

THE FAT RAT AND OTHER 'TAILS' OF WEIGHT

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Once upon a time there lived a Fat Cat who chased Thelma, The Thin Mouse all over the house day in and day out, but could never catch her because she was thin and fast with great moves, ducking in and out of her holes. It was a very happy house for the little mouse because she was free to come and go as she pleased and wear all of the attractive dresses and other outfits in her closets. She would look in the mirror each day and be happy with her appearance. All of the male mice thought she was so cool. Her female friends admired her and treated her like a model of great looks and good health. Then one holiday her cousin from afar came to visit her and brought her a new TV and all kinds of foods, snacks, candy and other 'so-called goodies'. They talked about old times, their friends, their acquaintances, their enemies, the news of the day and so many other things. They really didn't pay attention to what they were eating and didn't notice the weight gain, slowly at first, and then on a steady basis. They saw all types of foods advertised on TV and in magazines which looked so appealing. They couldn't resist and bought whatever they saw. In fact when they went to work, it seemed that they could not help themselves as they were compelled to bring the same types of foods with them because they tasted so good. Something inside of them clicked. It seemed to be just like an 'inner itch' gnawing away at them sending messages to their brain and even to their skin. Something was driving and compelling them constantly. The foods gave them a temporary fix from the stress of the day and the stress of life, and satisfied that 'inner itch'. Her girl-friends wondered what was going on with Thelma because she was gaining so much weight and dressing in baggy or tight clothes. The boy mice stopped flirting with Thelma and she realized something was different. The Fat Cat was sad now because he could not play the 'cat and mouse' games with Thelma as she could not fit through the mouse holes and if she could squeeze through, she was so sluggish that the Fat Cat would surely catch her. She was a prisoner in her own home. She realized that we construct so many prisons in life and knew that she did not like this feeling. Thelma's cousin went back to her own home and Thelma got tired of looking in the mirror and now seeing herself fat. (You'll see as this tale unfolds that sometimes a rat helps humans and that the word 'fat' is an eye-opener as opposed to nice words like 'obese' and 'overweight') (OMG....that's like calling an alcoholic client an 'addict'. That's not nice, but neither is the addiction, and 'eye-openers' bring reality into our minds, in other words, 'realization' of what is going on.) So Thelma tried diet after diet and she went up and down like a yo-yo, losing, gaining, losing, gaining, and eventually weighing more than when she started to diet. She learned so much about the different foods to eat, well-balanced meals, exercise, etc., but it just did not work on a permanent basis. She was at wits end and then finally stumbled upon an ad by a local hypnotist and decided to take a shot at this....what the hell, she tried everything else. When she walked into the hypnotist's office it was like entering 'The Last Chance Saloon', as she did not know of the great results of hypnosis. It was like she was living on another planet all this time. The well-dressed hypnotist greeted her with a smile, was very cordial and exuded confidence. She demonstrated professionalism in her demeanor and in her words. A confidential interview of Thelma was taken and the hypnotist's recitation of a thumb-nail explanation of the workings of hypnosis began to establish rapport between Thelma and the hypnotist. It was made clear that all weight management begins in the mind, and that imagery would be used relative to the size of the stomach, capacity, fullness, satisfaction, the conscious mind, subconscious mind, will power vs. imagination, suggestion, repetition, Affirmations, etc. Thelma was told that subconscious addictive processes were constantly at work, which compelled Thelma to continue eating foods that would prevent weight loss; that it really was not her fault; that it was the manufacturers' marketing tricks that made foods addictive. In addition to the manufacturers' and marketers' tricks, people, on their own because of life's influences, were addicted to certain foods, overeating, times of eating like when

watching TV, or late at night, or snacking in between meals, or in times of stress both at home and at work. The hypnotist told her that the hypnotic experience would be approximately (8) sessions in which Thelma would participate interactively, and would be given healing triggers to overcome urges, cravings, needs and desires for certain foods; determining when and where the improper eating habits began; undergoing desensitization techniques to alleviate and eliminate past negative emotions; programming of the right foods; hear great weight reduction scripts, techniques to rid her of any character defects, addictions, habits, cravings, and to build-up her character assets; gastric band imagery; preparation to avoid relapse; future seeing; Affirmations for fortification, and much more. She also told Thelma that she would be given CD's to listen to at home because repetition is one of the strong keys in effectuating change. Then the hypnotist started telling Thelma about some research into foods and about some of the cases that she personally worked on.

