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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Help for the Sugar Addict

By Kathryn Martyn, M.NLP

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A client wrote, "Help me! I thought I was finally getting a handle on my weight issue but the sugar is killing me. I had an awful day. I won't even tell you what I ate today because it is just so unbelievable. All I will say is that 90% of my food today consisted of sugar! I really, really need some help getting past these cravings. I am no doubt a sugar addict. If I could get past this there is no doubt that I will reach my goal."

If you see a little of yourself in this message, you're not alone. Tens of thousands of people describe themselves as sugar addicts. They believe if it were only for that one thing, then they could reach their weight loss goals. If you believe only one thing stands in your way of losing weight, consider this: What if that one thing (an addiction to sugar for instance) were gone? Do you really believe, "If I could get past this, there is no doubt that I will reach my goal," or is it an easy excuse to stay stuck?

If I told you I could show you a way to stop craving sugar, would you want me to show you how? Think about that for a few minutes. Close your eyes and really think about it. You've said that is the answer and the only obstacle standing in your way. What if that one obstacle were removed? Would it solve the problem? How would your life change if that one obstacle were no longer an issue for you?

Would you eat differently, and if so how?

Would you act differently, and if so how?

What else would change, and what would stay the same?

Until you know what you want, know that you can achieve what you want, and know how your life will be different when you obtain what you want, you won't discover if there are any obstacles that first must be considered. For instance, you may want to stop eating dinner after 7 PM, yet your husband comes home at 8 PM and expects you to join him for dinner. That's an obstacle. If you don't overcome that obstacle through discussion and compromise with your husband, there's bound to be a problem. Determining in advance what might stand in the way, helps you achieve your goals more quickly.

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The statement that "if this one thing were handled, then everything else would fall into place" is the type that gets people in trouble. They want a fairy godmother to make it all better. Holding a strong belief that one single thing (eating sugar) holds the key, sets you up to fail. Especially if you particularly like eating sugar. Getting a handle on your cravings is not an all-or-nothing proposition. You must leave room for occasional deviations. It's not the occasional side trip that gets us in trouble but the road we usually travel.

In the practice of NLP (Neuro Linguistic Programming) one common exercise is known as establishing a Well Formed Outcome. "Well formed" meaning it meets all the criteria of a well thought out end result. Here are the steps to determining a well formed outcome:

- 1) State what you want (not what you do not want).
- 2) Determine whether you can achieve it (do you believe it is possible?).
- 3) What resources do you have and what do you need (time, money, space, clothing, equipment).
- 4) Check whether anyone else is involved and any potential obstacles that may come up regarding others.
- 5) Picture yourself "as if" you've obtained what you say you want and decide if that picture fits.
- 6) Putting together a plan of action for the achievement of your outcome.

While it may seem like a lot of effort simply to decide what you really want, going through these steps help you determine what potential obstacles there may be. If you decide you want to join a gym and start exercising every day but forget you don't own a car and just lost your job, that plan might not work out. Better to look at it from every angle, then put together a plan you know can work and will work. By deciding what you want, it becomes much easier to take the necessary steps to make it become a reality.

Whether you want to overcome your addiction to sugar or you want to learn to swim, it all starts with this process, first determining what you really want and then a series of steps to be sure it's a good fit for you. Try this process no matter what decision you are making and you'll easily discover obstacles that you can handle first thereby ensuring better success overall!

This process is called "Achieving a Well Formed Outcome" and is one of the sessions in the Ending Emotional Eating 8-Week Workshop. You can also find more information on this popular and well known NLP process by searching for "NLP Well Formed Outcome" in your favorite search engine.

~~ Kathryn Martyn, M.NLP, EFT coach and author of Changing Beliefs, Your First Step to Permanent Weight Loss lost 80 pounds over 17 years ago. Learn how she lost the weight and maintains that weight loss at <http://www.OneMoreBite-Weightloss.com> The "The Daily Bites" <http://www.onemorebite-weightloss.com/getnews.html> for motivating mini-lessons and tips using EFT and NLP to end the weight loss struggle.

