



DIETING IS UNNATURAL

TRADITIONAL WESTERN MEDICINE HAS US BELIEVING THAT THE SOLUTION TO OUR OVERWEIGHT CONDITION IS UNDER CONSCIOUS CONTROL. MANY SEEK BOOKS FOR STOCK ANSWERS OR A METHOD TO OVERCOME OUR BAD HABITS WHICH PROMOTE OUR OVERWEIGHT CONDITION.

THE STOCK ANSWERS USUALLY TELL US THAT OUR CULTURE REVOLVES AROUND EATING AND IF WE MUSTER UP ENOUGH DISCIPLINE WE CAN OVERCOME SUCH TEMPTATIONS. THEY ALSO TELL US THAT OUR FAST PACED LIFESTYLE PROMOTES CARELESS EATING PATTERNS CONDUCIVE TO ILL HEALTH AND WEIGHT GAIN. WE ARE FOREVER REMINDED THAT WE MUST CONTROL OUR APPETITES.

THE ILLUSION IS THAT IF WE IDENTIFY THE TRIGGERS THAT SPAWN OVEREATING AND CARELESS EATING PATTERNS WE CAN EVENTUALLY ACHIEVE VICTORY OVER OBESITY. THE TRUTH IS THAT WE NEED TO APPROACH OBESITY FROM A DIFFERENT PERSPECTIVE. A PERSPECTIVE THAT ATTEMPTS CHANGE FROM THE INSIDE OUT-NOT THE OUTSIDE IN.

ATTEMPTING TO CONTROL OUR APPETITE IS AN UNNATURAL ACT AGAINST NATURE. BECOMING CENTERED AND GROUNDED WHICH INVOLVES LIVING IN HARMONY WITH YOUR INNER SELF AND ALL IT CONTAINS, WILL ULTIMATELY RESULT IN BEING LESS DRIVEN BY COMPULSIVITY, WHICH FOR MANY IS THE STARTING PLACE FOR IMPROVED HEALTH. WHEN WE LIVE IN THIS PLACE WE ARE IN TUNE WITH THE INNATE WISDOM OF THE BODY. WE BECOME MUCH MORE AWARE OF THE EFFECT CARELESS EATING HABITS HAVE ON THE WAY WE FEEL. WE ALSO CAN COME TO A GREATER APPRECIATION OF MOVEMENT AND ITS EFFECT ON OUR HEALTH.

LISTEN TO WHAT RUTHY ALON, AUTHOR OF MINDFUL SPONTANEITY SAYS ABOUT EXERCISE:

*FEW PEOPLE CONSCIOUSLY DECIDE TO RETURN TO EXERCISE OF THEIR OWN FREE WILL. THEY HAVE GOOD REASONS: IMPROVING HEALTH, PHYSICAL FITNESS, SHAPE AND APPEARANCE. BUT HOW MANY OF US MOVE FOR THE SHEER PLEASURE OF IT, FROM A DIRECT FEELING OF LOVING THE EXPERIENCE OF FLOWING MOVEMENT, WITH NO NEED OF A REASON, JUST FOR THE ATTRACTION OF BEING CAREFREE, FOR THE JOY OF KNOWING THAT WE WERE BORN TO MOVE, AND WITH THE CONVICTION THAT FREEDOM OF MOVEMENT IS OUR BIRTHRIGHT, NEEDING NO FURTHER JUSTIFICATION?**

THIS IS THE PERSPECTIVE THAT BREEDS SUCCESS. A TRANSFORMATION MUST OCCUR ON THE INSIDE THAT HAS US VALUING THE INVIGORATING FEELING OF HEALTH WITHOUT FURTHER JUSTIFICATION AS ALON SUGGESTS. GOING ON A DIET BECAUSE IT CAN HELP US LOSE WEIGHT AND A RESULT LOOK BETTER AND BE HEALTHIER TENDS TO MISS THE MARK IN TERMS OF FUELING MOTIVATION. OUR INNER SELF IS DISJOINTED WITH SUCH GOALS, OTHERWISE WE COULD ACCOMPLISH THEM. UNTIL WE CAN COME TO THAT PLACE WHERE THE REWARD FOR DIETING IS NOT AN EXTERNAL ONE BUT RATHER AN INTERNAL ONE OUR ATTEMPTS ARE IN VAIN. DIETING IS UNNATURAL. IT IS WITNESS TO THE FACT THAT AN INDIVIDUAL NEEDS OUTSIDE FORCES TO CONTROL HOW MUCH ENERGY IS REQUIRED TO MAINTAIN A HEALTHY WEIGHT.

MY BELIEF IS THAT WE ARE NOT IN TUNE WITH THE INFINITE WISDOM OF THE BODY (WHICH CAN CONTROL AND MAINTAIN A HEALTHY WEIGHT) BECAUSE WE DO NOT TAKE UP RESIDENCY IN OUR OWN BODIES. WE TEND TO PAY MORE ATTENTION TO OUR BODIES WHEN WE ARE IN PAIN OR WHEN WE ARE SICK FROM AN ILLNESS. IT IS ONLY WHEN WE CAN RESIDE IN OUR BODIES THAT WE ARE IN A POSITION OF HEALING. MOST PEOPLE DO NOT WANT TO BE IN THEIR BODY BECAUSE PERHAPS THERE IS TOO MUCH PAIN (EMOTIONALLY OR PHYSICALLY) ASSOCIATED WITH IT.

Michael Sylvester, 2001

*SOURCES:

ALON, R. (1996). *MINDFUL SPONTANEITY—LESSONS IN THE FELDENKRAIS METHOD*. NORTH ATLANTIC BOOKS, BERKELEY, CALIFORNIA