

The Body Vitality Program Questions & Answers 24th June 2021

- 1. When this pressure of being the ideal weight comes from nutritionists or doctors, it becomes more fearful. There also comes guilt about how big or small a number you are. Nutritionists often suggest you have small and frequent portions- something that I cannot follow. I needed some insight about this confusion I have regarding this situation where nobody is happy with what they have and the ideal BMI. There's a constant pressure no matter what number you are. How do you determine what this ideal or standard body weight is?**

Put your hand on your heart and let your heart tell you what the ideal weight is and allow that to be your ideal weight. Connect with yourself and let your body tell you what is good for it. Your body knows it so, let it be your guide.

Yes, there is a medical aspect to body weight but it doesn't have to be such a horrid experience when you're visiting a dietician or nutritionist. It should be a pleasurable one instead and there must also be room to have an honest conversation. What we want is health and health isn't weight-specific.

- 2. Do I have to be a certain weight to be a weight loss coach?**

No, you don't.

The realization that comes about is that one can only love oneself, including loving the part of self that has been neglected and unloved because of the weight and obesity part that was hidden away. If you don't love self, there is not much love you can get from elsewhere.

3. Can this weighing connection be used for those who want to put on the weight as well?

Yes, you can absolutely work this connection in those cases as well.

4. Is my cutting down on sugar related to the pre-diabetic condition I was diagnosed with a few days ago? I link this to my pre-marriage days when I was told that because I am dark-skinned, it would be difficult to find a proposal, although that wasn't the case.

Just tap on the emotions that it brings up.

5. What reference did you have with the emotional weight?

Uncertainty and helplessness. I tapped around the uncertainty and realised that a memory was lying there dormant somewhere underneath.