

Secrets to Sustainable Weight Loss

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Chapter 1: Introduction

How I Became qualified to write a book on sustainable weight loss

From the time I was eight years old until I was fourteen, I struggled with being overweight. There were even times in adulthood when seeing my body scared me.



In gym class, I was the kid that no one picked to be on their team because I was so heavy. I was the last kid out there shuffling the mile after everyone else was finished.

I was the kid that was made fun of in class because of my weight. I got called names like: heavenly ham, cushion, and marshmallow. When I was 12 years old I weighed somewhere near 200 lbs, (I am now, 5'5" as a grown adult. Full disclosure: last time I weighed I was 145 lbs).

In third grade, I remember looking around and thinking how strange it was that I was the heaviest child in the room. I didn't feel like a little girl, I didn't even feel like a little child. I got mistaken for a boy at times. I remember being made fun of in many different ways by children, even my siblings, throughout the years. The fear of constant ridicule made the world a very scary place to me. For these reasons, my number one solution for my problems seemed to be reducing my size and "losing weight." I dedicated time and effort into this and it paid off. On my first day of high school, I was what I considered to be in a normal person's body. I had finally accomplished a milestone in my journey to weight loss after years (and nearly half my life). At the time, I thought, "I've reached the top of the mountain! I've made it! I guess I'll just stay up here and enjoy the view." Somehow I thought my body would magically stay lithe and wiry like other thin people. I didn't realize maintaining my current physique would take consistent dedication.

In high school, I struggled with eating disorders.

The bullying I received about my weight and appearance as a child created a visceral desire to look attractive. After sophomore year in high school, I tried to cut all the corners, flirting with anorexia (starving), bulimia (purging),

drinking and diet pills (not good for the heart). I was a mess, y'all. I thought it would be glamorous. I look back at those times now, and feel so much compassion for this teenage girl who wanted to look and feel beautiful. I was a beautiful person on the inside but suffering from very low self worth. Really, at the time I was just hoping for the moment to see a beautiful person looking back at me in the mirror, and I believed this alone would improve my self worth.

It would take much more for me, I would find out. I would have many bumps, plateaus, valleys, sunrises and sunsets along my journey over the next 20 years. After yo-yo-ing weight for years as an adult, I have been able to find some healthy sustainable weight loss tips that I'd like to share with you along your weight loss journey, in hopes that these can help you too.

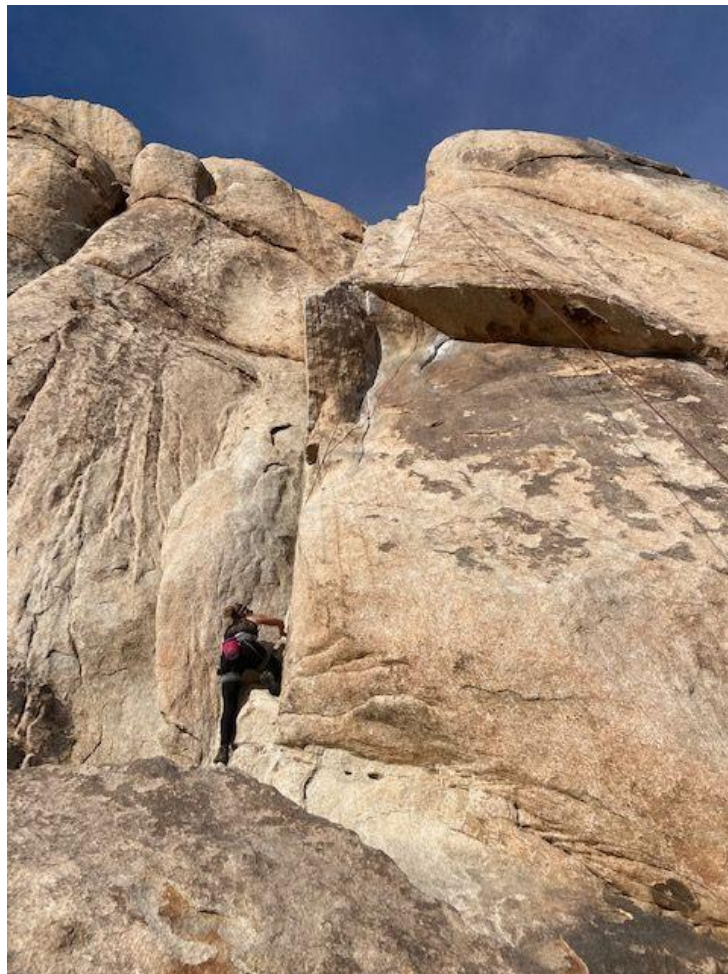
At the time of writing this e-book, I am 35 years old, I am healthy and fit; I can climb, dance, and run up the hill, no problem.



