

A smiling woman with long brown hair, wearing a white top, stands in a kitchen. In the foreground, there are several bowls and baskets of fresh vegetables, including leafy greens, carrots, broccoli, and tomatoes. The background shows a kitchen setting with a refrigerator and a window.

# EMOTIONAL EATING S.O.S.!

A Guidebook by Natalia Rose

## Dedication

This little book is for anyone who wishes to live and eat without feeling burdened by the body, including those who have ever purged after eating too much or withdrawn entirely from eating because they couldn't manage safe boundaries around consumption. This is for anyone who wants to understand why, despite finding success in other areas of life, they still wind up feeling powerless around food. And it's for those who wake up morning after morning and ask themselves, despairingly, *Why did I let myself do that again?*

## **Note to Reader**

Have you noticed that two major facets of our society, food and physical attractiveness, are unavoidably interdependent? Yet, in our culture, they betray each other constantly.

I put this material together in honor of those of you who have spent your lifeblood—your thoughts, your emotions, your energy, your efforts, your resources, and your time—wrestling with the conundrum of food and body image in our culture. Part nurturer, part enemy, food has been the source of great puzzlement for you. Emotional eating and poor body image have cast a dark shadow over your life for too long.

I hope that this booklet will help release you from the sticky web of these two threads that leach joy, health, and freedom from the fabric of your life experience. It is my sincerest wish that you gain clarity and freedom from this conundrum once and for all!

You are my sisters and my brothers, and I love you!

Natalia

#### 4 ~ Emotional Eating S.O.S.!

*What is this madness  
That makes my motor run  
And my legs too weak to stand  
I go from sadness  
To exhilaration  
Like a robot at your command*

—from “Automatic” by The Pointer Sisters

# Introduction

Unless we're talking about a pie-eating contest or being force-fed by an overzealous Italian mama, overeating and emotional eating are clearly synonymous. Yet strangely, as the huddled masses dig their graves with their teeth (to borrow from an old French proverb), the causes of and solutions for emotional eating are droned out by the dietary white noise of weight loss fads and fuzzy nutritional science.

Needless to say, the popular approaches to health and diet are profoundly misguided. If the very fabric of a garment were inexplicably deteriorating, would a needle and thread do any good? Not remotely! Similarly, there is no quick medical fix for reversing the deterioration of our emotional and physical structures. The illnesses and disorders that run rampant among us today call for much more than modern medicine. We cannot begin to heal until we begin with a paradigm of wholeness.

Countless victims, advocates, and beneficiaries of illness are vying for funding to find cures that remain elusive. Meanwhile, few people realize that these illnesses and disorders are not only easy to understand, but completely reversible in most cases with a completely natural, holistic approach to healing. This is true of many cases of autism, Alzheimer's, cancer, asthma, MS, IBS, and nearly everything in between.

There is an emotional and physiological auto-destruction (self-destruction) taking place that is virtually undetected by professionals and lay people alike because they were never taught how to read the telltale signs. The signs appear both emotionally and physiologically as symptoms. Physical symptoms are the body's way of telling us when we are making harmful choices. Likewise, emotional symptoms communicate when we are harming our spiritual body. When we achieve a fluency in the language of symptoms and learn to pay attention to the conversation, we can use this dialogue to guide us through life. Until then, we'll continue to create and perpetuate all kinds of obstacles in our lives—especially those related to food!

The common but catastrophic approach to disease today is to look only at symptoms and proceed to tackle them one by one. First we give it a name, a diagnosis. Then we treat the diagnosed disease with a medication that contributes toxicity to the body and causes other symptoms, but we call it a cure because it relieves the original complaint. According to modern medicine, the majority of illnesses are more or less a mystery, and once a large enough percentage of the public experiences an illness, it is considered normal.

## 6 ~ Emotional Eating S.O.S.!

In actuality, all these diagnoses are far from mysterious. They are manifestations of the same cause, simply expressing differently based on varying factors. The cause is obstruction in the organism due to inorganic substances and their by-products. How these obstructions manifest as symptoms is the only variable.

