

STOP SABOTAGING YOUR DIET!

LOSE WEIGHT FOREVER!

AND GET YOUR POWER BACK!

Beyond Fitness

“Change Your Thinking,
Change Your Body.”

Aline Hanle

ALINE HANLE AND A&A, INC.

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Nothing written in this book should be viewed as a substitute for competent medical care. Also, you should not undertake any changes in diet or exercise patterns without first consulting your physician.

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Preface

WHO AM I? I cannot give you a final and complete answer to that question yet. I can only tell you who I am not. I am not a physician, a doctor, or a scientist—not even a psychologist or a therapist. However

I am a researcher, in some manner. I have not gone through any formal academic education in biochemistry, medicine, theology or psychiatry. What I know is that I have decided to experience myself as a writer. I know that I have experienced a weight management problem.

So have you. I know that I have experienced the process of seeking answers and solutions. So have you. And I know that I have experienced understanding and revelations. And so will you.

You and I are the same, and still so different in our personal adventure. We are so simple and still so complex in our nature. We feel so insecure and still we live in hope for something better. Where does this Faith come from? Where does this willingness for sur-

Light

First let admire the divine subtlety of the language (Light Versus light). Second let's understand that when we finally find Light then we feel light. And finally, let's believe that this is no coincidence...

vival emanate from, despite an apparent unhappy existence? Which more subtle part of my self has lead me to these moments of conflict, struggle, sorrow, neutrality, understanding, curiosity, self-confidence and infinite expansion throughout my first 35 years?

Why didn't I understand why I was struggling? For this exact reason: I was into struggling, setting myself up by putting more emphasis on the troubled situation instead of being intent on finding resolutions. However, after a little step back and an observation of all these years, I realized that my experiences made sense. I had resisted learning from my experiences, for I did not comprehend their purpose, their unfolding patterns, their logic, their functions and their reasons.

I am thankful for my endless curiosity that leads the quest from struggle to brightness, peace, happiness, wealth, health and spiritual awareness.

I must thank those who have chosen the path of science and scientific research, for some of their discoveries have brought me answers from a higher and different understanding.

I bless those who by their unconventional way of thinking made me think differently.

I honor those who were able to bring their metaphysical knowledge to my simple mental development and who let me see my own infinite possibilities.

Finally, I dedicate this book to all of you who have crossed my path and gave a little piece to my own existential puzzle. You, who, with your wisdom and your choice of existence, showed, taught and offered me a vision of myself and allowed me to envision a greater one. You, who help me better to define who I am.

This humble presentation is a modest but true gift to you all who are seeking to get on the road to happiness. Notice that to do so, you have not to be different, chosen, special, exceptional, uncommon or remarkable—you only have to know and feel it through each cell of your being because you truly are all of the above.

Bless the whole, for it is the one who allows us to celebrate our uniqueness and our individuality in its peaceful and loving care.

Introduction

The Situation

According to the Department of Health and Human Resources in a 2003 report:

“During the past 20 years, obesity among adults has risen significantly in the United States. The latest data from the National Center for Health Statistics show that 30 percent of U.S. adults 20 years of age and older—over 60 million people—are obese. This increase is not limited to adults. The percentage of young people who are overweight has more than tripled since 1980. Among children and teens aged 6–19 years, 16 percent (over 9 million young people) are considered overweight.

These increasing rates raise concern because of their implications for Americans’ health. Being overweight or obese increases the risk of many diseases and health conditions, including the following:

- Hypertension
- Dyslipidemia (for example, high total cholesterol or high levels of triglycerides)
- Type 2 diabetes
- Coronary heart disease

- Stroke
- Gallbladder disease
- Osteoarthritis
- Sleep apnea and respiratory problems
- Some cancers (endometrial, breast, and colon)

Although one of the national health objectives for the year 2010 is to reduce the prevalence of obesity among adults to less than 15%, current data indicate that the situation is worsening rather than improving.”

This report represents the stance of the U.S. government concerning obesity. Indeed, the situation is a real concern for the entire nation, for apparently it does not exclude anyone. There is no distinction in social class or education level, no racial discrimination, not even an age preference. It really is the first major health issue in western society.

A variety of public and private organizations have invested much time and energy, as well as millions of public dollars, to control the phenomenon. Still, every survey shows the inefficiency of these initiatives.

When surfing the Internet for information about diet, Google motor research gives 265,000,000 different sites. When typing exercises, 146,000,000 possibilities pop up on the screen.

According to the International Health, Racquets and Sports Clubs Association (IHRSA), the number of fitness facilities in the U.S. continues to climb, with more than a 40% increase in the number over the past 10 years.

The Food and Drug Administration and the National Institutes of Health co-lead the “Healthy People 2010” project, which is a dietary guideline for Americans that emphasizes the need of a well-balanced nutrition for Growth, Development, Health and Well-being. This work gathers data from 89 different medical organizations.

