

A short and easy **Weight Loss** conversation between the body and the brain that will amaze you and give you hope and power to shape up painlessly!

Hi Body! Hey brain! I am not happy with you. Why? I am fat, stressed, depressed like hell, constipated, hungry & angry. I have used all types of diet. The more I used them the fatter & sicker I become. I am your brain you need to please me first. What! Yes, you heard me. God created me like that to help you. You need to stop dieting. Excuse me! Are you out of out of your mind? No, I am definitely not. I am part of your body, you must be crazy to act the way you are acting with these non sense diets. I am your brain. I give orders to your body. You need to focus on your health first because diets focus on the organic part of us because they don't know much about psychogenic, which is the missing part of modern medicine and dangerous diet regimens. Organic and psychogenic (mind-body) aspects of health are always needed to be considered in order to have allostasis, the mental and biological stability of you and me.

Yes, I know! I know how much you are suffering, it is not your fault entirely that you have an apple shape that is causing your heart, liver, intestines, veins, esophagus and so on to be squeezed that hard, which make me send a ton of glucocorticoids that exacerbate your beautiful body and create more stress in your body. I am sorry. It is not intentional. Your hormones are now out of rack and your telomeres are shrinking. Our DNA is in peril. This can shorten our life on this planet. I know that you have cramps, hot flashes, too much or too little appetite. Sexually you are being impaired. And it's not cool. Flame in your feet, your bladder is not retaining water the way it should be and you have too many fat cells that inflame your body. Your thyroid and your adrenal glands are merely functioning and unfortunately! No one is doing anything about these problems, autoimmune diseases. And all they are telling you is about how to eat and drink fat free stuffs and over exercise. I want you to know that I don't like fat and calorie free stuff! I am sick and tired of this total waste. And ...

I am your body, how come you are treating me that bad. I am deeply sorry that you feel this way. I am a very sensitive brain. I only interpret the signals that your body gives me and I act accordingly. Lately you have been sending me a ton of unwanted signals because the last diet you had made you lose too much weight too fast. The fast and easy system does not work. And what really upsets me is that you double your weight every time you lose weight on these so called diets. I know that you use human chemicals, but they make me over reacting. And you call that side effect. I know how I react, so you have to be careful not to depend completely on these human chemicals, that you call medications.

Brain, ... the brain of my body! What are my options because my body can't take it any longer? This is how you feel, I know. But, it's the other way around, body! Wait! Are you in my body? Hey body! What are you talking about? I know that I only weight about 2 pounds, but I have to be in charge all the time and you are killing me with all these diets, medications, anger and you are also giving me too much stress, body! Your body and my brain have to work together because I suffer much more than you. I feel all the pain and stress before you start feeling them and when you think they are gone, I still feel their residual effects afterwards.

I wish I could explain you in more details and precisions how to take care of both of us, I mean, our whole self, your body and my brain. You really need to start forgetting about dieting, 97% of the diets don't work. Those that do, work only temporarily. And they will cost you a ton of money and your health as well. Remember, before 1970 obesity was not a major problem in western societies

because we did not have all these modern junks in of us and we were a moving society. You know what I am talking about, right? I know. And we were given fewer stressors. This is not good and I am hoping that we can become better managers of ourselves and our beautiful world. Your body and my brain can live longer and happier. Yes, we can.

Well, my beautiful body, here is what works: do it fearlessly and slowly, body! Start focusing on you and me at the same time, by having positive thoughts and by listening to a lot of great music that make you and me feel that we are together in the zenith of pure joy and health. I mean music that can rock our world and make me release a humongous amount of dopamine. You know about that happy stuff, safe and free drug, dopamine. Use me. Read books that stimulate us. Learn how to do new material and intellectual stuff that are challenging. Remember to repeat and repeat to remember what you learn. I love neuroplasticity and it is good for your body and my brain. This is great news! Eat and drink fresh. Buy labeled food that starts with the number 9 and hopefully it is really organic. Do not limit yourself on a vegetarian diet only. Variety and balance is important. Being very slim may not be appropriate for your body. Be mindful. I know that all that could be a little hard to do, but you and I can do it. Faith has no speed, it is like God.

These two last steps are very important for you and me, body! Find a very good clinic or hospital that has many physicians who are experts in their respective field and who believe somehow in holistic practice, so they can help us connect the dots by working together in order to find a complete customized health solution to our brain-body problems. You also need to work with a competent holistic practitioner who has unlimited faith and passion. He has to understand how the mind-body connection works and how to suggest a full customized program that can work alternatively with human chemicals if necessary.

Remember, try not to be in control too much, just keep imaging our success while putting in practice what I have just mentioned to you. From time to time, I will communicate with you through intuition, and you may be confused now and then, but the right action will be taken by you if you keep imaging our success because I love you deeply and I know that you love me as much as I do.

Now it is time to feel sexy, happy and healthy because we will be! Let's getting it on, body!

Note about the writer:

Emmanuel Renaud is a certified leech therapist and experienced holistic practitioner. For over 25 years he has been curious about the human development and wellness. He has availed himself with avant-garde research and studies to help himself and others. He has been taught by some of the best professors in the world and he has also learned from ordinary people who have become extraordinary.

His mantra and philosophy is to be able to share or to give something to anyone he meets that is valuable, indelible, unbreakable, worthy and that can be passed onto generations with greater efficacy and human intelligence for a better world.

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