When one lives in opposition to life, the organism attempts to self-destruct. In the same way that an autoimmune disease is an event of cells attacking one another, emotional eating is also a self-destructive action—it's an autoimmune disease of the emotional body that uses the physical body and food as vehicles of expression. In both cases, they are occurring because of unnatural living.

Whether emotional or physical, all disease, at its core, is caused by living in opposition to Natural Laws. **“You cannot break the Law,” one wise teacher, Doreal, emphasized. “You can only break yourself against the Law.”** This is precisely what most of us are doing today as we manifest myriad symptoms of deterioration. If we don't make life-generating choices, we cannot expect to radiate life-generating qualities.

The autoimmune reaction of the body attacking itself is just an extreme symptom of living in opposition to Natural Laws. Today's extreme symptoms reflect the depth of physical and emotional poisoning over a long period of time—spanning not just decades, but the accumulated history of generations of people poisoning their blood and cells with gluey, acidic substances.

The preponderance of widespread autoimmune diseases (and infertility, the ultimate indicator of a species' non-viability) that we are seeing today tells us that the offenses against Nature have gone on for too long and have nested far too deeply for us to take lightly.

But are we listening? Do we understand the signs?

When we consume substances that oppose the integrity of our cellular structure, we must expect undesirable physical and emotional experiences. Are we better off continuing to live in conflict with Nature by taking more drugs and developing new symptoms?

Sure, we can continue to demand that our bodies and the natural world pretzel in Herculean maneuvers around these substances—and they will, but at a very steep price, until the substances simply break us.

## 7 ~ Emotional Eating S.O.S.!

*Or* we can choose to consume substances that work in harmony with Nature to raise us to our greatest physical and emotional potential.

Yes, of course, the latter is the preferable option. But then why are our “leaders” (government, education, corporate industry, medicine/science, and even some charities) either missing this obvious fact or deliberately ignoring it? I suspect that most of them are so programmed that they don’t actually see the obvious reality. The rest, meanwhile, are too driven by selfish, short-sighted personal agendas.

We don’t have to have a particularly high IQ to figure out how we got into this hyper-diseased state. We just need to wake up a little. There was no autism or MS or IBS (or any number of other diagnoses such as EBV, RLS, ADD, UTI, and SLV) a couple of generations ago. These are all new diagnoses, just new names of commonly perceived imbalances that serve above all to drive fear, hysteria, and fundraisers.

Let’s face it, no other species in the known history of the planet appears to have an overeating problem, much less need to be briefed on appropriate levels of consumption (of calories, nutrients, meals, and so on). Until the civilization of our species, food consumption has only ever been instinctual and uncomplicated.

So why now? Why does our species need this kind of guidance now? Because we have lost touch with our intuition around food due to utterly unnatural living. Modern cultural wiring, corporate motivation, and governmental agendas either dismiss or perhaps fail to ponder the factors that have warped our natural instincts around food—instincts that have kept us surviving, evolving, and thriving for millions of years. Why? I suppose because such considerations don’t suit them. What suits them is for the masses to espouse the bovine herd mentality that avoids personal responsibility.

**Personal responsibility is anathema to the mindless consumption of all the unnecessary products (everything from widgets to diet supplements to pharmaceuticals) that are mass-produced by corporate industry.**

In other words, the puppeteers of consumerism can only hold sway over toxic people in a toxic mindset. Clear, self-directed, aware individuals would easily see through the system and threaten its success.

What would happen if the blinders came off and everyone could see the truth about our society, its bureaucracy, and how its manipulations have kept us in a holding pattern of dissatisfaction and

## **8 ~ Emotional Eating S.O.S.!**

dependence? Would it shock us? I suspect we would be inspired to create a less self-serving and more whole-serving vision for human life. The old model would dissolve and in its place would develop the next stage of our evolution.