We now even see the emergence of court cases where parent associations sue big companies for their role in our society’s obesity.

It seems, to me, that enough time, enough energy, and enough money have been spent on useless so-called solutions and failed cures for obesity.

Researchers found a preventative vaccine for polio. Therapists explained complex mental illnesses. Scientists discovered the smallest element constituting our Universe, and still, the major death-related disease is out of control. What is the problem?

What is beyond our brilliant scientific community's understanding and control? Which challenges are we really facing that cannot yet be fully explained? What is the motivation behind the motivation to justify gaining weight and keeping it on? The obvious and easy fact of which people are aware is the following:

From a simple perspective, weight management is a simple relationship between calorie intake and calorie output. A simple mathematical equation:

Calorie intake = calorie output - weight equal
 Calorie intake > calorie output - weight gain
 Calorie intake < calorie output - weight loss.

I am personally not a great scientific mind when it comes to math. However, it seems that these mathematical expressions demonstrate an applicable and reproducible solution. They are scientifically proven. They are easily understood by the masses and are well known. Why, then, is there an objective resistance to simply apply the law? Why do people actively enter into a weight-loss

Teaching

It is understanding that as long as you teach, you are still learning.

program and then give up? What is the motivation behind the self-sabotage of weight management? These questions were actually the source of numerous surveys, studies, conferences, program implementations, and more. So, let's see what reasons the experts give...

Experts and obesity

According a "Health Envelop" article, written in 2005:

"Many experts grapple over the issue of what causes obesity. The fact is, there is no single factor that causes obesity. There are a number of factors

that can contribute to increased body weight. They can be broken down into five major categories: Behavioral, environmental, genetic, metabolic and psychological.

Behavioral: Behavioral issues, such as poor eating habits, consuming large amounts of alcohol, inadequate exercise and a sedentary or inactive lifestyle can contribute to an unhealthy weight.

Environmental: A person's environment can have a strong influence on eating habits and activity level.

Genetic: Family history of obesity and certain genes that influence appetite and metabolism may predispose a person to obesity. Genes may also play a role in weight distribution. It is important to note that it is the tendency to be obese that is inherited, not obesity itself.

Metabolic: Diseases or conditions such as hypothyroidism, Cushing's syndrome and some neurological problems make it difficult for the body to metabolize fat.

Psychological: Emotions can influence your eating habits. Depression, feelings of sadness, anger and boredom can lead to excessive or binge eating.

It usually takes more than one of these risk factors for someone to become obese. For example, a person who has a family history of obe-

sity will not become obese simply because he or she has an obese family member. A combination of poor eating habits, lack of exercise, etc., along with a family history of the disease will more likely put you at a higher risk.

There are also several factors that contribute to weight problems in kids. Many children and

adolescents spend a great deal of time watching television, using computers and playing video games and less time physically active."

Achievement

It is the difference between "I have tried" and "I am doing". As long as you always put energy to alter your life, then you achieve a great deal of work. Feel the achievement by living the journey more than getting the result.

It seems that even experts cannot come up with a definite answer as to what causes obesity. A few reasons have been suggested, as above; however, they are possibly more of a symptomatic classification than a real explanation for the spreading of the event. All the explanations given above are simply a reiteration of already-known

behaviors and don't constitute a fundamental reason for justifying the need for people to gain weight. This justification is a need, like an addiction that people cannot get away from. When one knows the short- and long-term risks of obesity and one still makes a conscious choice to eat French fries and fatty hamburgers, one could call this specific behavior an addiction and a low-speed suicidal program. Every suicidal candidate has profound reasons to feel as they do. Sometimes the reasons are known, sometimes they lie in the subconscious, but there is always a deep belief system behind a justification for voluntary death. Isn't it interesting to notice that when "experts" fail in finding a cause, it becomes a "there is no cause for it"? Moreover, that lack of cause is then described as "a fact"!

While scientists debate the cause, they cannot dispute the realities. According to a four decade study: "American taller, fatter, published on live science website:

Between 1960 and 2002, the average weight jumped from:

- Men—166.3 pounds to 191 pounds
- Women—140.2 to 164.3 pounds
- The average weight of 10-year-olds has increased about 11 pounds in the last 40 years.

These alarming numbers should be enough incentive for researchers to look beyond the fact and truly work at finding real, meaningful and reliable answers. True and concerned researchers would have widened their areas of expertise to bring real solutions to the masses. Where there are effects, there are causes... Seek and seek again, for the answers will heal Humanity.

Let's consider a hypothesis to explain the obesity phenomenon, and perhaps discover an element we all have overlooked to fix the problem.

