

Trick or Treat?

Below is a list of statements that you may have heard when you were a child.

- 1 "You have been really good; would you like some sweets/candy?"
- 2 "Would you like a cake for a treat?"
- 3 "Because you are poorly, would you like something nice to eat?"
- 4 "You did well at school, so I bought you some chocolate/cake etc.?"
- 5 "If you don't stop being naughty, I won't buy you sweets/candy?"
- 6 "If you don't eat all of your food, you will starve"
- 7 "Children are starving in other countries"
- 8 "You have to eat all of your food before you can leave the table"
- 9 "If you don't eat all of your food you will be ill"
- 10 "We are going to McDonalds as a treat"



Figure 1 - Is this a treat?
Or were you tricked?

If you heard any of the above statements as a child and don't have any issues with food, congratulations!

When I say issues with food, I don't mean a phobia or likes and dislikes, it could be that you have regularly been dieting, (perhaps all of your life) you might feel GUILTY when you eat a cake or chocolate or you might think that if you have excelled at work or home that you deserve a cake or chocolate for being good? Or it could be that you eat in secret and binge and purge or use food to feel in control.

Food can be and is addictive and you could have an addiction. (All addictions are learned behaviours). If we have been successfully programmed into thinking that food will make us feel better, and to some extent we do feel better, this is because endorphins will be released from your brain and we will have a temporary 'high' just like any other drug. Does this ring a bell?

At this point I would like to congratulate your primary caregiver when you were a child as they have really messed up your idea of what is real about food.

Sorry to break this to you, but it is probably time to '*unlearn*' everything that you know about food starting today.

Why am I so interested in this?

I was brought up in the most loving nurturing family, it was normal; I was loved and very happy.

But everything revolved around food, if I was a good girl I would be presented with sweets, if I didn't eat all of dinner I would die, if I was ill I would get a cake. Love = food = family time = food.

My mother was ill all of my life, I loved my mum and we were lucky enough to live with my grandma and grandpa. My mum was too ill to get out of bed most of the time and my grandma would be constantly bringing my mum food to try and make her ***feel better***.

I didn't know when I was a child, but my mother had a severe eating disorder that was a defence mechanism to horrific sexual abuse that she was subjected to by a vile friend of the family.

The man remained unprosecuted and my mother relived the horror every day of her life.

Food temporarily blocked out feelings and thoughts as my mother had created a solid 'anchor' that food can make you feel better.

Many years later my mother remained very poorly, and she became morbidly obese and other health issues had appeared as a result of her increasing weight, agoraphobia, depression, lymphedema, stroke, epilepsy, OCD, anxiety and severe insomnia.

There was one option to save my mother's life, a surgical gastric band. This is the only option that the NHS gave my mother.

Brief psychological assessment was made to ensure that my mother qualified for NHS funding, she did, and she went into surgery. She lost weight but she still had the horror of her past and still had an eating disorder. Five

years later she died. The cause was the gastric band that had been fitted incorrectly. In those five years she had the most terrible side effects to the band, incessant vomiting and reflux to name a few.

So here I am writing about eating disorders, my passion is now to use my therapy toolkit to save someone's life. If I can save one person's life I will be doing something that I couldn't do to help my mother.

If I can save many people's lives, to allow them to live without food anxiety and obsession with food, that will be awesome, but more importantly if I can spread the word about food, that food is not a treat and food cannot and should not be ever used as a punishment or reward.

The thing with food is that we all need it, but we only need to eat what our body needs, our body works in tune with our brain and knows when to eat – from today onwards I am going to change what you know about food.

- 1 Diet or (die)t - is just about the worst thing you can ever do to yourself, a diet is just another word for *obsession*, when on a diet you will be obsessing over food and what you can you cannot eat. When you are eating your breakfast, you are already thinking about what you are 'allowed' to eat for lunch and then dinner.
- 2 If you join a weight management club (for legal reasons I am not naming these). Their main priority is for them to make money. These national/global companies are worth millions if not billions and if they were doing what they say is their aim, they would make no money (due to everyone being an ideal weight and without any further issues with food) and would go bankrupt.
- 3 If we all adopted a very simple approach to food, we would probably all save money and have more money to do other activities that don't surround us with food.



