hard part LOVING YOURSELF

If you are doing something harmful to yourself, either through overeating, starving yourself or inflicting grueling exercise upon your body – you are hating yourself, and you know it.

Somebody who honestly loves and accepts themselves as they are, will never ever do something harmful to their body consciously or unconsciously.

For me, this was the hardest part to accept and understand.

Too many times or religion teaches us that we are sinful creatures, that we do bad things for which we will get punished sooner or later. Hey, that's all a crock of shit invented by the church in order to keep the masses controlled. When one feels guilty of something, he thinks of himself as an unworthy person, and that makes him weak. When a person is weak, it is easy to control him. An entire institution has been built on this hypnotic manipulations. Don't fall into the trap. Follow your own instincts. God is our Father, a loving father would never ever "punish" his child! A loving Father will only show the way, that's all.

If you tend to see life's struggles as punishment and not lessons, as those really are, then you are writing your own future - in hell. We are born to learn, learn to create, just like the Father, not to destroy, ourselves included.

If you really understand the essence of spirituality, one that really defines you as a person, then you can always feel that all is love...and love is all.

You see, the main reason for food abuse is us trying to forget, at least for that moment of eating pleasure, about our pains and frustrations. Food is an emotional escape.

Too many people are using this to make money. Big money is made on human weaknesses, like food, alcohol, drugs, casinos... Don't let them do that, not to you.

KISS MY FAT ARSE

Tyra Banks said it, and who else better than her knows all about it. She also said "In a way, me choosing not to starve myself is what turned me into a supermodel and later, a businesswoman". Years of starving herself as a professional supermodel obviously gave her so much grief and pain that eventually, through that pain she only became stronger, strong enough to understand that once you release something that is bringing you down you can finally realise that the world is yours!

You are certainly not alone in this world. Many, many, many of us are doing the same mistake, because these food and drug magnates keep promoting their crap everywhere so that it is implemented in our brains constantly.

Even if one wants to stop using food as a drug, he can not!!!! There are so many reminders out there that you can't even forget about it for a second.

But we can't stop it, because it's an external thing that is stronger than us. But what you can do, is change your own outlook on things. The only way to notice, but not really "see" those reminders is to change the way you manage your stress.

There's got to be a better way of releasing your anger.

Research has proved that the reason why people fall into drugs or whatever is because they have had some sort of trauma when they were children, usually from their parents that were abusing them physically or even sexually.

Oprah Winfrey for example admitted to being sexually abused when she was a kid, in her famous show, and since then, as you have probably noticed, during the years she has been conducting it, she went from large to skinny and then back to super large again. Even a mogul like her would continue using food as a stress release, even though she could afford the best dieticians and personal trainers. That is because nobody can help us to escape from our own selves.

The mind will always try to look for a way of releasing negativity, and it will do it through you inflicting whatever drug you prefer more on yourself. And then you fall into the old same vicious circle.

EASY STEPS

No matter how you chose to abuse your body in order to get rid of the painful accumulation of negative feelings and emotions, these are the easy steps out:

1. Identify the bastard thoughts that are bothering you.

Dr. D. Montagu once said: °You will get stomach ulcer not from the food that you are eating, but from whom is eating you!°

My insecurity was profoundly linked to the fact that my father abandoned us when I was very young, and the very few times that I actually saw him during my teenagehood he would always tell me that I was a failier in life for whatever reason... In esence that was the profound main reason for all my insecurities in life.

Find your true negative thoughts; identify the roots of those and cut the °blood sucker's head°. You will be free!

2. Stop the vicious cicle.

Eliminate the guilt. It's not you. It's those people's problems and frustrations that they are portraing on you. If somobody is being a jackarse, that's because he has some problem with his own self, not you! Never make the error of convincing yourself that it is your fault, as you will fall again into the vicious cicle.

Just understand once and for all: IT'S NOT YOU!!!!!!

3. Do as you will!

The greatest and the wisest philosophy on Earth is based on that simple sentence. God wants us to love others as we love ourselves. But.. do we really love ourselves????? How can we then expect to be able to love others? Or in that same case...them to be capable of loving us? You see?

