

7 steps to healing

How to make peace with food,
love your body, and be a healthy weight



Happyweight

The natural eating solution

Hello and a warm welcome

If you are a failed dieter, food addict, binge or compulsive eater or struggling with eating in some way I can help you. I help women to recover balanced eating, body confidence and self-esteem.

While you are unique, I know something of your struggles with food because I have had mine too.



In 2002, at my maximum weight and after 30 years of yoyo dieting, I decided to stop. Being obsessed with my weight was harming me physically and mentally. I knew that I had to find a new way of living with food, my body and my self. I wasn't entirely sure what that meant. Dieting (or lapsing) was my usual way. If not doing that, what then?

Over the next two years, I developed a personal development and healing process for my own recovery. I regained confidence and self-esteem and my body released over five stones (70 lbs or 32kg) of excess fat. I was delighted to be free from eating anxiety and to be fitter at 42 than I had been at 32.

I also felt that I wanted to help others to escape from the tyranny of dieting, overeating and body hatred. My Happyweight programme was established in 2003. Thousands of clients have now gone through it with positive results.

In this guide I share some of my insights that might help you.

Wishing you joy, health and happiness and a life free from dieting.

Jude x



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What a great day we all had on Thursday. You have changed lives - thank you. I found the class very relaxed and therefore easy to join in, but also packed with help and information.

My periods are 100% better. And I'm 20 lbs down!

I've lost a stone and 5lbs since October! It all makes so much sense. I feel inspired.

Had a horrible day at work and felt angry, annoyed, depressed and fed up! As soon as I got in I went off and did the EFT* and after about half an hour I was like a different person. So much happier, relaxed and calm. John could really tell the difference.. I was really delighted with the results!

The change since Wednesday is beyond amazing. Thank you so much.

I have lost 14 lbs, I don't eat all the time. I'm eating what I like but just don't want as much plus the desire for comfort foods has vanished!
Yippee. Thanks Sue

* A self-therapy technique that I teach clients

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Where are you now?

If you begin with a self assessment you can get a clearer idea of your starting point and how you want things to be different. You can write your responses down in a journal or on the back of this document.

What are your current issues with food and your body? What is not working for you? What are your fears? What are your hopes? If I waved a magic wand to transform the situation what would you have instead of your current one?

Some of the words in the image may spark thoughts and reflections about where you are. Jot those down.



On the next pages is some helpful advice to start you moving into an easier, gentler and healthier way of eating and living.

You can overcome the problem. Lots of people have!

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The seven steps to healing

Healing any eating issue it can be a challenging process and it requires a detailed approach. There are some important steps in the healing path:

Step 1: Seek professional help

It is important to work with a qualified professional who has experience in treating eating problems, who can provide treatment based on your specific needs and circumstances, and who has both psychological and nutritional relevant training. If you suspect that your eating behaviour is concerning, please do seek advice.

Step 2: Develop a support network - cautiously

It can be helpful to have a network of family, friends or peers who can provide emotional support and encouragement. However, take care who you enlist. Likewise you want to wisely choose the social channels you follow.



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Step 3: Practice self-care with a passion

Engaging in self-care activities, such as regular enjoyable exercise, getting enough refreshing sleep, and practicing relaxation techniques, can help to reduce stress and improve overall well-being. Self-care includes nourishing your body and mind with food and taking part in fulfilling and fun activities.

Step 4: Explore underlying emotional issues

Many clients use food as a way to cope with emotional issues, such as anxiety, depression, or low self-esteem. Working with a therapist to explore these underlying emotional issues may be an important part of your healing process.

Step 5: Learn psychological tools

A good therapist will teach you tools to help you identify and change negative thought patterns that cause problem eating behaviours. You learn skills that will help and empower you to make changes, in all areas of life and for the rest of your life. This is invaluable.



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Step 6: Practice mindfulness

Mindfulness techniques, such as meditation and deep breathing, can help you to become more aware of your thoughts, feelings and body sensations. Through this you will develop a more compassionate relationship with yourself and have a greater ability to self-soothe and regulate your emotions.

Step 7: Develop healthy eating habits

Dieting can trigger binges and worsen disordered eating so avoid it. Instead, begin to practice mindful eating, even when you are eating "forbidden" food. It can be challenging to know how to eat normally if you have spent a lot of your life dieting or restraining.

Working with a nutritionist who has trained in eating disorders nutrition can help you to develop a balanced and sustainable non-diet approach to eating.



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The Happyweight Programme

Are you ready to love food, your body and your life? Starting soon, there are limited places on the programme to allow adequate time to support each client.

What you get:

- A roadmap for recovery session at the start: A full health history and one-to-one assessment of your needs and goals.
- Eight private sessions of 50 minutes: individual counselling and therapy to address issues as they arise and keep you on track.
- Group zoom meetings and seminars on topics that arise.
- Private members group access.

Access to video course modules:

- Happyweight programme: stop overeating and be your natural healthy weight.
- Body Love: Develop a positive body image.
- EFT magic: eliminate unwanted thinking/behaviour and release trauma, stress, moods, emotional eating and boost self-image.

Audio and video recordings:

- Mindfulness meditations.
- Relaxation and stress reducing techniques.
- Breathing exercises.
- Hypnosis audios for sleep, weight, self-image, confidence, health etc.

Join the waitlist at the Happyweight Facebook group.
If you are on my email list you will get an email reminder.
www.judebentley.com

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