

Lose the **Diet**

*Transform your
body by connecting
with **your soul***

KATHY BALLAND

LOSE THE DIET

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Disclaimer

Every effort has been made to make this book as complete and as accurate as possible. However, there may be mistakes both typographical and in content. Therefore, this text should be used only as a general guide.

The purpose of this book is to educate. The author shall have neither liability nor responsibility to any person or entity with respect to any loss or damage caused, directly or indirectly by the information contained in this book.

This book is dedicated to all of those beautiful souls who are weary of the dieting yo-yo. May you reconnect with yourself and discover the power within you for health and happiness.

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Introduction

As a Mind-Body Wellness Practitioner, I have studied the mind-body-soul connection, and how our thoughts and feelings ultimately affect our well-being. And as I observed what was going on from day to day, I began to see the insanity of the weight issue in our society. (As Albert Einstein said, insanity is doing the same thing over and over and expecting different results.) In the world of hypnotherapy I came to realize the number one issue that people want help with is weight.

When I dug deeper into the weight issue, I began to put the pieces of the puzzle together. Certainly self-esteem is a valid reason for the weight imbalance, and that has to do with the loss of connection with ourselves. I also observed that people can feel disconnected from others, and they may attempt to fill that emptiness with food. And finally, there can be a loss of connection from our higher self, or God.

As I looked back on my own experiences, I could see how they affected me; mentally, emotionally, and physically. There were times when I had

struggled with my own self-esteem, as I experienced the divorce of my parents, as well as my own divorce. For years I tried to reconnect with my father, who had distanced himself. (He was an alcoholic.) And as I struggled to do so, I became involved in unhealthy relationships, in my attempt fulfill the connection I had lost.

During my unhappy marriage, I gained a few too many pounds, as I attempted to stay in what was a miserable situation. My fear of being alone drove me to convince myself that at least I had “someone.” That is why I stuffed my unhappy emotions with food.

I slowly began to realized that I needed to first love myself before I could truly love anyone else, and that healthy relationships needed to be a give-and-take situation which is part of loving ourselves. Upon that realization, I found a healthy balance in my life by connecting the mental, emotional and physical level.

When my father passed away, I felt a terrible loss even though it had been many years since I had actually seen my father, the finality of losing him seemed devastating because I had lost the hope of re-connecting with him.

In the year following his death, I slowed down, and my metabolism slowed down as well.

As I ate to “feel better,” I once again put on some weight. But as I healed my emotions and sense of loss, partly by connecting with others, I once again found balance.

Along the way, I searched for other clues to the huge weight imbalance in our society, and in my quest, I have discovered certain tools to help people to not only achieve a healthy weight, but to also maintain a healthy weight. My goal is to restore sanity in our “disconnected” society, so that we can live healthy, happy and prosperous lives.

Living a healthy life is very important, everyone knows that, but knowing and doing are two different things. For me I knew I needed to be better but it took me a long time to find my path to getting there. Three years ago I began a journey that resulted in losing 65 pounds. I went from a size 22, 24 to a size 14 today. I had begun my weight loss journey when I had my first session with Kathy. I am an emotional, stress eater and found my session with Kathy to be very relaxing. It allowed me to work towards my continuing weight loss goals. During our first session and additional discussions I found Kathy to be very knowledgeable about weight loss and the reasons why people over eat. It has been a joy to work with Kathy and gain from her knowledge and experience!

Thanks for everything Kathy!
Christi Hohensee

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What's Going On?

Now there are more overweight people in America than average-weight people. So overweight people are now average. Which means you've met your New Year's resolution.

– Jay Leno

If you look at today's society, you'll become aware of how overweight people have generally become. From talk shows to news programs, weight is a constant topic. Obesity has continued to be on the rise, becoming one of the main threats to health. The Obesity Action Coalition reports that obesity impacts one in four Americans. It is estimated that more than 93 million Americans are obese, and that number is predicted to increase to 120 million in the next five years.

The resulting healthcare costs are enormous (in the hundreds of billions). But why is there

increasing obesity when there are more diet books and programs on the market every day? There is a ton (excuse the pun) of information out there. But, why isn't it working?

Dieting people are focused on the numbers — the pounds, calories, carbs, fat grams, etc. obesity still seems to be a problem. Maybe it is time to lose the diet and throw away the scale and forget the numbers. The obsession with numbers is not really controlling the weight problem instead it is a loss of control.

Our ancestors weren't aware or worried about carbs and fat intake. They ate what they wanted and it generally was a good square meal. They did not analyze the foods that were available as so many of us do today. With all the dietary studies, we know much more about food than our ancestors did. It is now mandatory to label all the ingredients in the packaged foods we buy. The one exception, of course, the produce department — where foods are in their natural form. With all this knowledge — the reading of labels — learning what is best for us to eat — obesity rates continue to climb.