Illusions of wealth, success, happiness, and satisfaction would be revealed for their hollowness and would dissolve in short order. And then what? What would there be without the system's strongholds of social programming? There would be a burgeoning of creativity, individuality, and human connection, along with soaring levels of physical well-being and natural joy. Meanwhile, those who once benefited from the old system of greed and illusion, those who feared alternative ways of life, would be at a loss.

Of course, today's mainstream consumerism and the mainstream diet represent a gross deviation from our natural inclinations. Now is the time to reclaim the gift of our true physical, emotional, and spiritual natures—to rescue our precious lives from the paradigm of suffering. And the only way to do this is to educate ourselves away from the pitfalls of addiction, dissatisfaction, and limitation.

In Part I of this booklet, we will discuss how the false authorities of social conditioning have derailed us. Then in Part II, we will launch into emotional eating and how to free ourselves, individually, from its bondage.



# PART I

## The False Authority of Social Conditioning

### What the “Authorities” Won’t Tell Us

None of the government-funded research studies being done today will ever tell us about wellness. All these studies do is give us the norms for people who are already in a state of decline.

Yet, health and diet information is portrayed in a convincing manner. Images of doctors in lab coats at top universities connote advanced thinking and lend a well-established breed of credibility—a credibility that, while often warranted, is just as often completely unworthy of its power. Many of these authority figures use their credentials and god-like images to dress partial truths up to look like hard science and sell them to an unquestioning public. In their position, they can convince the public that they are using their highest scientific faculties and highest integrity, when often they are really just grasping at straws.

I prefer to use the language of what we might call “common-sense science,” which tells us that the human petri dish, once exposed to mainstream consumption, becomes a bacteria-laden cesspool rife with fermenting, putrefying matter. This creates all kinds of blockages, perpetuating all manner of physical and non-physical discomforts, poor health, and poor body image.

## 10 ~ Emotional Eating S.O.S.!

Nutrition sciences tabulate ideal caloric consumption and measure nutritional food values. This information is used formulaically for the individual in need of weight loss. Now, numerical and nutritional food values have their place. I'm not categorically dismissing their value. However, out of context, as they are presently used, they do not serve people very well, particularly not emotional overeaters. Emotional eating and its complications (the by-products that ravage the system with yeast, causing further weight gain) are the main causes of weight problems.

If you are self-soothing with starches and creamy, sugary substances, merely knowing that these substances have too much sugar and fat will burden you with a sense of shame and guilt. This is the nature of addiction: to reach again and again for a quick fix, only to end up feeling physically and emotionally worse.

**Awareness about food composition and nutritional value is indeed worthwhile, but it's not the place to begin if the problem is emotional eating. Textbook nutrition facts and diet programs are not going to solve the core issue. Diet talk is cheap in the presence of so much internal dissonance.**

But then, of course, emotions themselves are so misunderstood and mishandled in today's world, as we will discuss further in Part II. The first step is to learn how to read our emotions and what they are telling us. When we understand our emotions, they become a formidable ally, directing us and freeing us from cycles of despair.

Once understood and applied, the emotional alarm bells will quiet down and return to their watchtower. Only from this position of power can an addict hope to be stronger than the addictive substance. Try it any other way and we'll simply project our addictions onto other equally stimulating habits. All too often, that other equally stimulating habit is overeating!

If you're eating for emotional reasons, you're eating outside the context of purposeful consumption. Obviously, there are degrees to this. Almost everyone in what we call the civilized world uses food as an emotional crutch. If they are not using food, they are using cigarettes, alcohol, coffee, or some other mood-stabilizing, addictive drugs and escapist activities.

Calories, fat grams, portion sizes, and endless diet programs are constantly discussed in the media, in doctors' offices, and among friends and family. Meanwhile, it's emotional eating that really blocks

## 11 ~ Emotional Eating S.O.S.!

people from implementing dietetic improvements. Emotional eating should be at the forefront of dietary discussions.

