

Lose weight the natural way

The experts will tell you that diets do not work – for long. Rather, it is generally accepted that people often end up weighing more as a result of yo-yo dieting.

People who maintain a naturally healthy weight tend to have a different mindset than those who struggle with their weight. Learn this successful mental strategy and for most people, they too can maintain a healthy natural weight.

When you analyse the approach that healthy eaters have to eating, you notice a number of characteristics they have in common.

Even at the food buying stage, they imagine what it would be like to have already eaten the food – and if it feels stodgy or sickly, they don't buy it. Whereas, people who put on weight tend to look at the food and imagine how good it would be to eat it – then buy it. They don't think about the consequences until they have eaten it – when it is too late.

Other characteristics of the healthy eater are:

A healthy self image.

They eat more slowly so they can enjoy every mouthful (which also allows the taste buds in the mouth to let the brain know they have eaten something).

As soon as they feel comfortably full they stop eating – even if there is food left on the plate.

They feel in control of their eating habits.

They have no desire for sickly sweet foods that they know are bad for them.

They "know" they are the right weight without constantly scale watching.

They take some sort of exercise. It doesn't have to be much.

Many of the unhelpful beliefs we have about food are learnt from our parents who were from a different generation. The strategies that were good for them then are not necessarily helpful now. Things have changed. Food is more available for one.

Hypnosis is good for changing long held patterns and convictions. Many people find that after three or four sessions they can think in the way healthy eaters do and begin to lose weight naturally.

Diets may not work – but changing habits and perceptions does.