I teach yoga, dance and fitness because I love it, it makes me feel great, and I know that it helps people have a healthy mind/body/spirit connection and feel happier.

I'm writing this book to impart some of the wisdom of sustainable weight loss that I have learned over those last 20 some-odd years, so that you can be ready for the path ahead, and look great while doing it.

Keep in mind there are some things that I can't "teach" you in this book. You will have to practice listening to your body. This is not something that came naturally to me, surprisingly. As an overweight child, I sometimes felt like my body was a ship that I didn't know how to steer, let alone how to listen to the complexities of the engine. However, through practicing the methods I recommend in this book, you will gain keen insight and connection with your body, mind, and spirit that will help guide you.



Trinity Wave Rock Climbing, 2023

Chapter 2: The Benefits of a Healthy Diet

We all know that binge eating, starving yourself, diet pills, and throwing up are not the signs of a healthy diet.

Somewhere along the way I tried to cut all the corners thinking it would lead to a glamorous body, like all those Lifetime movies I watched as a youth. However, those methods of weight loss are not sustainable, and can also be dangerous for the intricate systems of the body that regulate the metabolism, heart rate, and the nervous system.

Here are 8 signs of a healthy diet:

1. Eat Mostly Plant Based Foods

It sounds like common sense. Right?

The energy derived from plant-based foods is more accessible to the body in harnessing energy output. Think about this for a moment....plants take in sunlight and water, right? Therefore when we ingest plants we take in that energy. That energy is generally most accessible when it's in its raw and uncooked form, which is why raw fruits, vegetables, and nuts are great for the body (with some exceptions of course). More fun ways to incorporate this as you read below!

2. Taste The Rainbow

This is not about eating Skittles; this is about nourishing the body with a variety of different naturally colorful food. I once found a magazine with this idea, and I loved incorporating a new or different colored fruit or vegetable into my life.

Just as different colors of the rainbow have different frequencies, fruits and vegetables that demonstrate a certain color also carry a similar frequency and nutrients. When we eat a variety of natural foods in different colors, we are gaining a fuller spectrum of nutrients. When nourishing the body with full spectrum frequencies it can operate more optimally.

Suggestions:

Red = Pepper, apple, pomegranate

Orange = Carrots, mango, oranges (hah)

Yellow = Lemon, pepper, apple, ginger

Green = Spinach, broccoli, asparagus

Blue = Blueberries

Purple = Beets, sweet potatoes, cabbage

White = Cauliflower, sunchokes, onion

Put them in yogurt, make a smoothie, a salad, put your entree on a bed of greens... the options are endless and delicious.

3. Try to Avoid Large Meals

Large meals can leave one feeling lethargic, and can create more health problems. If you are eating one or more meals a day past fullness, consider eating smaller meals more frequently throughout the day. If this is the case, instead of 3 square meals a day, consider 5-6 smaller meals a day. This is also a suggestion that is given to athletes.

Also allow a window of time, at least an hour or more before going to bed to allow for healthy digestion.

4. Eat less meat

Reducing the amount of meat in the diet reduces risk of disease caused by animal-related illnesses and also creates a more compassionate and sustainable world. Factory farmed foods such as caged chickens and many farm-raised cows have correlated with high use of antibiotics. Antibiotics are given to livestock animals that live in small spaces generally because they have a higher risk of disease. If you are a meat eater, please be aware that when one eats meat, one is eating whatever the

animal has been given, including the medicines. Common side effects of antibiotics can include rash, dizziness, nausea, diarrhea, or yeast infections (Center for Disease Control, 2023).

Try your best to not support fishing industries that sell large amounts of marine life as food, without using practices that aid in restoring fish populations. And do your best to stay away from bottom-dwelling sea creatures. These are marine life that is associated with the bottom of the ocean and tend to be associated with higher levels of heavy metal accumulation (Rajeshkumar, 2018).

