

COUNTING CALORIES. Article from The Meadowgate

We've been told for decades that counting calories is the only way to lose weight. Unfortunately, many will agree that the more you focus on not doing something (not eating a certain number calories), the harder it becomes. And the more you focus on food, the more you tend to move toward food. As soon as you restrict yourself to only consuming a set amount of calories each day, reverse psychology tends to kick in. Temptations to binge become strong.

This can lead to stress and guilt. Stress produces cortisol which tends to add inches around the middle.

We can learn to redirect our focus.

1. We must learn to master ourselves and overcome certain psychological strongholds which could be great hindrances. This will be done by renewing your mind, which will be woven into our entire course.
 - Following the old man tendencies of wanting what we can't have.
 - Seeing food as the only way to enjoy life. (Hedonic Eating - eating to make yourself happy.)
 - Being unable to control thoughts and command the will and emotions. Resulting in allowing negative emotions which make you want to overeat.
2. Breaking Lifetime Habits
 - You may have been programmed to count calories and avoid fat. Not all calories are created equal. Your body processes 100 calories of vegetables and 100 calories of chocolate cookies in different ways. It's time to stop counting calories. You must learn the truth and the truth will set you free. John 6:38
 - Replace the thought of counting calories with a new thought of choosing quality foods that promote health and fitness. Learn which foods are your Friends (Credit Foods) and which foods are your enemies (Debit Foods)
 - Low fat diets don't work. Good fats are absolutely necessary for us (friends). Processed carbohydrates are enemies. Obesity rates began to rise in the U.S. when USDA began recommending low-fat diets. Good carbs like vegetables (excluding potatoes, are friends, vegetables are miracle workers, inch erasers. (You'll soon learn about the Sane Calculator.)

Overwrite with New Habits

- Rather than limiting the amount of food you eat, focus on eating as much as you like of foods that are good for you.
- Instead of eating unmindful, eat with intention and practice eating slowly and stopping eating as soon as you feel full. You don't have to clean your plate. Don't be afraid to stop eating.

Change How You See Yourself

As you renew your mind as to who you are in Christ Jesus. As you learn how valued you are by your Heavenly Father and how fearfully and wonderfully made you are, you will be transformed. Transforming yourself through the renewing of your mind, via Gods word, lies at the heart of improving both your physical and mental well-being.

Tips to help You Redirect Your Focus

1. Track Your feelings not your calories. Write down the foods you eat and the way you feel. By becoming more aware of how you feel about food and the emotional and physical impact of eating on your mind and body, you will have much more useful information to use.
2. Capture every judgmental thought. Taking a judgmental approach to yourself is one of the worst things you can do. Replace that judgment with curiosity. Tell yourself, "I'll get right back on track. I'll learn from this and not make the same mistake again." Give yourself freedom to consider the situation from many angles so you can handle the same situation better the next time.
3. Plan Your meals in advance rather than spur of the moment decisions.
AnyList.com
4. Sleep more. Without adequate sleep you will lack energy to make wise choices.
5. Learn to trust yourself again by making simple promises to yourself and keeping them. This builds confidence.
6. Choose to break out of the "Counting Calories" prison.