

HEALTH – “WHY CAN’T I LOOSE WEIGHT?”

Written by Kirsty O’Callaghan

When we look at the area of weight control, finding a comfortable weight for you and reaching your goal weight, this can be done in many ways, not just by going to the gym. It is always a good idea to go to your doctor, dietician or a specialist in the area of the lose of excess weight to firstly find out if it just a change to eating or lifestyle habits, if it is a genetic predisposition, hormonal, nutritional or a psychological weight gain, or another issue you may not be aware of, that no amount of exercise or diet will assist in you reaching a goal weight or fit you into clothes you want to wear.

A general explanation of the above areas is provided below along with some questions which may complement any conversation you have with your doctor, dietician or other specialist.

- Eating and lifestyle habits:
Are you eating a balanced healthy diet that suits your blood type (I have found Eat Right for Your Type, by Dr. Peter J. D’Adamo an excellent reference to this). You may also find that you could eat more fresh vegetables, fruit and less carbohydrates or processed food. Being aware of your food combinations and when you eat certain foods (another excellent reference I have found effective in understanding food combining is Fit For Life, by Marilyn Diamond).
- Genetic Predisposition:
Is it an issue in your family to have personal battles with weight gain and loss? Are there a standard size and/or build of family members?
- Hormonal:
When we have children and/or experience times of stress or make less than desirable lifestyle choices it has been found that women and men can have small to severe hormonal issues, which in turn can not only leave us feeling lethargic and run down but have an effect on our appearance, both size and skin.

- Nutritional:
Do we need to supplement some of the minerals and vitamins to run our body efficiently that we may not be getting from our food? It has been documented that food is not what it used to be. Organic foods are available, with higher nutrient value and less chemical additives. There are many references on the internet to the benefits of including some or mostly organic food in our diet. Do we have a deficiency in certain nutrients for minerals our body needs to function that is affecting our weight?
- Psychological:
It has been discovered that if we are experiencing a time when we feel unsafe, not good about ourselves or have past experiences of loss, grief, abuse, disharmony etc in our lives we can reflect this on our 'outside'. It may pay to seek a qualified professional therapy in this area to discuss these issues, and maybe as the issue is shed, so is the weight.

When things seem very hard, we have heard all the advice before, we have a lot going on, we have a lot of deadlines to meet and responsibilities, it can be a good idea to sit down and work out what is right for you.

Coaching Exercises for Further Consideration:

- What would be a comfortable size/weight for you? Why is this a good size/weight? What would you be able to do or be differently at this size? By brainstorming on a notepad or journaling the answers to these questions we can not only give our bodies permission to be this weight, we can discover what really is an acceptable and comfortable size and weight for us, rather than dictated by fashion, magazines or 'helpful' others.
- What is it that daily you would like to achieve that would give you a feeling of satisfaction at the end of each day? Write a list of all the things that would allow you to feel happy, give you a sense of achievement and leave you feeling a bit more uplifted, energized and feeling good about yourself. After you have thought about this, why not try doing it and you may find when you feel better and more satisfied on the inside, your body shows this on the outside as well.
- What exercise (walking, playing and/or any movement), could you do each day, even with your children, partner, friend or pet, that would leave you more relaxed and again with a feeling of achievement? Try not to focus on the thought of doing it to loose weight, but doing it to feel good.

- How could you make small changes in your lifestyle and budget that would allow you to not only feel healthier but allows you to be more comfortable with your financial situation that may change due to healthier choices.
- When considering the above areas and reasons you may be challenged by weight loss, what area/s do you feel you fall in? What appropriate professional could you contact to confirm your suspicions or assist you in the next step of overcoming the difficulty? What could you do to further your knowledge and develop an action plan that works for you in this area? Thinking about these questions may assist you in taking the next step, getting appropriate support and assistance specific and helpful to you and your weight loss goal.

Helpful websites with more information on the issues discussed above include:

www.sparkpeople.com.au

www.dietwords.com/hormones.shtml

www.pioneerthinking.com/lb_poweightloss.html

www.stepsweightloss.com

www.psychologytoday.com/topics/foodndiet.html

www.biobalance.org.au

In closing a quote for your consideration:

“Habit is habit and not to be flung out of the window by any man, but coaxed downstairs a step at a time”

Mark Twain.



Author Profile: Kirsty O'Callaghan is the Proprietor of Unity-Qld. Kirsty specialises in assisting and guiding working parents to create a stronger connection with their children and satisfaction in their parenting role. The techniques and strategies Kirsty uses focus on a holistic and individual basis; knowing we are all capable

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