

# **TOP TEN REASONS WHY TRADITIONAL “WEIGHT LOSS” PROGRAMS DON’T WORK (and what to do instead)**

by

Dr Karen Wolfe, MBBS, MA and Dr Deborah Kern, Ph.D.

1. **Body Centered:** Focus primarily on the body with minimal solutions for the impact of emotions, relationships, environment, sleep, stress, meaningful work and sense of purpose.
2. **Risk Reduction/Fear of Disease Themes:** Use risk reduction and fear as motivators despite the evidence that the stressful impact of fear-based thoughts creates a cascade of neurochemical responses that impede weight loss and, in fact, promote weight gain, hormonal imbalance, increased blood pressure, and oxidation of LDL cholesterol.
3. **Use External Cues:** Focus only on external cues such as scale weight, food and exercise prescriptions and other outside directives keeps participants from knowing their own individual body cues for food and movement which is not sustainable.
4. **Expert Driven:** When all information, prescriptions and definitions of success are coming from the “expert” or leader of the group, the participant places the responsibility of the outcome on the expert rather than taking full responsibility for success or lack of success.
5. **Competitive Emphasis:** Programs often identify biomedical values as measurements of success and comparing participants’ results. This does not take into account individual variations and definitions of success throughout the process. This sets up a competition not only amongst participants in a group but also against oneself – which most often leads to frustration and failure.
6. **Cultural Conformity Encouraged:** One size does not fit all. So when all participants are striving for conformity, only some will be successful.
7. **End Product Oriented:** This breeds a restriction of joyful living because participants postpone full enjoyment of life until they reach the goal. Therefore, many participants quit or relapse.
8. **Based on restriction:** By focusing on restriction of unhealthy behaviors the participants are more aware of what they are losing rather than what they are gaining.
9. **Impersonal accountability:** Without direct involvement in setting their own accountability, people can get “lost” in the sea on anonymity
10. **Instruct people to change:** Telling people what to do does not work!!

## TOP TEN REASONS WHY THE CONSCIOUS BODY METHOD WORKS

1. **Mind/Body/Spirit/Environment integrated:** The mind, body and spirit cannot be separated. Anything affecting the mind or spirit instantly affects the body. And anything affecting the body instantly affects the spirit. Candace Pert is a biochemist who discovered the mechanism by which mind and body communicate. When she was chief of brain biochemistry at the National Institutes of Mental Health she discovered that every time you have a thought or emotion, your brain produces chemicals called neuropeptides. She discovered that these chemicals communicate not only with other brain cells, but also with cells in the immune system, the heart, the intestines, the reproductive organs- ultimately she discovered receptor sites in organs all over the body. What that means is that your body is eavesdropping on your thoughts and emotions
2. **Pleasure/Creating Health Themes:** When a person feels chronic stress, the body produces larger amounts of cortisol. Cortisol inhibits fat metabolism and protein synthesis. So even though they are exercising, their bodies cannot properly metabolize fat and synthesize protein.
3. **Internal Cue:** Motivate people by help them find their own pleasure and encourage them to try different foods or exercise just for the experience of it
4. **Partnership Driven:** In partnership both parties are active collaborators. Both parties engage in defining the definition of success and in creating the plan to achieve it. This doesn't mean that they don't use an expert for information gathering, but it means that they each own full responsibility for their success.
5. **Cooperative Emphasis:** Takes into account the many variations of success and allows each individual to define and be accountable for their own process and outcomes. This creates an environment of support and connection within a group and within oneself.
6. **Individual Empowerment Encouraged:** Allowing people to set their own definition of success creates the possibility for every person to succeed.
7. **Process Oriented:** This breeds an enjoyment of the process even before the ultimate goal is achieved because the participant is conscious of every step along the way as they create new healthy behaviors. This increases the probability of compliance and longterm maintenance of new healthy behaviors.
8. **Based on Seeking Healthy Choices:** By focusing on seeking new healthy choices the participants become more aware of the abundance of pleasurable healthy lifestyle choices that make it much more likely for them to continue.
9. **Personal accountability and Self-Efficacy:** When someone sets their own accountability plan and shares it with a buddy, they are much more likely to be successful than if the plan is imposed on them.
10. **Support people to grow and heal:** Every step in the process becomes an opportunity for learning and discovery and practicing new behaviors.

## **ABOUT THE AUTHORS**

Dr Karen Wolfe and Dr Deborah Kern each has 27 years of experience in health and wellness. They integrate extensive professional training in medicine, nursing, health education, psychology, hypnotherapy, coaching, fitness, yoga and NIA with their personal experiences as competitive athletes, daughters, sisters, mothers, wives and good friends. It all comes together in the truly unique and powerful **Conscious Body Method** to help you *Create the Body Your Soul Desires*.

Contact Information

[www.deborahkern.com](http://www.deborahkern.com)

[www.drkarenwolfe.com](http://www.drkarenwolfe.com)