In my experience, lasting, meaningful dietary changes don't really occur until old, self-sabotaging habits dissolve. Once you dissolve the emotional roots of the problem, watch how easy it is to make useful changes! By contrast, attempting to make dietary changes without working out the emotional kinks is almost always a futile endeavor, an uphill battle all the way.

### Socially Conditioned Eating

In order to begin to understand emotional eating, we must discuss social conditioning, which was once a very little-known term but is becoming more widely used among today's conscious youth. Social conditioning refers to the norms that we have inherited practically from birth and that are so much a part of the fabric of our culture that it can feel strange to question them. But here's what we need to understand: these norms are intimately connected with the act of emotional eating. We cannot understand the latter without fully comprehending the former.

Social conditioning at large has compromised our sanity, but *socially conditioned eating specifically* has given rise to all of our eating disorders—from relatively mild expressions to full-blown cases. If it were not for social conditioning, we would not have eating disorders. Only civilized peoples have eating disorders. But why is this so? In the answer to this question lies the solution for emotional eating.

Pondering this question in light of all my personal and professional experience, logic, and intuition has led me to the conclusion that our stress, anxiety, regret, primal childhood experiences, repressed emotions, and blocked creativity are all symptoms of our social wiring. Our way of life constricts us, limits us, and emotionally poisons us.

With all due respect to our society's merits, among them are some devastating drawbacks. I remain hopeful that we may become innovative enough to take the best of civilization and leave the rest—that which does not serve our evolving good.

In the meantime, though, the social blueprint that we are asked to accept renders us physically and emotionally handicapped. However, we are trained not to see this, so it does not often get discussed. This social blueprint does not make life more abundant, more harmonious, or more fertile. It does not create

## 12 ~ Emotional Eating S.O.S.!

a more life-generating personal and communal experience. Nonetheless we are told to accept—or rather, swallow—it without question. When we do swallow it and it turns out to be a bitter pill that makes us physically and emotionally ill, we seldom attempt to challenge it.

It's an odd social phenomenon that most of us keep trying to make the pieces of the blueprint fit when, deep down, we know they never will. That's how people are wired. In the same way that children want to believe their parents are perfect, the citizens of a community are conditioned to believe that theirs is a working model—they want to believe it. Not only that, but they want to believe that their cultural model is the *only working model*. That above all other models, theirs gets it right and is, to boot, governed by the most superior authorities in the history of humankind.

Products of the civilized world want to make the civilized world look like it works even when it doesn't. For all the various investments of time, education, and status, they want to believe it's working. Further, many suffering souls secretly feel they are the only ones for whom the system isn't working, and thus believe something must be wrong with them.

**Often by trying to make the social blueprint work, we wind up stuffing ourselves with food.** Food seems to have the remarkable effect of distracting us from our problems. The more we live in conflict with our true selves, the more we will naturally desire to disappear from the world we live in. We soon learn we can avoid these feelings of internal conflict by putting something really tasty in our mouths. The food helps us temporarily escape all that feels wrong about our life experience.

So here we are with a situation where our socially conditioned lifestyle, particularly our mainstream diet, renders us emotionally hog-tied. We have set up causes and effects that keep us in cycles of suffering. **I cannot emphasize strongly enough that in order to free ourselves of emotional eating, we must fully recognize that social conditioning has wired us according to its dictates. Only from this perception will we be able us to dissolve distortions and illusions that have been bred into us throughout the course of many generations.**

Socially conditioned eating is a lens superimposed over all our cognitive faculties. It's a way of seeing that has been programmed into us from birth. But we are so conditioned to it that it does not appear distorted. It's kind of like a deep humming or droning that goes unnoticed until it is switched off, and only then is there awareness and a sigh of relief.