Bottom-dwelling marine life can include catfish, lobster, shrimp and octopus (calamari) to name a few.

5. Read the Labels and Limit “Red Flag Ingredients”

There are a few “Red Flag Ingredients” I want to share with you, so you can be on the lookout for these ingredients on the packaging of food products while shopping.

Red Flag: High Fructose Corn Syrup

I recommend limiting the amount of highly refined sugars you’re taking in, especially High Fructose Corn Syrup. According to WebMD, “some researchers say High

Fructose Corn Syrup contributes to obesity (WebMD, 2021).

Generally the following foods below are more likely to contain High Fructose Corn Syrup, and it's no surprise that many of the foods on this list can contribute to obesity. Check your labels, especially on these foods, to limit this.

- Fast Food
- Breakfast Cereals
- Bread and Baked Goods
- Sweet dairy products
- Candies
- Canned fruits and soups
- Soft drinks
- Sugary syrup additives - Starbucks Flavors

Red Flag: Hydrogenated Oils

I also want to talk about hydrogenated oils, which are vegetable oils that are converted to solid fats by a process that adds hydrogen atoms. Check labels to steer clear of these oils as well, especially in some candy bars and some nut butters.

A study found that women who consumed the greatest amount of trans fats in their diet had a 50% higher risk of heart attack compared to women who consumed the least (WebMD, 2006).

Red Flag: Enriched Bleached Flour

Enriched bleached flour is low in nutrients and high in starch. Studies have shown that diets high in enriched bleached flour can lead to weight gain, type II diabetes, and depression (WebMD - Healthiest Flours, 2021).

Try to stay away from the typical fast food hamburger bun, breads, pastries, and snack bars which usually contain enriched bleached flours.

Suggestions:

Replace enriched bleached flour with whole grains such as quinoa, coconut, and almond flour (just to name a few). These are great; they're more nutritious and they don't pack on pounds like enriched wheat flour.

Sprouted grains generally have more accessible nutrients than enriched wheat flour, too. (Harvard Health- 2017)

6. Drink water

This might seem very obvious, but water is great for the body and helps rejuvenate and restore the body and its processes. Drinking water combined with healthy eating is going to help you feel satiated and also flush out the system while you're losing weight.

7. Adding in Smoothies/Juices

I like to drink smoothies in the morning. Investing in a blender or a juicer is a great tool to have in your toolbox for helping to keep you satiated and give you nutrients that don't make you feel full or bloated. I have a few smoothie recipes on my website.

I also love juicing. Over the years, I've learned and created fun juice recipes. Check out my website blog for updates to recipes.

www.trinitywavedesigns.com/blog/smoothies

8. Try to Limit Alcohol

After I stopped drinking, generally things in my life got a lot better. Everyone has to make their own choices in life.

If one of your choices is sustainable long-term weight loss, then I recommend limiting or eliminating alcohol from your lifestyle.

Alcohol can inhibit decision making and increase appetite for greasy or fried foods, which is why bar food has a similar style almost everywhere.

That's enough diet tips "to digest" for now; the next chapter is my super speciality, and I'm excited to share it with you.

Chapter 3: Sustainable Exercise Habits

Now we're getting into the good stuff. This is really where I shine. If you're serious about losing weight I suggest you utilize these sustainable long-lasting fitness exercise habits for life changing results.

Tips for Sustainable Fitness Habits

Starting an exercise routine with at least four to five days of exercise a week will create long lasting results.

Long-lasting results will be seen with a combination of heart rate increasing cardio, strength training, and stretching the body. It worked for me, and I believe if you follow this weekly exercise program, you will see and feel results too.

Cardio: At Least Three Sessions a Week, Optimally 4-5x/Week

Once you've committed to doing movement-based activity to get your heart rate up, it doesn't mean it has to be boring or you have to hate it. In fact, longer-lasting results will be seen when you find cardio that you enjoy; this might include dancing, taking walks outside, or hiking in the mountains. Choose your own adventure, and have fun while doing it. If you're having fun, the more likely you'll continue doing it, therefore, the more likely you'll see

results. Now that I've said that, I'd like to give a few more cardio tips...

Walking is the most basic type of cardio and the beginner step for cardio, especially if you've been out of cardio practice.

