

Basic Nutrition + Hypnosis = Amazing Results

Dena Moscola, C.Ht.

**Help yourself and your clients accelerate positive life altering changes
in more areas than weight loss.**

Sharing common diet tips within a hypnotherapy program can enhance weight loss. But sharing healthy eating habits can not only burn excess fat it can literally enhance all aspects of life. In fact, an informal nutritional evaluation can prove helpful prior to any therapeutic game plan. Eating habits can have a strong effect on emotional, mental, spiritual and physical feelings.

The first step to incorporating this concept into any session or your own life is to eliminate the word diet from your vocabulary. Now we can begin exploring the misleading information about healthy foods as well as the benefits of eating balanced.

Proper nutrition and weight control are very frustrating topics. That is becoming more and more evident in all the studies that reveal obesity on the rise. But why? Diets are selling more than ever. It is estimated that 58 million dieters in North America alone spend approximately \$36 million on weight loss programs yearly. Yet over 75% of the population is over weight. Prevention Magazine just released a report saying out of 67,00 dieters polled, 65% of them gained the weight back after 1 year.

The American Medical Association reported in October 1999 that 1 out of 5 Americans are obese. That is a 50% increase in 3 years. If more diet programs are being utilized why are people getting larger instead of healthier?? Why are diabetes, heart disease and high blood pressure on the rise????

Because - **DIETS DON'T WORK!**

BEWARE: Labels may not always be accurate! Remember, the purpose of advertising is to sell a product/service. Take a look at a few examples that can be found in any market:

1. "Lite" can mean a lighter color.
2. "No Fat" does not reveal that the artificial ingredients and extra sugar they added are more damaging than the fat removed.
3. Many times, the FDA will allow a product to read "All Natural" as long as 10% of the product is natural. So what about the rest of the product?
4. The aspartame controversy states that nutrasweet/equal have been linked to cancer, brain tumors, birth defects, arthritis, irritability, hunger, depression, schizophrenia, Tourettes, and so much more. It has even been proven in tests to have negative interactions with many prescribed drugs.

It is becoming more and more evident that we need to question what we read and hear about healthy eating.

Years ago, it was simple. Less responsibilities allowed for more time to prepare and/or eat healthy, throughout the day. Modern times are different. It is understandable how food labels implying “fast, simple, cheap and healthy” – are selling like crazy! Many times, imbalanced nutrition and overeating takes place without realizing it.

The low calorie, low fat, high carbohydrate diet has been a craze for over 15 years. But is it really healthy? Heart disease is one of the leading killers today. The #1 trigger for heart disease is elevated insulin levels. It is scientifically proven that excessive carbohydrates turn to sugar and cause elevated insulin levels. Why then are we being told to eat high carbohydrate diets???

High carbohydrates can also cause fatigue, depression, HUNGER, mental confusion and lack of motivation.

Balanced insulin levels can increase energy, improve sleeping patterns, aid in relaxation, increase patience, decrease irritability, improve mental clarity, help maintain over all health and automatically **BURN EXCESS FAT!**

Following the craze of high carbohydrates & low fat is not the answer to balance. Weight loss can happen but you will loose mostly lean body mass and retain fat. Then, getting stuck on that plateau can happen, which many “experts” will tell you is normal. Well, according to scientific studies, many conducted by the American Medical Association; if you eat balanced, you will consistently burn excess fat. You will also maintain optimum health easier.

We are told to eat less and loose weight. I can't tell you how many people have come to me complaining that they eat very little, keep gaining or remain on that plateau. At first, I thought they were hiding the truth. Then I remembered that about 12 years ago, my diet consisted of very little food also. I had a hard time loosing weight. I thought it was me. I gained easily. Then I would feel depressed because I was so disappointed in myself and the cycle would begin – again. I kept searching for the quick fix and “new” solution. Sound familiar???

Eventually, I learned my low fat, high carbohydrate eating was causing me to eat in vicious cycles, feel horrible physically and emotionally. This was the beginning of my passion to learn logical nutrition. I learned metabolic rates work slower from not feeding ourselves regularly and balanced. A slow metabolism causes the body to burn muscle for fuel and store the fat. Opposite of the good intentions of the dieter. So when food is finally consumed, the body literally wants to hold on to it.

Our bodies need food through out the day. Each day, 3 – 6 healthy meals/snacks is best.

