

# Facing Myself

by Linda Fiveson

In all my early attempts to lose weight, somehow it returned, always in excess of the original loss. When an animal sheds its coat in the spring it always grows a new coat by winter. I have found that my weight loss experiences followed the same kind of cycles.

As a “*professional dieter*”, I finally learned how to avoid this yo-yo syndrome. I discovered that my uncontrollable eating was a symptom of an obsessive-compulsive/ neurotic personality.

As a compulsive overeater, I came to realize that the solution was more complex than a simple diet. I learned that my obesity was a “symptom” of a disease; a genuine allergy to man-made carbohydrates and sugars. Based on this knowledge I designed a new approach to eating by eliminating the foods that triggered my “urges”. This enabled me to lose over one hundred pounds, taking me from a hefty size 22½ to a slender size 7.

Before enforcing my new concept of eating, I knew I would have to replace my old ideas and habits. I had to be willing to accept that I had failed in all other attempts to lose weight.

How many times have you been willing to sell your soul for that “perfect” body you admired, envied and even “hated”? Have you ever justified your excessive eating by blaming someone or something else? Have you experienced the self pity routine? “Why me?” “Why can’t I stop overeating?” “If I want so much to be thin, why can’t I control myself?”

My sneak eating became such an art that I even deceived myself into believing that if people didn’t see me eat I wouldn’t gain any weight. Predetermined hiding places allowed me comfort during my food orgies. Most often, I found the car, bathroom, incinerator and walks alone best for facilitating bingeing.

Although I was compulsively overeating, for many years, I was unprepared to recognize it as a symptom of a disease rather than a love of sugar and starches. I rationalized my actions and manipulated and lied especially to the person it hurt the most: MYSELF.

If the explanation for overeating was as simple as “just a love of certain foods”, surely millions of people could have and would have successfully lost weight simply by eating less of what they enjoyed.

We must accept the concept that we become obsessed by the refined sugars and carbohydrates because we physically depend upon them to attain a pleasant feeling. As the victim of a disease, the compulsive overeater must continually increase his or her intake of these foods in order to maintain and surpass the previous warm, comforting sensation attained from them. And so, the cycle continues...

Once you eliminate man-made sugars and carbohydrates from your diet the dependency will be removed and thus, the craving and fat will be removed too!

One of the most important things I discovered was that a thin body does **not** mean a thin mind. I lost a great deal of weight but emotionally I am still fat, vulnerable, sensitive, insecure, etc. It is almost as if I house two personalities in one body -- and conflicting personalities at that! I learned many new things about myself emotionally as my self-esteem and self-awareness grew and my body shrank.

I always have to remember that the moment I resume the intake of sugars and carbohydrates, EVEN ONE SMALL BITE, the moment of destruction will begin again. A long-time popular commercial challenges, “I bet you can’t eat just one”. WELL, YOU CAN’T! It took me a long time to learn that but it is a lesson I will NEVER forget!

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