Swimming, biking, dancing, and running are all great ways to get in your cardio time.

My favorite cardio type is dancing (with or without props) because it's fun and I love to flow to the music.

Depending on your body's fitness you could work up to doing intermittent jogging. Once you feel comfortable with jogging, then you can work up to running or sprints for interval training. Please note that running and sprinting are more impactful on the body, especially on the knees. So check with your body (and your doctor, if necessary) if jogging or running are right for you at this time.

Strength Training: At Least One to Two Sessions per Week

This one may be surprising to some women. I think sometimes society projects strength training as a masculine discipline.

You may be thinking, "I don't want big bulky muscles. I want to be thin and beautiful."

Allow me to say why I believe strength training is great for women, too.

Strength training over time can reduce the amount of fat in the body. It can also strengthen the muscles that help you stand, walk and do pretty much everything you need to do. And you'll look great while you're doing it. Not only will you be able to carry the groceries inside by yourself, but strength training can also help you look and feel more confident in a bikini.

If you are new to strength training or out of practice, the first/next step in your strength training journey will be with your body's natural resistance weight. This includes doing exercises such as: squats, kicks, lunges, planks, etc. You might be surprised how challenging and fun this simple practice is with no weights needed.

Once the natural strength training begins to feel easy, you might be ready to graduate onto the next level of resistance training with dumbbells or free weights. Adding this extra resistance can help with improving the strength of your muscles and helping you to lift things and work more efficiently.

Taking a recovery day after doing strength training is important to give the muscles needed time to repair, as the muscles tear as they grow.

Once the weights begin to feel light, I suggest moving onto kettlebells or heavier weights. There are a variety of kettle-bell exercises that are fun and challenging, which can also be short and effective with great results.

*I have a workout calendar for my Goddess clients that includes this progression of strength training and restorative days.

Stretching/ Yoga: 10 + Minutes/Day, or At Least After Each Fitness Session

Stretching is a fun and gentle activity that I love. I hear some people tell me, “but I’m not Bend-y” or “I am not flexible!, I can’t do yoga!”.

It’s not necessary to be flexible to do stretches; all you need to do is start where you are. Yoga is a great way to start learning a stretching routine. If nothing else, even if you just start a 10 minute yoga practice each day, you’ll still be on a path to a healthy, happy body. It may sound hard to believe, but consistency really adds up! For example, if Person A does a 10 minute practice of anything once a day for 3 months; and Person B does the same activity an hour a week for 3 months, Person A will still have completed over 2 hours more of the activity over the same time frame. Not only does regular stretching reduce back pain, but it can also prevent future injuries. As a yoga teacher, I personally love having a yoga practice. I recommend it to anyone looking to embark on a journey of health and/or self-discovery.

Stretching can be done in the morning before your day. Short stretches after doing cardio or strength training are

also recommended to stretch the muscles and bring the heart rate down gradually.

You can subscribe to my YouTube Channel and check out some of my yoga and stretching classes.

[Youtube.com/@trinitywave](https://www.youtube.com/@trinitywave)

So now that you've read all of that important information, you can check it out as a chart on the following page.

Sustainable Fitness Exercise Habits

Chart

Cardio

Ex: walking, dance, jogging, biking, etc.

Freq: 4-7 X week

Strength

*Level 1: body weight: planks, jumping,
squats,*

Level 2: adding dumbbells (light/med weight)

Level 3: Adding a Kettlebell (more weight)

Freq: 1 -3 X week, with recov. days in bet.

Stretching

Ex: yoga

quad, hamstrings, back, neck, triceps, etc.

Freq: Can be done daily or after workouts

Chapter 4: Mental Training

This chapter is centered around the mindset for sustainable weight loss. The mind is an important aspect of losing weight and keeping it off. Surprisingly, many weight loss programs don't mention this important role in the transformational process.

I am a believer in the law of attraction, and that thoughts have the power to create our reality. Belief is important because what we believe, we can achieve, if we just take the steps to get there. For this reason, it's important to align the mind to focus on thoughts that nurture and believe in future weight loss.

Take a moment to imagine looking and feeling great in a slimmer and fitter body. I'll wait.

(Fun visualization moment.....You can do it.)