So, when you do something that you really want and feel, you are then being absolutely honest with yourself and with others, and that is the essence of love.

As oposed to it, when you hide and eat like a snake in your solitude, that can't be honesty and love, not towards yourself, not towards others.

So never ever feel guilty about eating as much as you want and whatever you want in front of others, as quantity and quality is perceived differently by each individual anyway. What seems a lot to you, to somebody else might seem just right. What seems fat to you, to another human being might look like perfection.

Don't get caught in the this world's optical illusions. Things are too subjective to be taken seriously.

The only thing that really needs to be taken seriously is your personal well being.

4. Don't make one step forward and two steps back.

This is especially regarding the bulimics. Once you make the decison to do what you really want, don't go and purge or excersise like crazy or whatever. Just let things be. If

you really want to stop an illness, you will not be able to do it by going from A to B and then back to A, without ever reaching point C.

In this case acceptance is the key. Just accept that you have your little weakness. Accept that you are a human being who is naturally drawn to looking for pleasure and that occasionally makes mistakes. We all make mistakes.

It's how we manage them that makes us different in life. And by that I mean choosing to be - losers, or winners.

Chose to be a winner.

5. BMI (body mass index) = FGI (feel good index)

The whole body mass index, like many other statistics, is a bunch of crap. Don't take notice of that theoretical and mathematical calculations, there's no truth in them. In essence, there is no way one could calculate your ideal body mass index, that's simply because big boned people would always turn out as fat on that calculation, and the naturally really skinny ones that eat like horses and have a monstrous metabolism would be considered anorexic. It's just so stupid. It's unbelievable that those "scientists", that are such smart people, do not understand such an obvious thing. Or at least don't stop promoting that nonsense evasion.

Ignore the BMI preconceptions.

Consider the what I would call the FGI, or the Feel Great Index, in other words the body weight at which you feel great.

The body weight which really is ideal for you. The body weight that allows you to wake up in the morning, stretch your arms, the vertebral column and feel so great and content that even the birds outside are seemingly singing louder, just for you. The just enough body fat around your belly that would make you feel just fabulous when you see those curves in the mirror and go :°God, that icecream was exactly what I needed yesterday!°.

Enjoy your life at it's fullest. Be grateful for what you were given, and you will be given even more, because you learned to really appreciate it.

OBESITY

Food is a drug, when you choose to use it as such.

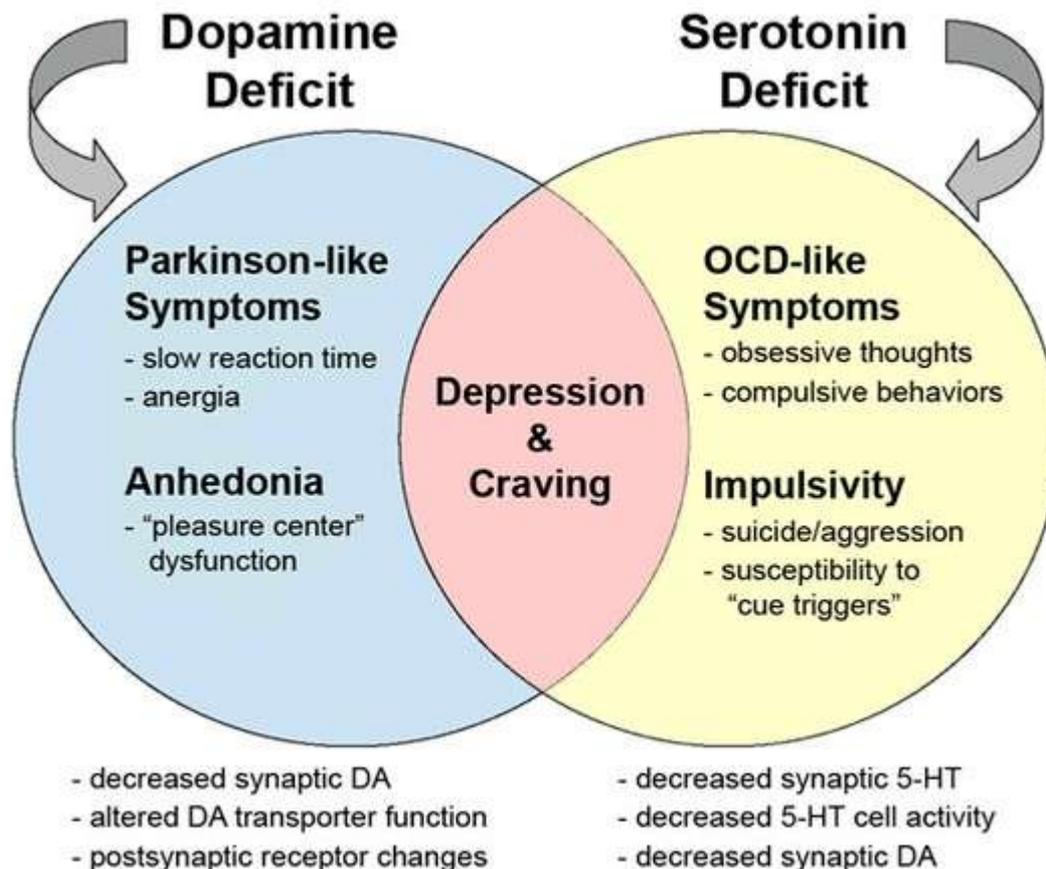
Some people use alcohol, some smoke excessively – we use sugar, lots of it.

