

DAY 8

Hi All,

Well today is our weekly protein day. If the weekend wasn't strictly Healthpointe then this will get you back on track. Just don't make it a regular occurrence. ☺

Denial is a form of lying, that is, unknowingly lying to oneself. Let me suggest some of the symptoms and see if you recognise them.

- 1.Ever claimed to have big bones, a slow metabolism or an underactive thyroid without medical proof?
- 2.Ever had a chocolate bar or other junk food by yourself and carefully discarded the wrappers so no one else finds them?
- 3.Ever over estimated exercise or under estimated your food intake? The most common words out of the morbidly obese is "I don't eat much" and some families even perpetuate this denial lie.
- 4.Ever blamed the clothes dryer or incorrect clothes sizing for tight fitting clothes?
- 5.Do you avoid self assessment like only looking at your face in the mirror or never jumping on the scales? (What gets measured can improve)
- 6.Ever blamed water retention or bloat from your period? (If you are male and tried this one you have a real problem.)
- 7.Ever said/thought I need to treat my children because other parents do.
- 8.I have to eat the chips because being wasteful is not acceptable.

The truth of the matter is I was living in a bad case of denial when I was obese. It wasn't until someone else took some photos of me that showed me in my obese state that I became aware. I even purchased them so no one else could see them(although they saw me that way every day), carefully hid them in my bag and then took my shirt off and jumped in the pool that I realised that I was obese. The moment I hit the water I had a realisation. Only then could I do something about it. While we are living in denial there is no perceived problem, so there is no need for a solution.

Thank God for Healthpointe because it taught me I could be in control and I had real power in changing my future health.

We are creatures of habit and we must not only just break our old habits but replace them with new and improved ones. Might I suggest any of the goal setting audios available through Network 21, but my favourite speaker at the moment is Keith Abraham.

Tuesdays are always funny around our area because people are lined up for cheap Tuesdays at most fast food places. I often say to the kids "all lined up for their **cheap** slow and painful death". How cheap is it though? My chicken, salad and fruit is less than \$3. Add the double X, Omega 3 and Concentrated Fruit and Vegetables and it is still cheaper than the fast food "cheap" and we are getting and staying healthy. Simple Choice!! Also is this part of a habit or denial trap. I can hear the thinking... "I know that food is no good for me, but it is only once per week and I am being financially responsible aren't I? The kids/I deserve a treat. We can't afford to eat out so this is a nice alternative, etc."

We are now not in this state of denial anymore!! Right!! Let's face the truth and then we can deal with it. But please remember not every obese or overweight person is ready to leave the land of denial . In fact most of them will tell you when you discuss it with them that they have tried everything, have a dietician, exercise regularly and their genetics or some other plausible reason is to blame. Let your example inspire them as they see your results.

We are about making long term changes to our health to enjoy living a long and productive life. It is also about setting the right example for the next generation. The really cool thing is that as you have success and "pay it forward" to others everyone can benefit with health and wealth.

So let's remember our affirmations and goals every day.

Jamie