There are many different things that we can do to help align the mind to work for us in this transformation. Meditation is a great tool to help you get used to noticing the type of thoughts that you are having. Then notice if these thoughts are encouraging future weight loss or not.

If they are not, then you have the opportunity to shift these thoughts to more positive thoughts and visualizations for your present and future self.

I believe that if you decide to change your body (and therefore your life), you can make your mind work for you in this process. If you make this choice, then you will eventually stop telling yourself that you can't do something (i.e., that you can't lose weight or you will never be able to fit into that dress anymore) because it doesn't align with your truth anymore. Instead, if you notice you have a negative thought about your body or your abilities, you can replace that thought with a positive affirmation or visualization. For example, "I love my body", "I could look great in that dress again", and/or "My body is a beautiful vessel for my soul".

Affirmations

Affirmations are words or statements that align the mind to higher ideals and states of being. More to the point, affirmations are generally positive statements that are said or internally spoken to affirm the path we have chosen. One can also use affirmations to vibrationally connect to achieving this goal. You could think of this type of affirmation as a game that aligns the body, mind, and spirit vibrationally to the chosen future.

Affirmation creation can be started through brainstorming and journaling. You could start by journaling or brainstorming why you want sustainable weight loss in your life and how you will feel once you have it. This is a great way to identify the keywords that trigger those good vibrations when you say your statements. Great starters for affirmations are statements that start with, “I AM...”. For example: “I am getting sleeker and fitter every day.”

“I am confident in my body.”

“I love my strong, healthy body.”

The mind is a powerful tool and we can train our minds to create the transformation that serves our highest good. You can repeat your affirmations early in the morning to set yourself up for success for the day.

I sometimes say “affirmations are like lifesavers;” they can come in and save our lives. We all have hard times that can make us feel like we’re lost at sea, but we can pull out one of our affirmations to help keep us afloat.

I have some affirmation exercises on my Youtube Channel, and I offer affirmation building exercises in my “Embody Your Goddess Course.”

Chapter 5: Planning for success

Touring musicians and performers may get booked to perform at events in different states or countries, but unless they have a manager or a travel agent, they will have to arrange how to get to the event (for example, mode of transportation, accommodations, etc.) The same idea could come into play for our sustainable weight loss journey, but instead of travel arrangements, we will make our “transformation arrangements.”

Planners

A basic tool for this purpose is a “Weekly Planner” for the year. There are a variety of types of weekly planners, varying in size and price. I like the Blue Sky Weekly Planners designed with sustainably sourced materials; they are sold on Amazon (\$22.51) and Target. Generally, the planners I’ve seen on amazon are priced between \$8-30. A planner is a great tool to coordinate your workouts with your work, dates, and appointments.

There is a special magic that happens when we begin to write down our plans for transformation. We see our roadmap to our desired outcome, so that we can be right on time, just like the performer. =)

I recommend blocking out at least an hour of time or more once at the end of your week to plan your next week with workouts and life events. Our planner and our pencils are the perfect tools for this. Then each night, we can refine our plans for the next day with more detail, if needed. You could do this in your planner or use a separate writing pad (I use 100% recycled legal pads from Staples for this).

I love morning workouts, I love getting my workout done early, and feeling energized throughout my day. If you can only do afternoon or late afternoon workouts that's fine, too. Generally, I don't recommend regular nighttime workouts (unless you are on a very different work time schedule) because, typically, this is when energy levels are lower and it can be difficult to stay consistent with it.

Journals

I recommend doing a daily journal of tracking health and fitness goals and progress. When I've done one in the past I've included the date, my current goal, my healthy eating plan for the day, if I did any emotional eating, and how my workout went for me. One of the things that kept me stuck in progressing in my weight loss goals used to be my emotional eating habits. Notice if feeling angry is sending you towards the cookies and ice cream, and if

that's the case, write it down. This creates more awareness and accountability to finding other outlets for dealing with emotions, rather than eating. In most situations, eating is not helping to deal with the emotion or to achieve our weight loss goals. This can be a great tool to help reach milestones for binge eaters or emotional eaters.

Pay attention to your emotions and hunger levels to notice when your hunger levels are more and when they are less. This will help you tune into your body and help you make healthy choices.

Once you have your journal, it's a great idea to write down eating habits that you would like to change, and if certain emotions trigger these habits then make a note.