### 13 ~ Emotional Eating S.O.S.!

What is more important and fundamental to quality of life than deciding what to put and what not to put into our bodies? Yet, so often we are as oblivious to the social conditioning that directs our food choices as we are to the fact that our hearts are beating. We are like programmed robots, eating specified substances at specified times. Even if you think you are aware and making healthy choices, chances are you are making programmed choices. Even what is deemed healthy is a choice that has been made for you by social forces.

We might call it the “healthy choice program.” It promotes a false sense of security by offering suggestions that sound good but simply do not result in health. It includes mainstream dietary guidelines, supplementation, flu shots and other inoculations, rice cereal for babies, large quantities of animal proteins, grain starches, dairy, water supplies contaminated with chlorine—all carrying myriad toxic chemicals deemed suitable for human consumption. These substances may not trigger immediate death or dysentery, but the accumulation of them over time will cause emotional imbalance, digestive distress, and premature death.

Millions of people adhere to strict gym workouts and diets prescribed by social health authorities. Yet they continue to suffer and depend on addictive substances. They remain quietly perplexed, off balance, struggling with the food-body conundrum in our culture. Moreover, they are far quicker to blame themselves than the authorities. It’s eerie, but the illusion, reinforced by each person who buys into it, makes it stronger than the truth.

**Overeating is always the result of emotional eating.** Imagine a set of Russian Dolls: emotional eating would be the outermost doll, the one shoveling food into her mouth. Inside that doll, you’ll find the doll of socially conditioned eating. Inside that doll, you’ll find the doll of social pressure. Inside that doll, you’ll find the doll of subconscious primal pain, formed during childhood. Inside that doll is the doll of suffering, formed from a series of grievances against Nature during the earliest stages of life. Inside that is the last doll, the one whose spirit is still alive but being smothered beneath so many layers of falsehood. She is right there at the center. This is the soul dying, the core pain.

Our true dietary home refers specifically to what the human body is actually designed to consume—the nutrient-rich substances that it can readily metabolize and assimilate in order to derive tremendous vitality. Then there is the category of largely deleterious substances that our culture has deemed appropriate for human consumption. So we have two radically conflicting dietary paradigms: the one fit

## 14 ~ Emotional Eating S.O.S.!

for human life but generally ridiculed by the public, and the culturally accepted norm that undermines human life.

After all, one would have to be crazy to challenge all the research data published in journals, all those popular programs and diets, all those new acronyms—and of course, who could forget, the FDA-approved *food pyramids*! But this is precisely the blinkered mentality that has trapped the majority of us in a paradigm of suffering.

We celebrate what we call “civilized” and dismiss the tremendous knowledge from civilizations that we consider “primitive,” in most cases destroying them. Tribal communities have much to teach us about creating and sustaining lives that work, but we have destroyed them and their knowledge—knowledge that has carried the torch for the human race for millions of years.

We are fiercely proud of our culture. We love having endless choices in our local supermarket, in car dealerships, malls—yet what have we sacrificed to have all those boxes of processed foods and irradiated fruits? What do we give up in community fellowship by living in isolated homes where mothers raise children in dire loneliness?

Is there another way—a way to embrace the unlimited creativity of the human mind and remain in harmony with the world? Yes, I believe we have the innovation and humanity within us to meet this lofty but essential task. Some intrepid souls are already finding solutions. Perhaps you will join the effort.

But first, we must understand that the paradigm of suffering that we’ve all inherited is fueled by money and power, and that most mass-produced products and socially rooted ideologies are not remotely for our highest good. I’d like to believe that corporations and government leaders have our best interests in mind, but they do not! Even the honest few who have noble intentions are usually just as programmed and blind as the rest of the public, and don’t even know that their system doesn’t work. They only know how to perpetuate the problem, not fix it.

## Food, Money, Image

Modern life is making everyone physically sick and debilitating a growing majority of people with emotional turmoil that’s causing all kinds of bizarre behavior around food. But there must be a way to

## 15 ~ Emotional Eating S.O.S.!

cultivate the highest expressions of civilization, of art and science and cultural fulfillment, without perpetuating this senseless suffering—all the fears around food, money, and image.

