



The Link between Trauma and Emotional Eating

Hi listeners, welcome back to the 'Victim2Victor' podcast. My name is Anu and I am your host. And in today's podcast I will be discussing emotional eating. This is a topic which lies very close to my heart as I suffered from food disorders in my late teens and early adulthood as I was using food as a source to numb the pain which I was suffering. I later realized I'm overeating was due to the traumas that I was suffering. And it was only until I was able to heal did my need for food disappear.

I used food emotionally in my late teens to fill the void in my life, which resulted in me being overweight for several years. Then when I went to university, I had a much busier lifestyle, I was going out and drinking a lot and working so I didn't eat as much and I lost all of my excess weight. And then in my final year at university, things became stressful again, because of studying and trying to pass my degree. I stopped being quite so active and I used food again emotionally. After that I discovered caffeine pills which I took to help me work out even harder at the gym. Again a loss a lot of weight and we need to pile it back on later when I stopped taking the caffeine pills.

My weight issue had turned into a roller coaster. And with as up and down like a yoyo, it would stay like that until I had healed. I had to be able to control my emotions and to get rid of the hurt and sadness that was inside of me before I could become healthier and to not rely on food as an emotional source. So permanently losing excessive weight and ending the habit of emotional eating is possible. After identifying the root cause of the problem, which for me was pain. After acknowledging and getting rid of this pain, emotional freedom and a healthy body could be attained. Many people underestimate the impact of events which happened in their early life unless we actually address the issues caused by them, then our negative beliefs and emotions will stay inside of us, continuing to hinder our progress in life and to stop us from reaching the ideal weight for ourselves.

Dr. Vincent, who was director of the obesity clinic at Kaiser Permanente, his department of preventative medicine in California, clarified the connection between childhood suffering and obesity in 1985. He was amazed by the 50% dropout ratio amongst his patients. After their initial successes losing weight. He investigated why this was happening, and discovered that most of those who had dropped out had experienced traumatic childhoods. Most commonly, those were victims of sexual abuse or neglect. Dr. Felitti noted that the patients considered overeating and the resulting obesity as a solution to these more profound problems. They believe that having extra weight made them

feel safer. Emotional eating also soothe their feelings of anger, anxiety and fear. He concluded that to gain a balanced weight and to stop overeating, his patients would need to overcome that underlying pain and fear. Dr. Felitti use a questionnaire to help him to understand his patients better. The Center for Disease Control and Prevention, use this questionnaire later on to confirm the relationship between childhood trauma and physical and mental health issues. Psychotherapy, as you may know, is an excellent treatment strategy, which can help us to deal with the pain and suffering from our past. This can have a profound impact on our weight by unblocking the pain and increasing awareness, which will enhance our overall well-being. By addressing the emotional effects of the trauma which we experienced, we can build stronger inner foundations which will help us to use weight reduction strategies more effectively and to lose weight gradually.

So I'm going to now talk about some successful energy techniques to lose weight. Excessive weight is caused by unconsumed energy, or calories kilocalories even in normal circumstances, it can be reduced by exercising and healthy eating habits. If there was a block to the inflow of energy into the body, then working out and diet might not obtain the desired results. In cases like this, it's necessary to try the following energy techniques to allow energy to flow freely in the body, which can in turn lead to a reduction in excessive weight. First of all, let the energy flow. So we can allow our energy to flow freely by opening up our chakras and energy channels who serve activities like exercise, yoga, meditation, music, acupuncture, reiki, pranic, healing, smudging, and aroma therapy are here to help us do this. I will be discussing yoga and Reiki with you in some later episodes. It's also good if we can bless our food, bless our food, she says, How do you do that? Well, it's simply just before you eat them to be grateful for the food that you haven't been to view. Thank the Lord or thank God or thank the universe. Thanks, spirit. Frank, thank Allah or whoever your God is. Whether the God is within you just thank anybody around you for the food that is on your table.

Blessing our food and drink before a meal can be helpful. Setting our intention, then in doing this, we will raise the quality of our food, it is a fact that blessing food increases its vibration and altered its molecular structure, can you believe it? Another technique is a positive affirmations. And this is one of my favorites. So affirmations are a technique which I practice daily for all aspects of my life. I will again discuss this with you in future episodes, which I already have planned. Don't worry. So I at the moment, what I'm doing is I have reminders on my phone of positive affirmations which come up on numerous times in the day. And just by seeing positive words about yourself, for example, one comes up, which says I am loved, I am honored, I am blessed I am here. So anything to do with empowering yourselves, that could be anything. I am beautiful, I am amazing. I can achieve anything that I want in my life. I'm a go getter, I make things happen. So, see, all of these are really positive affirmations. And the more that we see and believe and think about positive affirmations, the more positive we're going to live our lives. Try it reiterating and assertion as often as we can as a means of countering any negative views about our body image, for example of a constructive affirmation about body weight. This may be I am happy, healthy and joyful at my ideal weight. And you may also try adding a desired weight level to the affirmation if this is preferred. So by that what I mean is to be specific. Another technique is to appreciate your body power by just standing in front of the mirror and saying thank you for making this beautiful woman that you are today.

Be thankful for your legs for your arms, for your stomach for your breath or your chest if you whoa man. Thank you know again, if it's the Lord if it's God, if it's the universe, if it's God within you, then just thank for making you who you are today is essential to appreciate the current state of our body. Okay, so if even if you're not happy with your body, appreciate it. We can't release the excessive energy by simply despising it. We need to love our bodies and believe that we are strong and capable. So just spending a few minutes every morning to look into the mirror and say at least three things about our bodies that we sincerely appreciate a danger to our subconscious. It goes that was saying if you say something often enough you believe it. Once we are no longer hostile to the energy surrounding our weight, it can begin to move and eventually be released. Positivity breeds positivity. So the more positive we are and then the more positive effects are going to happen in our lives, the more you are likely to achieve your body weight.

If you're constantly despising yourself. If you're constantly having negative self-talk and just not appreciating yourself, then you're going to stay that way until you change your mindset says all about the psychology and your mindset. So another technique is to meditate, contemplate and release. We can meditate, contemplate and release our emotional baggage to the universe, using prayer and a declaration to symbolize this, as well as removing the links to those emotions, which told us that we were safe because of our weight is significant. It's time to thank the weight for protecting us and to say goodbye to this extra weight, but having it that is no longer required. Thank you Goodbye. And every technique is to just be happy. So use as many of these techniques as possible, we can then remove the energy blocks in our bodies and see how effectively the excessive weight goes away. It's also possible to notice many other positive changes in our lives due to the following techniques mentioned. So that's enough for this episode, I think I have made my point here. Again, you know, all this episode has come to an end. You may have already read my book or heard it on audio is called victim service actor. And it's a book where I've shared my own journey of evolving through self-help and determination to cast off my damaging past. My goal is to reach out to fellow survivors of abuse and provide hope and motivation in their lives. I hope that I can help victors transform their lives and achieve amelioration in the process of discovering their true self.

I also have a 12 week self-development plan which is free and aims to guide you on your journey to recovery. You can find the link in the description below. And I think some of you may have not already. I also want to thank one of those who have rated my past podcasts and actually given me a five star review some amazing reviews. I really do. Thank you. And please, you know again, if you are new to this podcast series, I would really appreciate it if you did rated tag somebody in it and share it with somebody who may be going through a similar situation and who may need help. I will be back with another podcast soon. Until then take care and stay blessed.