I have created an easy way to keep track of daily goals, desired eating habits, and workouts. I call it the "Health and Fitness Journal Prompt."

Sign up for my email list and copy and paste the link to download the "Health and Fitness Journal Prompt," so you can print it out for yourself.

Next Level

After disciplined effort and work towards your weight loss goals, you might want to consider planning a day where you do just a juice, smoothie fast or a liquid day.

Carve out a day where your schedule is clear. This can be very rewarding for getting in touch with yourself, and for reducing appetite over longer periods of time.

And when you're first trying out fasts, you may want to start out doing this once quarterly or once a month before doing this weekly. I have done weekly juice and/or smoothie days over longer periods of time, but also taken breaks from doing it as well. I've found this to be helpful for correlating this practice to do shadow work...more about shadow work in the next chapter.

Finances and Weight Loss

I'm also going to mention finances because if one wants to have a lifestyle that supports this new way of living in this amazing body, then one needs to have some funds to support it. If you already have financial success you are already way ahead of the curve, so give yourself a pat on the back. I hope you love what you do, and may the Goddess continue to bless you with this financial

abundance. However, if finances are something that you're struggling with right now, you might have to look for some new jobs or additional side work to integrate into your life to help you with your new weight loss lifestyle.

I'm not here to give you a million and one ways to side hustle as a woman. If you are struggling financially, crave more financial independence, and are a capable woman with access to a car, you can set up a simple freelance cleaning service. Most people have simple and basic cleaning supplies already in their home and you can make a simple flyer with your cleaning rate to post around town or put on Craigslist. This is a great way to both get more fit while making extra money and learning about entrepreneurship. It's really a win-win-win situation.

Sign up for my email list on my website, trinitywavedesigns.com to stay in touch about upcoming videos.

Chapter 6: Shadow Work

Just as Peter Pan played with his shadow, one can do something similar metaphysically to acknowledge and integrate ourselves more fully. I also find it interesting that many weight loss coaches don't talk about this.

Psychologically, the shadow could be described as the part of the self that was repressed or shunned, usually from a young age (generally from parents, society or a traumatic event). Over a series of instances of external reinforcement or overtime, the more this part of the self was repressed, the deeper, and "darker" this part became to the conscious mind; hence the name "shadow".

When I was a child, my father was a strong figure in my life. He was great in a lot of ways. I loved him and looked up to him as a role model. However, he didn't know how to constructively express a lot of his emotions, which may be why many times he seemed to deflect my negative emotions, rather than validate them. It also seems to me now that he had trouble taking responsibility for his words or actions in relation to my negative emotions. And I think because of this communication pattern, I thought I would not be understood if I did express my negative emotions and somehow it was my fault for whatever I felt. So I probably eventually stopped trying.

When I went to elementary and middle school, boys in school insulted me about my weight or appearance. When I cried because they hurt my feelings, I got berated by them; they called me “crybaby”. This interaction showed me that if I did express my sadness, I would have continued to be berated by my antagonists. This is when a part of my shadow side was born. After that I began to suppress my sadness, shame, and anger when I called names at school so I wasn’t called a, “crybaby”. However, it wouldn’t stop there; it became hard to express my sadness, shame, and anger in any healthy, normal expressive ways. My parents never showed me how to do this in any healthy way, nor was I taught any emotional intelligence or expression as a child that I can remember by any other human adult.

As I grew older, I continued repressing my sadness, shame, and anger instead of expressing it because it no longer felt safe to share my feelings in front of others. The shadow side started turning towards self-destructive means to find outlets to my intense sadness and shame about being overweight. This could have been why I turned to binge eating food and purging as outlets as a teenager. Later as a college student and into adulthood, I turned more towards drinking alcohol and doing drugs as outlets for the emotions (and years of emotions) that I didn’t know how to express.