But there are always reasons why some people can eat an entire cake, and still be skinny as a needle, and others may eat a cookie and instantly gain five pounds! The reason behind it is not worms or great metabolism, it really is about the way our psychic chooses to deal with stress.

Top and bottom line of it is that: skinny people see food as...just food...and if you ask them about it, it is really something they wouldn't care less about. The only time they remember about it is when the hunger signals get triggered by their brain, usually for survival reasons,

as skinny people would otherwise forget to even eat. That's because they don't think about it, they never do unless their body becomes really hungry.

So when they eat, even if it is very large amounts of food, to their brain (not the body, the brain!) it really is like a big load of sand on the back of a truck, which will eventually simply be needed to get unloaded as it creates weight and strain discomfort. They will go to the toilet once the food gets processed and look like nothing ever even happened to them. And this has nothing to do with metabolism or whatever, it is to do with their brain structure. Please take a look at the scheme below.



People need a "drug" in order to release stress. We are human, we need to make mistakes and let ourselves go just for the sakes of it from time to time. Even the greatest askets make intensional mistakes, even just to simply remind themselves of how great it actually is to persue an ordinary, balanced life.

The question remains in the type of drug that we choose. That has a lot to do with our outbrining, the way our mothers raised us and the cultural environment.

The tool that we chose to use in order to deal with depression always lies in our past experiences + basic phisical reactions. Please see the scheme above as it reflcts things very clearly.

As you can see, us, sugar adicts, we are on the left hand side of the barrier, the "blue sector". Let me tell you why. Simply because, people that are impulsive and agresive by nature, they tend to exteriorize their feelings, and by that I mean scream and shout on

others when they are unhappy, releasing their anger onto the world. Now that might not be nice on others and uneducated in general, but, boy! Does make a greart world of good to them, and to their psichic!

The problem with us, food addicts, is that we tend to hide our emotions deep inside us, close ourselves off, and that "layer" of negativity starts to acumulate inside us, and is seen and reprezented then in the layers of fat on the body.

Impulsive and energetic people through things around in anger, hit somebody or become isterical. Us – never! We would keep a strong face, stay though the storm....but then.....well, we eat the stress out, and it makes us so miserable.

The damages after an outrage are great, but the damages after those are drown deep inside pain are as disastruous. In both cases it is just our psichic trying to release the stress.

Our brain gets afected by stress in diferent sectors as well, and it indeed affects the part of it that triggers the hunger instinct. That is mainly why we want and want and want to eat without even feeling like we are "full" like we used to when we were children. This is because when we were little we weren't able to asses stess as we comprehend it now. Not that it didn't exist in out lives, it always does. It is just that we wouldn't have the capacity to dramatisise it to the extent that we can do now by having the capacity to understand the real situation. Sometimes I wish we could keep the child's indifference and freedom, but this will never be posible, so the best thing to do is to at least understand why certain paterns are created in our lives.

