

## Weight Management for Health

By Laura Silva Quesada

Spring is almost here and the desire to lose those pounds gained over the winter is building. What better time to start than now. But before you do, consider another element to losing weight besides exercise and getting on a diet.

The ideal reason for losing weight is health. With an estimated 100 million overweight people worldwide, obesity is a growing concern. There are many reasons for being overweight. It is a complex condition that could be physiologically or psychologically rooted. Obesity is associated with so many health risks including hypertension, heart disease, stroke, metabolic disorders, respiratory disorders, physical injury, diabetes, and possibly cancer. The potential of an early death also increases with increased weight. Obesity leads to many complications affecting just about every system in your body.

It is no secret that the main reason for obesity is a large intake of the foods that add weight to the body, coupled with a decline in physical activity. There are, however, factors that predispose some individuals to being obese.

- Genetics
- Physiological Factors
- Socio-Economic Factors
- Behavioral Influences
- Psychological Influences
- Lack of Knowledge on Obesity

### **THE GOAL IS OVERALL HEALTH AND WELLBEING**

Reaching and maintaining your ideal weight is best done when you achieve health in more than just your physical body and your focus needs to be on overall wellness rather than on simply losing weight. Often, something that appears to be purely physical in nature such as a weight problem or illness may have its roots deep in your emotional, mental or spiritual part. We are multi-dimensional

beings. Addressing and improving all areas of our lives will lead to positive changes that will express themselves in our physical body and even a reduction in weight.

Wellness is the quality of being in good health, integrating your physical, mental (Intellect), spiritual, and emotional parts in order to reach your full potential in a conscious and responsible manner. This indicates that we make ourselves conscious of the needs of our different parts in order to know what area needs improving, and then take full responsibility in making the necessary improvements. Each of your parts has certain needs or requirements that must be met in order to be healthy.

### **Physical Part**

Your physical body is the only part of you that is visible and manifests what goes on in your thoughts, spirit and emotions. What you think and how you feel are like the programs that are installed into a computer. What manifests in your body as illness, including obesity, is like the print out of those programs. When the invisible programs are healthy so is the physical manifestation and being at your ideal weight is easier to obtain and maintain, and yes, we must also keep in mind proper nutrition and exercise.

### **Mental Part**

The mental or intellectual part of you also has its requirements. Your mind needs to function in a resourceful and healthy manner in order to reach your outcome successfully. Your mind needs to work with you and not against you. Having a healthy mental disposition is really quite easy to accomplish. Having a better understanding of where you stand will help you discover and focus on developing your positive mental resources. Positive attitudes about yourself and reaching your outcomes will help you reach your ideal weight as well as imagery and meditation.

## Spiritual Part

Your spiritual part is non-physical, invisible, and intangible, yet it is very real. It is that part of you that has the capacity to access all information since it has no physical boundaries of time, space, or dimensions to hold it back. It is awareness without a capsule or container to restrict it. It is your spiritual part that experiences the sense of existence in both a physical and non-physical world. When you add consciousness to your living experience, then great changes can manifest. Living consciously helps you to grow and evolve. Living consciously helps you to do away with pain, conflict, confusion, and misery. Living consciously helps you to be more aware of what goes into your body and whether or not it's helping your or hurting you. Find inspiration in others journeying through similar paths as you. Discover how valuable you are and build your self-worth and lend a helping hand to those who are beginning the journey to reach their weight once you are well on your way.

## Emotional Part

The fourth component to your being is your emotional part. People don't always like addressing their emotions. It is too revealing and can be difficult, even painful.

The fact is that the roots to most of your problems are buried deep within your emotional part. Illnesses, addictions, unhappy relationships, feelings of sadness or anger, tensions and even problems with weight gain are intimately tied to your emotional part. It is as if your emotional part did not learn the resources to cope with life's ups and downs, as if the "Emotional you" did not develop or grow up at the same rate as your other parts.

It is easy to observe that the "Physical you" has grown to adulthood. The "Intellectual you" has grown through many years of education. Even the "Spiritual you" has gained a strong sense of its existence. Yet, in many cases due to traumas, abuses, negative experiences, tragedies, losses, and unhappy events, the growth of the "Emotional you" was stifled.

We learn very early on how to protect ourselves from the pain in our lives by numbing our emotions. As youngsters we learn that by getting ill we can become sedated to the emotional pain we are experiencing through the medications taken. It is to our benefit to get ill as often as we can in order to avoid the "pain." This continues through time, and

other substances step in to accomplish the same outcome. Many of us learn that over eating can have the same effect as does alcohol, drugs, sex, and so on.

The lack of experience in dealing with painful situations early in life leads to an adult with little or no resources for dealing with life's twists and turns. We become incapable of resourcefully handling situations in the many areas of our lives and often turn to food to make us feel better. It is in healing the "Emotional you" that true wholeness and overall wellness can exist.

- Be true to yourself, what you stand for, your feelings, and needs
- Be Aware and recognize the feelings of yourself and others
- Express and cope with your emotions, both happy and sad
- Find a support system in family, friends, professionals, or groups
- Accept your emotions, abilities, and limitations
- Learn to forgive yourself and others

## Design Your Plan

Your action plan will help insure that you manifest your weight goal. Take your time. There is no rush. Although you may want to lose the weight quickly, the best approach is to *reduce* it gradually, consistently, and in a healthy manner. Modifying your nutritional intake through time, increasing your physical activity, and aiming to become healthy is a well thought out plan.

Although losing weight may be your priority, you will find that wellness will be your final outcome. Wellness will manifest, and be a fixed part of your life. Achieving wellness involves manifesting many factors. Once you are fully engaged in the process of reducing, many of those factors will manifest automatically. The positive changes will be inevitable and they will soon take over the negativity. As you begin to reduce, doors you didn't even know existed will start to open. Your success will be determined by how well your life works. You will discover as you gradually reach your ideal weight that you will gain an overall feeling of good health. The rest of your life can truly be the best of your life!