If you saw the movie, "Peter Pan," you may remember that when he was in Wendy's room at night, the light from her nightstand cast a shadow on him that somehow seemed to be acting independently from him. In many addicts, it seems the shadow almost takes over and runs the show, resulting in a person behaving unconsciously of their actions. This person could even be doing to others what was done to them that caused their trauma in the first place. I had my own battles with addiction, so I've been on both ends of experiencing the shadow, both unconsciously and consciously. In college, I started expressing my personality in a more masculine way, and when I was drunk, I sometimes took on loud, obnoxious, and angry behavior yelling things at others. This was meant to be comedic, or at least in my conscious mind. Comedy had become a defense mechanism and a way to hide my true feelings. I think this was my way of releasing the years of anger and shame that had built up, from what others had seemed to put on me (from my father and the kids that bullied me). The shadow had become my persona. I think the persona subconsciously felt safer for me to protect myself emotionally from others emotionally trying to hurt me.

Through my shadow work, I've gotten to understand myself more deeply and the child who suffered multiple forms of trauma, from being bullied at school to sexual trauma, that caused me to feel hurt, disappointed, and unloved as the child I was. I believe I had some deep shame and transferred guilt from sexual trauma as a child, that was buried deep inside me that I have recently been releasing, letting go through yoga and journaling.

If you are interested in delving into Shadow work, I recommend searching YouTube to watch a great introduction into Shadow work by Christina Lopes, the Heart Alchemist, called "What is Shadow Work?". She also talks about integration and illumination in this video which points to helping to bring more awareness to the shadow self.

I also facilitate a goddess course where we look at our deeper traumatic experiences and process them. From my experience, shadow work can be a healing journey rather than just a destination. Please don't expect it all to happen at once; it takes practice, but it does get easier the more you practice it. Just like showing up to the yoga mat, it can be scary at first but once you start diving in you can see that it's overall beneficial and you can even look forward to it.

Relapse

If you have a history of binge eating patterns, like me, it's possible that relapses of bingeing could occur. I had relapses for months of going off my intended eating plans. I did not care about how I looked or if I was ruining my life. I spent probably two months of my life bingeing on almost strictly ice cream, bananas, and chocolate, when I could have been doing almost anything else with my life. These are the times when I could have really looked at my life, and decided what I really wanted in life, instead of bingeing.

If this sounds familiar, this section might apply to you too. If this sounds foreign to you, then maybe this is just educational about how hard and off-the-rails people can get. For example, an alcoholic, tobacco smoker or heroin addict might get clean and sober for a good length of time and then somehow fall back into the clutches of addiction, sometimes harder and faster than before.

I actually had a string of relapses in my vices, until I ended up in a hot tub screaming at my boyfriend debating the meaning of evolution high on cocaine and whiskey on Christmas (we would break up seven days later). A little backstory to Cocaine Christmas; I had one of my worst relapses as an adult when I moved in with my parents around age 30. As a youth, I had all these ideas that I

would have it all together by 30. When I turned 30, and I didn't really have anything together yet: a career, steady partner, or home, things seemed grim. Living with my parents brought up childhood trauma and I turned to my childhood foods for comfort. After eating nearly an entire batch of brownies one day while my parents were gone, I truly wanted to die, physically, emotionally, and mentally. I was in the bathtub with the razor blade in my hand hoping to cut my wrists open and bleed out. And that's when my parents came home. Soon after I ended up in jail for hitting a police officer, and after that stint in jail, I realized I needed to move out of my parents' house. I started living in an artist colony, more or less. I paired painting with chain-smoking, drinking, and smoking copious amounts of weed to think less about binge eating. Although not something I recommend now, these had all been pathways out of binge eating for me in the past, at least so I thought.

Eventually, I got a boyfriend at the artist colony, who happened to be into harder drugs than I was. So that's when I started adding acid and cocaine to the whiskey mixing. It was a mess. Cocaine Christmas was really my wake up call that this cycle had to change. I had to change. I knew I could. I knew I could live in balance again. By New Years Day, I had broken up with my

boyfriend, stopped smoking tobacco and drinking alcohol, and started a 21-day juice and smoothie cleanse.

Relapse can happen; it doesn't mean it's going to happen; but stay vigilant for it. I experienced weight loss relapse several times, some worse than others, feeling suicidal and hopeless. I think of this as yet another part of the process; just like alcoholics or drug addicts can go into relapse so can someone who is on a weight loss journey.

If you find yourself in the thick of a relapse, ask yourself: "Is this how I want to spend the rest of my life?" and if the answer is no, remember, you are the author of your book, you can rewrite the narrative. If you took a detour on your map, forgive yourself. Whatever struggles happened to you along the way, you can always get back on the horse and travel back to the life you truly want.