To all those people that are now obese, I shall tell you from my own extensive experience, do not ever envy skinny people (I mean the naturally skinny ones, not those who pretend to be skinny by being bulimic or duing drugs in reality like most tabloid stars are). Skinny people suffer in many other ways, mainly with having to deal with the broken peaces of their loud mouth and agresive behaviour.

Have you ever noticed that the most successful and key feaguers in politics or just great people on this planet are always a bit chuby: Michelle Obama, Angela Merkel, Oprah Winfrey, etc.?

The main reason behing it is that these people can not afford to through a tantrum publicly, they have the responsibility for being role models so they have to watch what they say or do. That type of restrictive psichological manner does lead them to ocasionaly eating up their stress. They too are human and want treats in life, so food would be the easisest and most publicly accestable guilty pleasure.

In attempt to be perfectly behaved and trying to keep everybody happy makes us do things that will eventually work in our own detriment. I would always say to people that if you DO NOT WANT TO DO SOMETHING, you don't have to do it just because it's your mother, it is very important for the exam, it is quintesimal for your career or so on. Nothing, nothing will be working in your favor, no matter how important it may seem at the time, if you are doing it against your own will!!!

This is probably the most important lesson that us, food addicts, need to understand: we don't have to always be nice and accepted. Sometimes its ok to say NO!.

Once you allow yourself to say no, a large stone is shifted from your back. A natural selection will start working in your life immediately and you will automatically learn to prioritise the things that you REALLY want to do, and the people that you really want to deal with. You will then eliminate the blood suckers from your life, which will give you time and energy to start seeing what is it that really makes YOU happy, and not somebody else.

Gaining excessive weight, eating continuously and constantly feeling hungry is a sign that stress has been by your side for such a long time that it started to affect your brain, and the longer the time that you have been ignoring the clear signs of fatigue and psychological distress, the harder it will be for you to get out of it. Not because you will have a round and heavy body, as shifting the physical fat can be a question of sports, dieting or surgery. It is the "mental fat" that will be hard to shift. This is the main reason why most people that were big, and then lost weight, gained it back at some point in their lives.

That means that the lesson hasn't been learned. You can eliminate the physical aspect of your problem, but can you really eliminate the psychological aspect of it? This has been a very vivid dilemma with the bulimics. They thought they were so "smart" by finding an "easy" way out for not putting on weight, but, bulimia is a repetitive pattern because you can not fool your own brain.

But you can resolve the issues that are triggering this pattern inside you. As long as you will allow external issues or bad people to affect your psychological balance, you will never achieve emotional stability nor a normal weight. And the only way to do it is by asking yourself "Do I really want these people in my life? Do I really want to do this?". And the minute that you allow yourself to refuse entry to the things that are being parasites to your life and health, you will gradually start regaining your normal and natural weight, and your psychological power.

Another stupid thing that we tend to do is to try and lose the weight quickly. So we try dieting, and because we don't see the results arriving fast, we quickly get discouraged and bounce back to our old eating patterns. This is not the way to go!

First of all, you need to start with your head, not your body. Work on your life first, then the body will follow! Clean your life out of "junk people and things" and your poor body will not have the need anymore to show you clear signs of fatigue and distress all the time through the spectrum of those layers of fat.

How else do you expect your body to talk to its owner directly? It can't do it otherwise, but by showing you signs, its own, physical signs. If the body is laying fat on you, immediately ask yourself :why am I out of balance? What is it that I desperately need to change inside of my life in order to return to my own true self? We always know the answer, even if we often tend to deny it to ourselves.

Identify the parasitic person or environment that is destroying your health, mental and physical, and say to it: stop!

And when you will reach that level of mental balance that will turn your body into normalizing, please, just please, don't push it into making miracles. Understand, it took your years to get to the size that you are right now, so how can you expect for your body to shift

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