

The 5 Antidotes to Weight-Related Shame

Food *for* Thought

Freedom from Weight and Shame



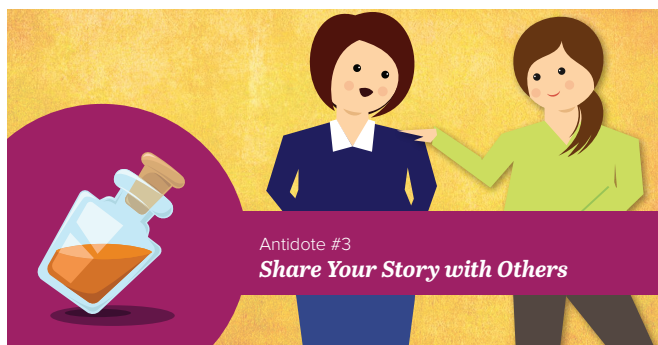
Much of what is readily available about weight loss is outdated information. The fallacy that it's a simple equation—calories in vs. calories out—is repeated by medical providers, the media, and those who offer “weight loss solutions.”

What they're missing is the bigger metabolic, neuroscience, and endocrine picture that is unique to you.



So many with extra weight are caught in an endless cycle of shame and blame—both from within and from a society that doesn't understand the complexities involved. It's a feeding frenzy of criticism, finger pointing, and ridicule.

Self-compassion is the balm that heals it. Self-compassion generates energy and confidence that you need to make the choices that restore your health.



Sharing your unique story about your weight struggles (and successes!) is healing. When you tell your story, you put the pieces together and understand yourself better. All of a sudden, your struggles make more sense, seem less overwhelming, and become more manageable.

And when your story helps others, it's not just healing; it's empowering.



We all need ongoing support to make changes and live a healthy lifestyle.

Support is not policing or chastising or telling you how you are failing.

True supporters help you reach your goals for your health, not theirs. They celebrate your wins and have compassion for your struggles. They stay with you through the ups and downs.



Weight management is complex. Part of that complexity is about more than what's happening in your body - it is what's happening in your mind, your heart, your life, and the support you have around you.

When you use the other four antidotes to weight-related shame, you turn off the self-sabotage that gets in the way of your health goals. You create sustainable habits that lead to better health.