These three key factors—food, money, and image—have become agents of corporate greed. Above all, money drives the decisions that drive up the production of food products that harm the body and mind. Then, as if that weren't madness enough, mainstream consumers, unconscious of where their food comes from or what it does to their bodies, constantly obsess over their physical appearance. A curious cycle indeed!

The idols of food, money, and image have transformed structurally poor but formerly benign nutritional ideas passed from the last few centuries into the monstrosity of lethal norms around food consumption that we see today. Today's big business of food and the public's addiction to its unnatural products have wreaked havoc with our health at every conceivable level!

Blindly following the authority figures has gotten us into this mess. Opening our eyes and determining truth from fiction is the only path that will get us out. The good news is that many of us are awakening to the scary realities of the mainstream diet . . . but then, so are the authorities. The problem is that they are not really trying to fix anything. Rather, they are merely cranking out countless soy, dairy, animal protein, and grain products—and marketing them aggressively as “health foods.”

Corporations, governments, and medical institutions have our trust. They have our business. They have our gratitude! What do we have? Do we have the power of reflection? Can we ask the necessary questions? Are we afraid of offending someone if we do? Are we afraid we might look silly if we start living differently? Are we afraid of being wrong? Corporations and governments do a good job of making us fearful. But do their ideas make us well? Do their products and services prevent suffering or cause it? What is their motivation?

The authorities are getting away with systematic destruction. They are thriving while cases of autoimmune disease and infertility keep multiplying. We have reached the point where even the blind should be able to see what is going on. To not see it now is either to run from personal responsibility or to be too scared to face the truth. The fact is, taking personal responsibility for what you eat and how you live is much less scary than continuing along the path of insanity and self-destruction. But, as with anything in our culture, the choice is always ours, and the desire to change has to come from within.

## Human Food v. Mass-Produced Food

Here's something you might not have expected: most of what we consume is not even human food. Most people are shocked to learn that things like chicken, flour, beans (and, egad, soy beans!) and cow milk—not to mention all the packaged, processed items made from these foods and chemical additives—are not even remotely human food. That's right, the human body does not recognize these substances as health-generating substances.

Mindless consumption is the norm in our mainstream culture. And when we choose to eat something other than the absolute worst junk food, we give ourselves a big pat on the back. However, judging the value of food relative to the most common denominator will never generate health in the human body. Quite the opposite.

These mass-produced foods—including those deemed healthy by doctors, nutritionists, government health agencies, schools, and parents—are not adequately metabolized by our bodies. They enter fully but they do not leave fully. What happens when we put things in that do not go out? That's right, obstructions develop, creating material impediments to the proper flow and functioning of the body. All systems of the body, from intercellular communications to respiration, circulation, and digestion, become compromised.

A substance that cannot be broken down properly by an organism should not be placed in that organism. It will not provide sustenance. It is not health-generating, but health-deteriorating. This is common sense!

This does not mean that we are going to croak if we eat some of these things. Sure, we can eat them. We can eat candy corn, Milk Duds, and sports bars too; we can drink sodas and milkshakes; we can wolf down burgers, fries, and caramel popcorn. But just because it does not send us into anaphylactic shock upon swallowing does not mean it's human food.

Our bodies are incredibly adaptable; they are amazing at defending against foreign substances, at finding places to hold the excess residue from these foods. This is why the human species is still around. If we were so delicate that we disintegrated upon the ingestion of one harmful substance or another, we



## 17 ~ Emotional Eating S.O.S.!

wouldn't have survived as a species. However, just because it doesn't kill us upon consumption doesn't mean it's right for us, or that it won't accumulate, weigh us down, and kill us slowly over time.

What I call human food is fully metabolized by the body. It enters the alimentary canal, is digested, assimilated for necessary nutrients and energy, and then its residue is *fully eliminated*.