ENTER THE FAT RAT AND MSG: The hypnotist read a recent article about MSG and identified some of the highlights of the article which contained excerpts from a recent book "The Slow Poisoning of America" for Thelma. A poor rat was the unsuspecting hero:

- The food additive MSG (Mono-Sodium Glutamate) is a slow poison. MSG hides behind 25 or more names, such as "Natural Flavoring."
- No strain of rat or mice is naturally obese, so scientists have to create them. They make these creatures morbidly obese by injecting them with MSG when they are first born. The MSG triples the amount of insulin the pancreas creates, causing rats (and perhaps humans) to become obese. **The Poor Fat Rat!**
- Another name for MSG is "Hydrolyzed Vegetable Protein". It's everywhere.... Burger King, McDonald's, Wendy's, Taco Bell, every restaurant - even the sit-down eateries like TGIF, Chili's, Applebee's, and Denny's - use MSG in abundance. Kentucky Fried Chicken seemed to be the WORST offender: MSG was in every chicken dish, salad dressing. and gravy. No wonder people love to eat that coating on the skin - their secret spice was MSG!
- MSG manufacturers themselves **admit that it addicts people** to their products. It makes people choose their product over others, and makes people eat more of it than they would if MSG wasn't added. Not only is **MSG scientifically proven to cause obesity**, it is an **addictive substance**.
- MSG is added to food for **the addictive effect** it has on the human body. Even the propaganda website sponsored by the food manufacturers lobby group supporting MSG explains that the reason they add it to food is to make people eat more.

Thelma felt badly for the poor Fat Rat but was happy that she was now made aware that this was one her problems, just one.... because she, the same as every overweight person, has more than one problem or issue. The hypnotist told her that she could eat all the good food in the world, but that if she ate too much of a good thing, she would gain weight or in the least not lose any weight. Thelma was also told that if she ate a little bit of foods that were not ideal for proper nutrition, she would still shed pounds because she was cutting down on the bad foods. This made sense to her. She also felt good that she would not be starved or deprived from having a tiny bit of her favorite foods. Although we are dealing with food addiction, and all improper foods should be avoided to break the addiction, the same as all alcohol is avoided by alcoholics and all drugs avoided by drug addicts, there is a very fine and slim line separating food addictions from alcohol and drug addictions. Just a little bit of the 'something-food' registers freedom in the mind of the client. We cannot do this with hard-stuff alcoholics and drug users because a little bit of freedom grants them full liberty to use all of the harmful substances. This is a

proven fact: One drink is too many and 1,000 drinks not enough. But one marshmallow is not too many and it does not lead to a bag of mallows. Thelma learned that overdoing even vegetables builds up the sugar in her system which turns into fat. So then, a small amount of bad stuff is not harmful to a great degree but a big amount of good stuff is. She also told Thelma that there are taste cells not only in the tongue but also in the gut. These cells send messages to the brain of 'accept' or 'reject'. The gut taste cells tell the whole body that good tasting food is coming its way and the whole body gets turned on. Likewise, the gut cells turn off the body with bad tasting food. Artificial sweeteners fool the gut cells and we crave more and more sweeteners and carbohydrates....all the sweet stuff. The hypnotist told Thelma that there are so many considerations that a hypnotist must make and seek so many insights relative to the client's past problems, present eating habits and daily activities which surely affect what and how much the client eats. Thelma likes what she is hearing because she can now avoid the prison of diet, and cut down considerably on her food consumption while being satisfied and not feeling starved, denied nor deprived. She listened eagerly as the hypnotist continued. All of this was so understandable to her. Starvation, denial, and deprivation thwart proper eating habits and have ruined many attempts to shed pounds.