You are also lucky enough to have a book about sustainable weight loss and at any point you can choose to pick up the book (or your computer) to help get back on your journey.

You are loved, and you can love yourself. You are worthy of the life you want to live.

Chapter 7: Support

In the past, relapses were challenging for me to discuss due to feelings of embarrassment, disappointment, shame and/or grief. Embarking on shadow work by myself was sometimes challenging for me to wrap my brain around. However, in times like these, it's great to have a support system in place to express myself with others.

One suggestion is to make a list of friends, therapists, or family members who you trust to talk to.

If you don't have anyone in your life currently that you feel comfortable talking to about the deeper parts of yourself, you may want to consider reaching out to a counselor or therapist you can talk to on a regular basis for mental and emotional support. There are counselors who work on a sliding scale basis, and even some that work pro bono, if you are experiencing financial difficulty. I have had both types and believe me, I've appreciated them both as resources when I really needed it. If you are a part of a college or large corporation, there may also be therapists or counselors you have access to.

I also believe that there is a lot of power and healing through speaking. I spent a lot of my life repressing my feelings through eating because I didn't know how to communicate them. This was not something I was taught from a young age. It seems to me now that both of my parents lacked the skills of expressing their emotions in constructive ways. I knew that my voice and expression was something that was important to my healing, so I began to open myself up to the divine magical healing powers of singing. Over the past several years, I've made progress into being able to acknowledge, validate and/or communicate my emotions more effectively, which has also helped me naturally feel more balanced within myself. Being able to actively connect to and express my emotions was critical for my healing as an adult. I would not have been able to do this without support from countless counselors, friends, teachers, and support groups over the years.

Support groups are also great. I like to offer weekly Goddess Circles for women who have signed up for my 12-week "Embody Your Goddess" Course. Each week participants have an opportunity to share from the heart and give support to one another. If you are interested, check out my website, trinitywavedesigns.com for more details on Goddess Courses.

Chapter 8: Commitment

This book was created to help with long lasting success along the journey. If you are ready to change your life, then I recommend making a commitment to yourself. You could start with a 30-day commitment or a three month commitment to start reaching your goals.

I suggest making a commitment to yourself in writing to help remind yourself of your goals and action steps. I have created a commitment contract on the next page that you can use, and feel free to change it to suit your own needs and desires.

A Commitment to My Sustainable Weight Loss Contract

I, (your name), am making a commitment to change my body and therefore my life. I deserve to feel good and love my body.

The next steps I am committed to taking in the next (ex. 30 days, three months, etc) is:

Action step(s)

1. Ex: Starting 20 min of cardio 3 X a week
- 2 Ex: 10 min. yoga practice 3 X a week)
3. Adding more colorful fruits and vegetables into my diet.

I know that once I follow this plan, I believe I will be feeling better and looking better in my body and mind. I am thanking myself today for the positive changes coming my way in the next (30 days, three months).

Signed,

Your Name

Date:

Once you've completed writing the commitment to yourself, thank yourself again for taking this next step on your journey.

Chapter 9: Conclusion

What I've offered you through this book is a synthesis of my wisdom throughout the years of my own weight loss journey.

Through these chapters, I have supplied you with a variety of tools to create your very own roadmap to transformation. I hope you will create the transformation you want to see in your life. This is a worthwhile journey and you are worthy of all the positive transformations along the way. Your future self thanks you for the choices you make today.

You won't be alone. You can always pick up this book for inspiration, guidance, and a quick laugh. Share this book with a friend (up to three friends!). Feel free to connect with me through my YouTube Channel, website, or Facebook. There are countless others on this path with you, and your story of success could inspire their future success, too.

My suggestion to start is to find what practice calls to you the most and start doing that as soon as you can. It doesn't matter if it's just 10 minutes of yoga a day. You can always add more of these practices into your routine after

you get comfortable with one (or more). Come back to this book periodically throughout your journey, and if something new interests you, follow your interest. Trust your intuition.

Congratulations for finishing this Secrets to Sustainable Weight Loss book. You've just taken a huge step right now. Please give yourself a pat on the back or a hug that you've made it this far. You are now on your way to your new and improved life!

I thank you for reading this book. And I wish you the best of luck on your journey.

So much love and light to you,

Trinity Wave



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Resources

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