It has been proven to me that the answer to obesity is much deeper than our layers of fat (or the lack of). The answer is much more effective

than all the numbers that we calculate and read on our bathroom scale. We must look into our soul; into our inner being for the key to the weight problem. We need to connect with our mind, body and soul, not just flesh, bones and muscle mass.

Take a look at all of the diet-oriented food out there. There is low-fat, no-fat, sugar-free and low carb. What have we got left? Some people seem to think the answer is a few leaves, nuts and twigs. Yet society, as a whole, is getting heavier from this continuing attempt at deprivation (diet), which just causes a yo-yo effect of weight loss followed by weight gain.

Eating Disorders

Then there are eating disorders such as binge-eating, where people eat large quantities of food in a short period of time, while feeling out of control. There is muscle dysmorphia. This is caused by men who work out to excess, while consuming large amounts of protein to build a bigger body. They may even resort to steroids. Yet, they never seem to feel adequate as they continue on their relentless quest to obtain even bigger muscles.

At the other end of the spectrum are the anorexics and bulemics. Those people who try

desperately to maintain an abnormally low weight. They may not realize that they are slowly starving themselves to the point of non-existence, either by not eating enough food, or by binge-eating and purging.

Also, there are women who take “staying in shape” to extremes. They, too, maintain a dangerously low body weight, as they virtually exercise themselves to death. Like anorexia, their body becomes so out of balance that they are no longer menstruating. This disorder is known as “female athlete syndrome.”

The amazing fact about these eating disorders, where people maintain a dangerously low weight, only exists in industrialized nations, and most particularly in the U.S. In less developed countries, people do not seem to have the need to starve themselves. So, why is there such an imbalance in our society? What’s going on?

There are many things that are used or done to excess in today’s world. The emptiness that is felt from the stress and strain that our modern lifestyle creates has resulted in people trying to fill their emptiness in various ways. From drugs and alcohol to credit card abuse and living beyond our means, while trying to satisfy our soul with food. However, the emptiness still remains.

As I mentioned before, too often people are focused on the number of calories, grams, exchanges and various calculations — a mechanical process. They check out the percentages, ratios and the body mass index (which does not take into account certain variables such as bone density and muscle mass). After all, we are all built differently.

Don't Compare Yourself with the Stars

Then there is the scale, which is just another set of numbers in the seemingly endless parade of calculations. Women in particular become obsessed with the need to be at the “perfect” weight and look like women in magazine ads. No matter how hard anyone tries it never seems good enough. In today's society, we are bombarded with images of stick-thin people. How realistic is that? Or more to the point, how healthy is that?

As you look at the actors and actresses who have the “perfect” bodies, be aware that those people have personal trainers and chefs who help them on a day-to-day basis to maintain that level of fitness. In fact, there was an article in which a famous actress admitted that it was not fair to the average person to compare themselves to her, since she had the time and money to invest in her appearance.

And don't forget that many of the photos of the stars and models we see are artificially enhanced. This adds to the misperception that we can achieve that look. We should strive for health and fitness, but we can all drive ourselves crazy by trying to emulate the perfect air-brushed photos.

Unfortunately, some people go overboard trying to duplicate the image of a perfect body, and the result can be ill health. What usually happens is we begin dieting and yo-yo through life as we keep fighting to lower our weight — and then gain even more pounds back when we revert back to the same old eating habits after slowing down our metabolism.

Connecting with our Higher Power

The fact is that today most of us have lost connection — the connection with ourselves, our inner power and with other people. When the body is treated as a separate system from our mind and our soul, then permanent weight change cannot occur. Typically, the attitude of Western science has been that our inner being is independent from our bodies, that is certainly one of the reasons obesity continues to be an issue.

Our fast-paced lifestyle has had a negative affect on people's weight. It's not just "keeping up with the Joneses" — today's economy forces

both mom and dad into the work force — this separates them from their family, friends and a sense of community, leaving them feeling unfulfilled. They have a sense of emptiness. This can create the need to fill up with food, then diet — starting a cycle of loss and gain.

A better solution is to create time in which to reconnect to ourselves, our family and other people. We must choose to re-connect, and find the love and positive energy that will allow us to feel satisfied from our body to our soul. By connecting with the mind, soul and body, we can maintain a better balance for health and well being.

Maybe There Is Hope

Perhaps our society is beginning to see the light. Nowadays, even bariatric specialists (doctors who treat people for obesity) are beginning to approach obesity from various fronts, understanding that there is a mind-body connection. Physicians are now working with patients to learn about their motivations and values. They may discuss self-nurturing habits and healthy new routines, and help to create an attitude that maximizes the mind- body connection.

I want to show you how you can make the mind-body-soul connection. In the following

chapters I will offer insight and suggestions that have been effective, and have given people a choice — a choice to live more healthy lives while enjoying the food they eat.