

How Emotions Can Make You Fat

So far, we have spoken about the physical issues that may activate the FAT Programs and prevent your body from losing weight – starvation and toxic overload.

But underlying these physical issues are a number of mental and emotional issues that can also cause you to gain weight. And like the physical issues, these chronic types of stress, fear, sadness or negative emotions can also create a chemical condition in your body that will cause it to activate the FAT programs as well.

What Is Emotional Obesity?

When you have emotional obesity, you've drawn the conclusion, either consciously or subconsciously, that being fat makes you feel safer. When this happens you send the message to your brain that being fatter is the best way to protect yourself from the emotional stresses of your life.

Note – emotional obesity is different from emotional eating. Emotional eating happens when you have formed an association between food and some positive emotional state such as love, joy, happiness, security or safety. Sitting down with a block of chocolate to watch a movie is an example of emotional eating.

On the other hand, emotional obesity focuses on the actual need to be fat, whether consciously or subconsciously, as an emotional survival strategy. For example, many people have related to me sad stories of their childhood abuse and how once they became so fat, the abuser moved on. In this case, the fat really did protect them.

If you have emotional reasons why you either need to be fat or want to be fat, regardless of whether you're conscious of those reasons or not, it makes little sense to try and lose weight until you address these issues.

Dealing With Emotional Obesity First

As long as you're in the state of emotional obesity your body will undermine any attempts you make to lose weight, regardless of how easy or effective weight loss efforts would otherwise be.

Whenever I talk with someone about their weight issues, as soon as I detect they're showing signs of emotional obesity I usually stop the conversation short and say to them:

"Let's not talk about what you're eating or not eating right now... I think you have an emotional need to be fat and as long as you have that need, no program is going to work for you, so let's first discover and understand why you have this need to be fat and what we can do to eliminate that need."

Only after they've made some progress in address and eliminating the causes of their emotional obesity do I then say to them "Okay, now I'm ready to discuss your eating habits and your cravings... now we can go about designing an approach that addresses and eliminates the reasons your body wants to be fat."

More times than not, I find that once people deal with the emotional obesity issue, their weight just falls off and I don't hear from them again for several months.

Basically it is futile to discuss any type of strategies for losing weight if you have mental and / or emotional reasons why you need to be fat. Even the simplest and most effortless approach to weight loss will fail if you have emotional obesity.

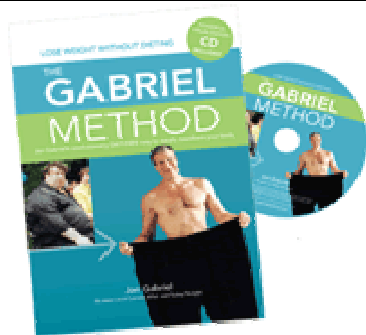
In my book "The Gabriel Method", I discuss 14 specific themes of emotional obesity. I also discuss some very effective ways of addressing and eliminating the causes of emotional obesity, including listening to the CD that accompanies this book.

You will see that emotional obesity can be taken care of easily enough. But you also can't ignore it because no diet, program or approach will be effective unless you deal with it.

Until next time.

Jon Gabriel

John Gabriel
Author – "The Gabriel Method"



Finally – Lose Weight Without Dieting

“By applying the principles in the book I have lost 10 kilograms (now 25 kilograms) without feeling restricted... It's all based on sound scientific research yet applying them couldn't be simpler.”

**- Denise B, Teacher
Denmark W.A.**

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