Perfection

When you understand than even imperfection is part of the perfection then you can let go and enjoy the perfection in everyone.

Beyond Appearance

At the beginning of the twentieth century, Mabel E. Todd, a teacher at Columbia University, developed a method of body re-education based on the use of visualization, called "Psychophysical". In her

Guidance:

No achievement is complete without the help of some kind of guidance. You are already succeeding your weight loss for you have chosen to follow the guidance that lead you to this book.

book *The Thinking Body*, written in 1937, she stated: "We now realize that in the physical economy of the individual the many systems should be working in balance and unison and that thinking is a very important part of their activity." She went on to say: "The unconscious is

treasure-house and charnel-house of the creative and one of the keys to physiology. The backbone to which we must join new physiological investigations is the study of the unconscious."

More than 75 years ago, some researchers had already had intuitive feelings about the relation between the unconscious and the physical. Through the years, this approach was studied to alter athletic performance, and visualization became a component of physical training.

However, if the Unconscious has a visible effect upon the body's performance, then, it is possible to foresee a direct link between the Unconscious and body shape.

Each problem has a source. Therefore the obesity problem has a

Beauty

With the gift of beauty comes an incredible responsibility, the one to let it shine out and give it back.

source. The non-identification of the source does not preclude its existence. The factual aspect of the problem exists because we can observe it, all around us. It is a reality; an objective manifestation. No one can deny

its actuality, since our visual perception reminds us of it. If the cause cannot be determined because it is not obvious at first sight, then it may be sensible to shift our investigation to a more subtle means. Approach the answer from another perspective and enter into a more mysterious dimension: the subconscious.

According to the Oxford American dictionary, subconscious is: of or concerning the part of the mind which is not fully conscious, but influences actions. Therefore, one can agree that while some individual and collective actions happen consciously, others might not be under our complete conscious control. The influential aspect is actually significant. One accepts the understanding that a more subliminal element might influence our actions, but this point has never been brought forth in a weight-loss book.

Nowhere have I read that my subconscious might induce, manipulate, drive or affect in some way my choices and decisions. I have surely collected a binder of diet tricks, weight-loss menus, low-calorie, high-protein/low-carbohydrate recipes and a collection of workout programs, but nothing was mentioned about the unconscious exerting some power over my actions! Here is our first real clue: The subconscious might take part in our objective reality.

The fact that we are constantly reminded of the gravity of the situation by looking around may actually be another clue. One can agree that Humankind has always learned its lessons through living experiences. Obesity is our individual and collective experience. Therefore, we must have something to learn from it. Why does it need to be so obvious to all of us? What do we have to learn from being obese or overweight? Could there be a hidden message behind the dramatic appearance? Why is there an increasing number of overweight people? Why are big people getting bigger? Is there a deeper meaning yet to be discovered?

The magnitude of the event invites us to reflect on a particular matter, pointing to something obvious and fundamental. We are pressed to seek a missing piece, lost information expressed in a subtle way

Self-empowerment

The human being intuitively knows his very nature and the source of his power. But because he forgot, he needs to remember through challenges and obstacles. A weight loss challenge is the beginning step of remembrance. After bringing back power, come beauty, joy, happiness, health and wealth. For each of these qualities are from the same essence. If you get one, you get all...

through this specific experience; information so critical and substantial that this might represent the “Holy Grail” of modern times.

A scientific approach seems to be an objective one in our investigation. First, the questions:

What have we lost during the last century and how differently are we behaving now?

It is a fact that the concern for weight management only appeared in the twentieth century. Therefore what main change did we notice within the last hundred years?

Growth

This is the realization that every gift you gave to yourself is nurturing the body, the heart and the soul.

The last century saw the emergence of science through the industrial revolution. Also, the need arose to refer to scientific discoveries for our great existential questions, since religion gradually failed to give us enough satisfying answers.

The realm of the invisible led by organized institutions, overusing their powers, did push people to turn towards new horizons. We needed to explain our experiences and purpose through tangible, visible, explainable and reproducible evidence.

We decided as a collective agreement that our personal objective reality would lead our paradigms. Simply put, we only know what we know and we only know what we see. We then gave more and more credit to outside appearances and materialistic expressions through belongings. We believe that if we could establish our reality based upon what we see, we therefore could control the whole process of creation. The human being even felt the urge to predict in advance Nature’s cycle with weather forecasting. Being the Creator became a motivation, for Humankind has always intrinsically known that it was empowered by divine inspiration.

Possibility

This is the beginning of every creation. Without the first thought and the first vision, no manifestation will follow. Create the possibility of physical empowerment, healthy lifestyle and body remodeling and keep this vision into focus...

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weather forecasting. Being the Creator became a motivation, for Humankind has always intrinsically known that it was empowered by divine inspiration.

And so, our scientific community expanded the realm of our con-