

## **Is *Your* Eating (And Weight) *Out Of Control*?**

In America, more people die from the fork than from anything else! Our eating habits have gotten out of control and although you probably realize that your diet and exercise habits should improve, it doesn't mean they will. **Everyone knows that an apple a day keeps the doctor away, but how many times did you reach for the leftover Halloween candy instead?**

**Fast food and high sugar diets are destroying the quality of life for way too many Hoosiers and their families.** I lost my grandfather due to Diabetes. Actually, he really died from a broken heart because the diabetes led to doctors taking his leg, and thus, his security and freedom. I've had loved ones go blind, have strokes, and become chronically fatigued because they couldn't seem to give up the sugar.

For some, Diabetes has nothing to do with poor eating habits. For most, however, it does and we need to focus on the real issue. **Countless people feel stressed out and disconnected in their daily lives because they haven't been taught how to confidently cope with the pressures and demands of life. Thus we distract ourselves with food, which only creates more pain and despair.** Does this include you?

*Answer the following questions...*

- Do you feel like there's never enough time to get things done?
- Do you feel tired all the time, even when you get sleep?
- On your list of priorities, are you at the top or bottom of the list?
- Do you sacrifice what you want to continually please others?
- Do you still believe that food equals love and comfort?
- Are you still a member of the "clean your plate" club?
- What's the first thing you turn to when stressed, angry, or depressed?
- Have you lost weight only to gain it all back?
- Do you tell yourself, "I shouldn't be eating this?" and then feel guilty because you ate it anyway?

If you're thinking, "Yes, but everyone feels that way" then you'll understand why I call it an epidemic. Too many do feel this way and if you really get to the root of the problem, you'll find that...

- 1) **People are attempting to deal with emotional pain (stress/fear) by engaging in activities that generate MORE PAIN over time!** Eat the cookie now and it tastes yummy for the moment. But what happens next? You feel physically tired, the cookie turns to fat in your body, and you emotionally feel guilty about eating more cookies when you're supposed to be on a diet!
- 2) When trying to change your behaviors, you use strategies that rely solely on **WILLPOWER**, like dieting, taking pills, or having medical procedures. Unfortunately, willpower doesn't last and you'll end up going right back to the original behaviors and bad habits, which is why people gain back lost weight.
- 3) Instead of dealing with the **SOURCE** of the problem, we focus on treating the **SYMPTOMS**, which means lots of doctor visits and the bills that go with them.

## HERE'S THE SOLUTION!

Thus far I haven't told you anything you don't already know, which is one of the problems with traditional weight loss programs. So here are **3 Recommendations** that will empower you to become healthier (and thinner!)

1. **Everything you do is an attempt to either AVOID PAIN or GAIN PLEASURE.** The main reason you turn to food is because you've been conditioned to believe that it will make you feel better (gain pleasure). Not eating those cookies will make you feel deprived (pain), thus you eat them (temporary pleasure). It's not that you're weak-minded, but actually the opposite. **Your Subconscious Mind gives you sugar cravings and desires to continually eat because it *thinks* it's helping you avoid pain and gain pleasure. Recommendation:** GET CLEAR on what's really creating pain in your life and discover healthier ways to gain pleasure.
2. **How you feel about yourself is probably due more to how others approve of you than from the love and acceptance you give yourself.** People tend to chase the approval of others and thus end up on the bottom of their own priorities list. **Recommendation:** Instead of pushing so hard and getting stressed about it, begin taking time to discover what you want, and need, in your life and begin giving it to yourself. God put you in charge of your own happiness and others could never give you exactly what you could provide for yourself. Eliminate the middle person and give love directly to yourself!
3. **Learn how to use the power of your mind. Recommendation: Call now to schedule a FREE Hypnosis Consultation at Shurr ! Success Hypnosis.** We are Merrillville based, family owned business that empowers people to achieve success in record time. You will also receive a Written Service Guarantee and be surrounded by people who care about you and your results.

**This is what your neighbors who were *serious and sincere* about gaining back their health and waistline had to say about Shurr ! Success Hypnosis...**

"After my first experience with your program I have lost 32 lbs, but most of all, my diabetes is under control. No medications for 2 months after only 30 days with Shurr Success Hypnosis!"  
*Erma Holmes, Town Clerk, Camby*

"My blood sugar the first day I went to Shurr Success was 264. After one week of the program, my sugar dropped to 141! It continues to be in the 140's, which is a major accomplishment for me."  
*Mary Ann Dienes, Pastoral Associate, Merrillville*

"I've lost 23 lbs so far and I've been able to cut my insulin down 30 units and still hold my blood sugar in the 90's. My energy level is increasing, I'm exercising now, and I'm not hungry. It's been a wonderful experience and I can really tell a difference in my mind and body."  
*William Aimutis, Crown Point, Retired*

**Tim Shurr, MA, CH, is President of Shurr ! Success, Inc, Indy Hypnosis, and the Hypnotism Academy of Indiana.** This article was taken from his audio program, "The

Shurr ! Success Weight Loss Solution.” Call now to schedule your **FREE Hypnosis Consultation! 317.579-7500** [www.IndyHypnosis.com](http://www.IndyHypnosis.com)