

The Weight is Over Now

42 Days to Wellness, Weightloss, and WOW!

with Roberta Mittman



EXTRA WEIGHT: CHOOSING LOVING CARE

by Madisyn Taylor

Our bodies are not our enemies, treat it with the care and support your mind, body and spirit deserve.

Our bodies are like living temples, and deserve all the love and care we can give them. Amazingly flexible and strong, they allow us to experience the world. If we notice that we're not feeling our best, that we've put on extra weight, or that our favorite clothes don't fit, we can make the choice to be good to ourselves in a new way today.

There are times we become conscious of a deeper hunger that will not be satisfied physically. We can make a new, healthier choice for ourselves in any moment, regardless of the hour, day, week or month. And when we make the choice lovingly, we work from a creative place of improving our lives and nurturing the best within us, so there is no need to punish ourselves. From this place, we can be gently honest with ourselves about the reasons we want to eat certain foods. We can reach out to doctors to help us determine if our bodies are out of balance at a level that requires something other than basic nutrients. We can also reach out to our friends for support and to share the journey of health, which is just another part of our adventure on the physical plane.

When we treat ourselves and our bodies as we would a trusted and loyal companion, we keep our energy free from negative thoughts that would complicate our journey. Our bodies are not our enemies, and we are not fighting a battle. Instead, we are investing our love and attention into the care and support of a beautiful creation—our selves.