The Girl Who Drank Six (16) Oz Bottles of Diet Pepsi per day and chewed 180 pieces of sugarless gum a week: Thelma told the hypnotist that she stopped drinking regular soda a long time ago (She knew that one can of regular soda per day for one year will put on 15 lbs. One regular can of soda contains an equivalent of 13 packets of sugar.) Thelma switched to diet soda to avoid all of the calories. She was very faithful to the sugar-free products because she knew the inherent dangers of sugar to the body. She could not understand why she did not lose weight with all of this sugar free stuff. The hypnotist told Thelma about one his clients who drank six (16) oz bottles of Diet Pepsi a day and chewed 180 pieces of sugarless gum per week and still could not lose weight. The young lady did not realize that the more sugar-free stuff that you put into your body, the more you crave carbohydrates....and cravings are addictive enemies. Sweeteners, both artificial and sugar-derived, top the list of addictive additives. But artificial sweeteners are the absolute worst things you can put in your body. Consider aspartame, sold under many different brand names. This diet soda and other diet stuff often combines aspartame and caffeine which make the perfect addictive beverage and other addictive products. Diet soda gives you a sort of buzz. It's the perfect combination, because it gets you to go back to the store to buy another soda. Zero calories! How misleading can you get. Studies now show that, in spite of their zero-calorie status, many artificial sweeteners actually cause weight gain because they **stimulate your body to crave carbohydrates**. You know what carbohydrates are....chips, tacos, cookies, bread, cake, pastries, and on and on. After the first session, the client stopped drinking Diet Pepsi completely and cut down from 180 pieces of sugarless gum per week to 3 or 4 pieces. This short tale to Thelma was a powerful 'waking hypnosis' instrument. The hypnosis knew that hypnotic programming begins with the first phone call or contact with the prospective client so she always chooses her words wisely and acts accordingly. Everything that the hypnotist was telling Thelma was already going into her subconscious mind even though she was concentrating with her conscious mind on every word that the hypnotist uttered. Thelma was all ears. She was such a cute looking mouse sitting in the chair beginning to feel empowered even before the hypnotic induction. You could almost see a smile on her lips.

The Stress-Laden 'Cortisol Kid': A young lady, approximately 200 pounds overweight and on and off the yo-yo trail for several years, came to the hypnotist's office. Try as she may to eat the right foods and right portions, which were quite small for her body-weight, she could not shed pounds on a steady basis. She was an intelligent, industrious girl who persevered with her good eating habits. She was truly a mystery. After the initial session, and Parts Communication it was clearly seen that this girl was suffering from extreme everyday stress at work to a point where she would come to tears while

working. She lived alone and was quite lonely even though she did not outwardly express this. So then the hypnotist had to consider stress and its implications. Stress makes a person fat (there's that word again) because of an excessive secretion of the key stress hormone, cortisol, which along with other hormones causes the body to store fat, lose muscle, slow metabolic rate, and increase appetite. Doesn't it follow that this makes a person fatter? This is one of the causes that contribute to 70% of our USA population being overweight. Stress makes you burn fewer calories and consume more food. Even the thought of food can increase stress and cortisol levels in people who have restrained their eating habits and are either dieting or are concerned about their weight. The fat burning cells now become fat storing cells. This was a case in which the hypnotist not only had to reduce the image of the size of the Cortisol Kid's stomach but had to focus on the actual stress scenarios of the client and add very specific Affirmations and stress fighting and processing techniques to the sessions. It is always realized that each client is unique and the life of the client dictates the content and flow of the sessions.

Thelma was so at ease with the hypnosis explanations and tales of other clients that she was so relaxed in the hypnotic chair and so amenable to suggestions. She was pliable and moldable and she imagined her stomach having a tiny little band applied to the upper portion, resulting in it being subconsciously reduced in size to a cute, tiny little ball. She was proud of the tiny medical alert band that was placed around her right wrist and her subconscious processes started working in her thinner-favor. Each session was rewarding and powerful. She felt freedom from fat and from food addictions. She was empowered. She was free and had the power. She was free to run around the house from hole to hole and her friend the Fat Cat welcomed Thelma, The Thin Mouse back to play with open arms (and mouth) but Fat Cat knew better than to eat Thelma because he was fat enough, and besides he enjoyed her company and felt so alive with her. Both lived happily ever after continuously enjoying their playful 'cat and mouse' games.

CAVEAT: In strict compliance with the Ethics & Standards of our profession, always advise your clients who demonstrate symptoms of medical issues or psychological disorders to avail themselves of the best allopathic medical and psychological professional services that they can obtain. Request a written referral when warranted. Hypnotism is complementary to these traditional disciplines