Do You Have A Food Addiction?

By Alex Sharp

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Everyone from time to time gets a craving for a certain type of food. Sometimes we just crave something to eat. No real reason, other than to eat. Sometimes this can be because you are bored, or because you seem something suggestive about food. How many times have you seen a television commercial advertising burgers and it made you want one? This is healthy. We all do it. Hell, I'd say that we probably do this several times per week. Did you know, that you can be addicted to food? I know that sounds a little weird, but it is true. How can you tell if you are a food addict? Sometimes it might not be as easy as you think. There are many things that might come in your way of knowing if you are a food addict. You might be depressed or in an emotional downward spiral that will tarnish your ability to see what is going on. Over a period of time, you will be able to tell if you have an eating problem. If nothing else, you will see it in your waist line. It doesn't take a genius to figure that out. What foods are addictive? Well, that is a hard answer. There is no hard answer on what is addictive. It is like saying what is more addictive, beer or whiskey. Though there are a few foods that are extremely addictive.

Caffeine.

We all know that this is addictive. I'm sure if you are a coffee drinker, you know how you get the shakes in the morning if you don't have your coffee. Is coffee addiction bad for you? It depends on how much that you drink. If you are drinking a few cups a day, I don't think that it is harmful. If on the other hand you are drinking several pots per day, you have a problem. Even though it is addictive, you can control the amount that you consume. Unless you have a very addictive personality. If this is the case, I would suggest that you avoid coffee and other caffeine containing products all together.

Sugar.

This is addictive. We try not to think of it as being so, but it is. It is addictive because of the jolt of energy that it gives us. If you haven't had your daily truck load of sugar and you feel tired, worn out, cranky, you are going through withdraw. Did you know that heroin addicts that are going through withdraw consume large amounts of sugar? It is said that sugar helps ward off the cravings of heroin. Sugar is one of those things that is hard to avoid. The best thing that you can do is avoid candy and other sweets. You will digest some sugar, but if you avoid those things, you will cut out a big portion of your sugar consumption. You should also avoid sodas. They are loaded with sugar.

Carbs.

This is one thing that people will get frustrated at me over. I do think that carbs are addictive. For the same reasons that sugar is addictive. The best thing that you can do is avoid eating too much bread and pasta. That is the best way to avoid getting addicted to carbs.

I'm not saying that if you are addicted to carbs you will be like a junky. What I am saying is, that you will become dependant on them. I think that many people are addicted to carbs and don't know it. It isn't something that we think about when it comes to addictions. What should you do if you are a food addict? If you can control it, you should do your best to do so. If you are the type that has a strong will, it shouldn't be too hard.

The problem is, most of us don't have a strong will when it comes to addictions. We are a race of addicted creatures. I'm beginning to think that most of us are addicted to something. No matter if it is coffee, cigarettes, booze and so forth. If you don't feel that you can control it, you need to go to your

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doctor. You need to tell him what is going on. Don't be ashamed to talk to him about it. You should be more ashamed of yourself if you do nothing about it. After you talk to him you should look into finding a support group for people who have food addictions. Your doctor will probably point you to a therapist. The therapist will know of a support group you can attend. If you aren't to point that you can talk openly about such a thing in person, you can find support groups online. They are free to use, meaning they don't charge any money. You will begin to find out what treatment and other things are available. These are people who fight what you are going through every day. Don't be ashamed or afraid. Most of the changes in life are things that are hard to do. This is no different.

For More Information On How To Lose Weight, Please Visit
www.natural-stamina.com/LoseThatWeightFast.html

Alex Sharp is the founder of Natural Stamina.com, a program designed to help men with all issues of their life. For more information on weightloss, please visit
www.natural-stamina.com/LoseThatWeightFast.html



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