### I say “Metabolization”/ You say “Metabolism”

A quick aside: Let's establish something fundamental about the “metabolism” that everyone talks so much about: there is not a single doctor in the world who can point to your metabolism. You don't have a metabolism per se. What you do have is a body comprised of cells, tissues, and organs that process substances. What the cells, the digestive system, and other vital organs support is what I prefer to call “metabolization”: the act of ingestion, absorption, assimilation, and elimination. Metabolization is an active process, not a static noun!

An intestinally and cellularly clean body can ingest human food seamlessly and fully, leaving nothing behind but energy. There are only a few categories of substances that offer this kind of seamless metabolization upon ingestion: namely, water-containing plant foods—meaning raw, unadulterated fruits and vegetables, young coconuts, and mother's milk for babies. That's it. All other foods, to varying degrees, leave waste behind in the body and are therefore impure human foods.

However, less pure foods still play an important role in a transitional diet. For example, fish, while not a purely human food, will leave less residue behind in the body than Milk Duds. Fish is a biochemically organic substance comprised of water and amino acids that the body can recognize, whereas Milk Duds are caramel coloring, pasteurized dairy, refined sugar, and a whole bunch of other completely foreign substances that the body cannot compute.

So I am not saying that everything that is not a purely human food gets lumped into the same category. Of course not! There are many foods that, while not perfectly pure like water-containing fruits and veggies, are nevertheless safe to consume and, furthermore, given our current physiology, actually recommended. (I explain the reasons for this in detail in my books.)

In order to free ourselves from the trap of social conditioning, and of emotional eating, we need to rediscover who we really are. Our social conditioning takes the beauty and brilliance of our organic

## 18 ~ Emotional Eating S.O.S.!

workings and renders us more artificial, less our true selves, more a product of a social illusion built on ideologies that do not serve our short- or long-term viability.

We've seen this in the context of the physical body. Those of you who have read my books understand the logic behind detoxification. When waste and its by-products are festering inside your body, your system becomes a cesspool of yeast, carbonic gas, putrefactive and fermenting debris—the body not only gains excess weight, but ultimately decomposes from within due to the chemical reactions and proliferation of these substances.

Under such conditions, the human organism cannot regenerate or remain as strong as it was designed to be. However, if we remove the harbingers of decomposition—voila!—we have a flawlessly functioning, clean, lean, and happy organism!

## The Alternative to Social Conditioning

If you do not think the world is a beautiful place or that your life is not special, it's a sure sign that agents of mass hypnosis have corrupted aspects of your being. Once you detoxify, you will see the world and yourself as remarkable. So many people come to me hating their bodies and cursing their images in the mirror. But after a good deal of detoxing, their old corrupted bodies and mindsets melt away and their beautiful selves emerge—and they love it. Life is infinitely more beautiful in a clean body and a clear mind!

The process of physical, mental, and emotional detoxification frees us to be who we really are. However, consider yourselves warned: the process of releasing all that toxicity is anything but smooth sailing!

If you are reading this and thinking *that rings true*, this means you are still awake enough to know that the socially conditioned programs are undermining you. Just feeling that inner nod is like having the wind at your back propelling you toward truth, which is all you need to begin the journey of recovery.

Our world of suffering is not a natural expression of human life, but rather a serious aberration of modernity. Our society spits out suffering like baseballs from a pitching machine in a batting cage—faster and more brutally than we can handle. We are spinning in cycles of sickness, debt, depression, loneliness, psychosis, and countless forms of physical and social pain. Yet, our defective social system is

## 19 ~ Emotional Eating S.O.S.!

continually reinforced with each new elected official, each purchase of artificial food, each parent who raises his or her child in front of the TV screen.

Many well-intentioned individuals come along to try to introduce new programs to make things better. If you think about it, many socialist and communist revolutions we've seen throughout history were attempts at remedying a dysfunctional blueprint. But none of them have worked.

