



# Emotional Healing and Weight Loss Through Body Mind and Spirit Detoxing

## Increased emotional eating leads to obesity

When people eat when they are not physically hungry, their overeating is often a symptom of an underlying emotional need or an unresolved emotional experience. Of course there are many emotion-based reasons for overeating. A lot of the time we eat when we are happy, when we are sad, bored or sometimes out of just plain habit.

Habits are easy to build. The deeply entrenched ones are most often built when we are really young. My grandmother used to reward us with dessert when we were good and when we were quiet in church, so every Sunday we looked forward to ice cream. How many people do you know that still have habits like beer or wine every Friday night? Do you give your kids food when they are not hungry?

For many people food is more than nutrition; it's recreation, it's a friend, it's even a replacement for sex. Even though we feel unattractive, guilty and emotional over our overeating behavior, we don't seem to be able to suppress the

appetite. Then society places so much stress on people who are overweight, which compounds the negative emotions that we already feel.

Lately these compounded problems have led many obese people to seek drastic measures like stomach stapling, liposuction or dangerous weight loss medications. We are constantly being reminded by media and literature that obesity is linked to serious medical conditions such as heart disease, cancer, diabetes, stroke, high blood pressure, arthritis, gallstones, lung problems and more. It's clear that it's a really big health concern. So now we have unresolved emotions, current health challenges, cosmetic problems and decreased physical activities, all contributing to negative thoughts and feelings that keep the extra weight on.

## Emotions are stored in the body

Dr. Deepak Chopra was one of the pioneers whose research showed that memories can be stored in the cells and can cause disease patterns. Dr. Candace

Pert's work is important for showing how emotions affect our bodies at the cellular level and that if negative emotions and trauma are not resolved, they become physically stored as a cellular memory.

We should be aware that to have complete physical health we need to be emotionally healthy, too. That means we need to deal with emotional issues. Have you ever pretended that something really awful and painful didn't happen? So many of us have learned not to deal with our emotional health. Instead memories of unhealthy emotions get buried deep down into our tissues, into our cells and stay there. These toxic emotions in turn can cause excessive hormones, which in turn can cause increased heart rate, heart attacks, digestive problems, headaches, and weight gain (or excessive weight loss).

## Emotional cleansing through physical detoxing

We need to release the emotional toxins from our cells. You can do this by physically cleansing your



body with many forms of detoxing. As you get through a detox don't be surprised by the emergence of uncontrollable tears. You may ask yourself, "Why am I thinking about my brother's death from many, many years ago? He died when we were children!"

It's important to try to figure out the cause of your sadness, anger or fear. This means learning to face your emotional pain with honesty. As emotions surface during your detox (and in everyday life), deal with them and don't bury them. A good way to help with this process is to develop a support person or team that you trust.

It's also important not to compare yourself to others. Everyone is different and reacts in different ways to detoxification programs. Here are some other simple, emotionally healing things that will help:


- Do something silly to make your self laugh every day
- Listen to inspirational music
- Learn to manage stress with techniques such as meditation, prayer or affirmations

Physical detoxing, or cleansing with maximum nutrition—or high density nutrients such as green drinks, berry drinks, aloe vera, phytonutrients, vegetable juicing, and enzymatic therapy—pushes both the physical and the emotional toxins out of our cells. In addition the body is well hydrated, so all of these good, high-density fluids enter the cells, further flushing out the toxins. This can be managed by your health provider to cause rapid weight loss as well as emotional release, which may demonstrate itself in uncontrollable tears or outbursts. (If your problem is the opposite, that your weight is too low, a detox program can be managed so that you shed toxins, but you do not lose weight.)

If you find yourself crying hysteri-

cally, you need courage and skill to seek out the cause. Find yourself a support person or practitioner that deals with emotional healing. Make sure the practitioner not only has the training but the heart and the confidentiality to help you through what might be a difficult time. This is a delicate but essential process. Don't be surprised when the end result of an emotional release is another level of weight loss as well as the benefits of renewed energy, increased clarity, focus and concentration.

### Achieving and maintaining true health

This is what emotional detoxing is all about, cleansing your body, mind and spirit in order for your body to express itself in true health. When you really get down to it, the quest for an ideal weight that my detoxification patients most often seek is actually only one dimension, albeit a very important dimension, of true good health. We must take detoxing to the next level, especially if we already have health challenges, emotional eating disorders, or if we want anti-aging benefits. If memories in our cells determine how we feel, then it makes sense for us to cleanse and heal our total body, mind and spirit. 

Your partner in healing,

Dr. Roni

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*Dr. Roni DeLuz holds a PhD in Natural Healing Sciences, and she is a Naturopathic Doctor and an RN. For more information about her Martha's Vineyard Diet Detox program and how to order a manual and diet supplements, go to her webpage at [www.mvdietchetox.com](http://www.mvdietchetox.com).*



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