Medical and scientific research has found the low calorie diet to be ineffective and unhealthy. One of the many reasons is because the body is smarter than we think. It wants balance and it likes to maintain itself. Taking in as much energy that is expended is ideal. If you suddenly deplete yourself of needed calories, your body will rebel. You will see mild signs as irritability and fatigue. More severely, there have been cases of death from repeated reliance on “crash” diet programs.

Your body knows what it needs and it is up to you to provide it. It is important to realize that following a low calorie diet is risky because enough information is rarely given. Calories come in different forms. All types are used for different things and burned differently. They come from carbohydrates, fats and proteins. It is important to understand where your calories are coming from in order to determine how you will react to them and what your body needs throughout the day. This issue is usually avoided in diet plans. You are instructed to simply consume a certain amount of calories per day. They imply a calorie is a calorie. This is how people begin to blindly consume the wrong foods and deplete themselves of proper nutrition.

Low calorie diets are temporary. Sooner or later, your body will demand more. Hunger won't last. This is when bingeing usually takes place. Even if you control yourself from bingeing, the inconsistency will still have negative side effects.

Every meal and snack should consist of “adequate amounts” of protein, carbohydrates and fats. You need it all.

Carbohydrates are important for roughage. A balanced amount leads to optimal brain function. Excessive amounts can be as hazardous as harmful drugs. Many have said that sugar was the drug the FDA overlooked. Carbohydrates consist of fruits, vegetables, potatoes, pasta, grains, rice, sweets, alcoholic beverages, beans. Remember, too many carbs turn to sugar and sugar turns to fat.

Protein is necessary to help repair all systems including your immune system. It also is beneficial because it regulates how your body will react to carbohydrates. Recommended proteins include: extra firm tofu, chicken, turkey, fish, whey, eggs, lean red meat and soy. Many remove animal protein from their diets, increase their carbohydrates and fail to replace the removed proteins. High fiber foods tend to block protein absorption so it is NECESSARY to get protein from other sources, as well. Moderation is key.

Fats are needed! Fat will not store fat. Too many carbs will. It takes the good fat to burn the bad fat. Fats also help lower insulin production. You can get good fat from olives, extra virgin olive oil, avocado, clear salad dressings, almonds, macadamia nuts, pistachios. Fats have many responsibilities including providing roundness – that healthy look that is lost from eating too little; provides energy; helps you feel full; transports essential vitamins properly, assists in digestion; helps maintain immune system and many, many other benefits.

Determining adequate amounts of each food group can be done at an eyes view with a little practice. It will help you make smart choices despite your lifestyle. However, what is best for you is ideal to your size, gender and physical activity level. Consulting with those knowledgeable in proper balance of carbs, proteins and fats would be smartest.

With patience and practice you can incorporate your favorite desserts free of guilt and weight gain. You will look, feel & perform better. Discover the magic of our “self-healing” bodies. It is scientifically proven that people with ADD/ADHD, depression, anxiety, chronic fatigue, some diabetes, heart disease, high blood pressure, lupus, Lyme disease, etc. etc. etc. can notice significant changes when balancing their eating habits. See for yourself how eating balanced will increase your energy, add to your alertness, enhance your moods and **BURN EXCESS FAT – NATURALLY!**

When I changed my eating habits, excess fat faded away. People asked what I was doing. “Eating” I told them!! No one believed me. Then I started sharing the details of what I was learning. Everyone who followed them got rid of their obsession with food, felt better, increased their energy, looked better and shed excess fat without deprivation. Incorporating this with hypnosis seemed to accelerate the process tremendously, 100% of the time. It also leads to feeling better in other areas of life.

To learn more, keep your eyes open for the debut of Dena's book "Weight Control For Life" at the IACT's 10th Annual International Convention in Atlanta. Sample hypnosis scripts will also be included. Eating has also become part of my profession. Understanding the eating habits of your clients before beginning hypnosis for any issue, can positively influence results.

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Dena Moscola C.Ht., founder of Resolutions Training & Consulting, has been guiding individuals/groups of all backgrounds to reach high potentials since 1983. Her specialties include motivation, stress management, influencing skills and holistic nutrition. Dena is the author of “Break Through The B.S., The Nutritional Eye Opener”, which is the backbone for one of many classes known for accelerating personal and employee development. She also is author of several other professional and personal development products. Dena works with individuals and organizations of all sizes throughout the U.S. and can be reached at (973) 627-6551 or visit her website at www.resolutionsplus.com.