**I'm not suggesting that we need anarchy or revolution. I'm saying we need evolution. We need a new vision of wholeness.** Interconnectedness is what makes every organism thrive—whether we're talking about a body, a garden, or a rainforest. All healthy systems thrive on interdependence, with all parts serving the whole. We cannot achieve this with another toxic program or another pill. We need to ask ourselves: *How did things get this way, and what do we need to change in order to make the body whole and sustainable again?*

Anything short of a vision rooted in wholeness, in regenerating functionality for the entire system, is shortsighted. But it requires mavericks who are willing to pull back the curtain on all the rubbish that has been shoved aside. And what better place to begin than with ourselves?

How many of us follow the path of least resistance to jobs we hate, to meals that sicken us, to relationships that reinforce our toxic lifestyles, to popular messages that keep us feeling inferior in every way? Social conditioning creates a daily experience that renders us dissatisfied, yet for various reasons we surrender to and cannot see past it.

If you haven't already done so, I recommend sitting with this concept of social conditioning for a few days or weeks, witnessing your life patterns, your family, your friends, your job, the media, and your larger community to see just how programmed we all are. At first you might resist and resent what you see, especially if you take social mores very seriously and have invested a great deal in labels, titles, status, and wealth at the expense of personal responsibility and fulfillment.

Allow yourself to feel the shock of recognition, cry your tears, sit with your discoveries for as long as you need to and question them as much as you like. But then follow your intuition. If you let it, your intuition will lead you to your freer, more empowered self. Among other things, it will help you to overcome the scourge of emotional eating.

## 20 ~ Emotional Eating S.O.S.!

It may take you a few weeks or a few months before you can move forward. While it's true that in the eleventh hour it would behoove us all to awaken and fix things rapidly, we cannot force it—that would only make us backfire. The power of awakening to our social conditionings must come from within the individual, not from some outside pressure or trend.

So, now that we understand social conditioning, we can see its role in our eating patterns. The voices of our doctors, teachers, parents, friends, television commercials, newscasts, and countless other authorities have cemented into us an ideology around food—what to eat, what's considered healthy, what's considered desirable, what to eat socially, what to snack on after school, what to eat when studying for finals, what to eat when watching a ball game, when gathering for the holidays, when sad over a broken heart, when on an airplane, on a date, in a theater. Society has also taught us exactly what time to eat our meals, what to drink with them, and even which supplements and super-foods to add.

**But that's not all. Society has also told us how much to eat, how much is too much—all while pressing on us heaps of the most processed, acidic, addictive substances known to mankind. And then, to add insult to injury, society has told us exactly how we should look, holding us to standards of beauty that we could not possibly achieve on this diet.**

My friends, no other species in history eats according to a clock or from a package, or chooses their food based on the numbers on a label or the persuasive powers of a commercial! Can you imagine a bunch of bunnies huddled around a TV screen determining what to eat after watching an ad for Mr. McGregor's carrot chips—or buying into the olestra version? Yes, in our culture, we'd rather consume indigestible fats and have gas and diarrhea than go without our potato chips! Olestra is right up there with saccharine, margarine, and fat-free milk products—marketed as healthful to the addicted, hypnotized masses. *This is your brain on social conditioning!*

So here we are, laden with a whole system of cemented lies and illusions. It's time to dismantle and toss out nearly everything we've been told about how to eat and care for the body, even if it means being ridiculed or rejected by the herd. Of course, this is not a very inviting option—even for the renegade nonconformist.

I fully empathize with this dilemma. I've been there myself. But, if you're up for the challenge, you'll soon find that all that intimidation from mainstream society is just smoke and mirrors. Yes, you'll get

## **21 ~ Emotional Eating S.O.S.!**

some grief from the tribe, but it will die down once they know you're serious and they see your life is seriously improving. Once your tribe picks up on your inner joy and liberation, they'll start huddling around you for the right reasons, and you'll find yourself smack dab on the right side of change.

This concludes our focus on social conditioning.

**Stay tuned for Part II: Emotional Eating: Causes and Solutions, coming soon...**