Figure 2 - Is this what you want to eat for the rest of your life?

This is what I do when using my therapy toolkit.

I use extensive questioning in the consultation to find out what a person with an eating disorder or weight problem really thinks about when thinking about food. The chances are that you were able to tick at least half of the 10 statements above, but more likely you would be able to tick all 10 – this is always a starting point when I do the initial consultation.

When I have established what your problem is with food, I then use a combination of NLP, hypnotherapy and regression to take you back to that key point in your life when you first realised that food was being used as a reward or punishment and then.....hey presto! I change all of what you know about everything you learned about food.

I help you to find the correct food choices and support you throughout the whole process.

It really is that easy.

The majority of my clients that I see are for anxiety related eating disorders. I have a lifetime of experience of this as I lived all of my childhood and the majority of my adult life with my mother with the dreadful eating disorder as well as with the most amazing caregivers that used food in every instance. I am experienced and I am qualified, I will help you.

A final thought. A diet doesn't deal with the emotions surrounding food. A diet cannot deal with any underlying psychological reasoning of why you use and abuse food and it cannot and will not be a long term, lifelong change or everything that you know about food.

A diet will not help you overcome emotional/physical/psychological/sexual abuse that you may have had throughout your life.

A diet will allow you to lose a few pounds or stones whilst on the diet; it is a temporary fix and will never be permanent. How can it be?

Questions – does a person without any issues surrounding food obsess about food all day long? Does it ruin their life? Do they think that they are bad just because they have eaten a whole pack of biscuits? Do they reward themselves with a McDonalds Big Mac meal because it's a treat?

Answer – No!

I can help you – I want to help you. Sessions are in Torbay, Devon but will be coming to a UK town near you soon. Make the change for yourself starting today and to ensure that you don't 'teach' your child to have an issue with food. www.ambiancehypnotherapy.co.uk Text/phone Paula 07955 291578

On average the weight loss treatment will take 4 sessions, each session will be 1 hour long. The first session will be up to 2 hours long.

Under certain circumstances it may be necessary to consult your GP prior to treatment.

For nutritional advice click here: <http://www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx>

The eatwell plate

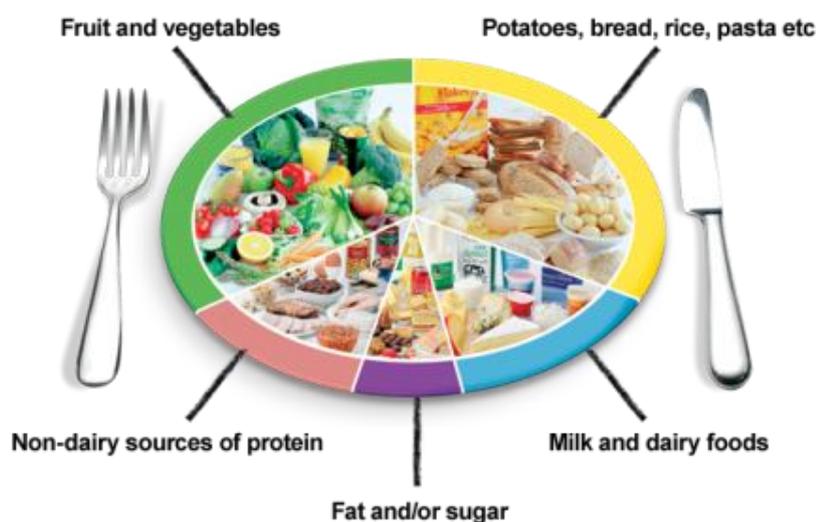


Figure 3 - Source NHS Choices, Eat Well Plate



Hypnotherapy just got exciting