

The Lemons, Lemonade & Life Approach to
Healing Emotional Eating

A 45-Day Process

Janet D. Thomas



© 2013 by Janet D. Thomas



Healing Soldier Publishing
13351D Riverside Drive #518
Sherman Oaks, CA 91423
www.healingsoldierpublishing.com

All rights reserved. No part of this book may be reproduced by any mechanical, photographic, or electronic process, or in the form of an audio recording, nor may it be stored in a retrieval system, transmitted, or otherwise be copied for public or private use, other than for "fair use" as brief quotations embodied in articles and reviews, without prior written consent of the publisher.

This book shares tools that the author used personally in her quest for emotional well-being, and is intended to educate and entertain. It is not intended to explain, identify or diagnose any condition, medical or otherwise, nor is it intended to replace professional psychological or medical attention, if needed. Always consult a qualified medical professional before beginning any nutritional program or exercise program. Never disregard professional medical advice or delay in seeking it because of something you have read herein. Although the author and publisher have made every effort to ensure the accuracy and completeness of information contained in this book, we assume no responsibility for errors, inaccuracies, omissions, or any inconsistency herein. The author and publisher shall have neither liability nor responsibility to any person with respect to any loss or damage caused, or alleged to have been caused, directly or indirectly, by the information contained in this book. If you do not wish to be bound by the above, you may return this book to the publisher for a full refund.

Printed in the United States of America

Library of Congress Control Number: 2013908558

ISBN: 978-0-9840264-8-7

Book Cover & Interior Design: Ghislain Viau

Editor: Robin Quinn

Polish: Mary Ellen Woods-Iler

SET

JUST TODAY, JANET'S WAY (You will develop your own!)

This is the most important aspect of your process: JUST TODAY.

Here's how mine worked: At my heaviest, I weighed 250 pounds. Also, at that time, I was FORTIFIED, ENERGIZED, AND OPTIMIZED on the inside, having healed emotionally. I had gotten to the point where I wanted my body to reflect my newfound internal joy. I also told myself the truth about the direction I was heading in if I continued to gain weight. I faced heart disease, diabetes, high blood pressure, and other physical ailments, and that SCARED ME. I didn't want my future to look like that. I also thought about my son having children someday and me not being able to keep up with them. And that scared me, too! The positive wishes I was able to identify were things like: "I want to feel healthy and invigorated in my later years," and "I want to be an active grandmother, should I have grandchildren!"

Even with my "whys" in place, the idea of losing so much weight felt like too daunting of a mountain to climb. And I said to myself (lovingly and gently, ala *Lemons, Lemonade & Life*), "I hear you. That's a lot of weight to lose, and it IS overwhelming to think about it. But, Sweetie, your dream is in place. You know what you want. You can FEEL it. So why don't you just focus on TODAY? Every morning when you wake up, align with your dream... align with your "whys." Then get up and, just today, do what you intend to do eating-wise and exercise-wise. JUST TODAY. You can handle that."

And that's what I did. The next morning when I woke up, I immediately got up and did 30 minutes of very gentle exercise with a low-impact, beginning workout. I didn't focus on my eating at first, just moving my body (again, this is just my way; yours might be different). And with each successful "just today" — when I did what I wanted to when it came to moving my body first thing in the morning — I started feeling better, and my clothes actually started slowly loosening up!

After a while, the "just today's" of successfully moving my body were already stacking up. I then decided to make an adjustment in my eating because I wanted to supplement the consistent good work I was doing in my physical activity. So I started cutting down on my sugar intake by carving out candy and sodas from my food selections. Then, in time, as my clothes started to get looser and looser, I made other small and steady adjustments. I didn't force myself to make adjustments that

I didn't want to make, because for me it would have been self-sabotaging. I just continued along in this way, making small dietary changes (e.g., eating less bread and more vegetables, etc.), and as my successful days translated into feeling better and better in looser fitting clothes, I lost 85 pounds over a one-year period. Physical activity was the foundation on which I built my success!

Although I had lost 40, 60, 80 pounds in the past (and, over and over again, actually), I always put it back on. But after successfully healing my emotional eating, I have kept the vast majority of my "just today" weight loss off, and I continue to do things, just today, that are life-affirming to me. And I've been stable like that for over ten years now... and the springboard was healing emotionally FIRST!

I wish you SUCCESS that comes in ways that are meaningful TO YOU. Gone will be the days of having four sets of clothes sizes in your closet. Gone will be the days of being self-conscious about your body. Gone will be the days of self-critical inner chatter. Gone will be the days of the crux of your hope riding on the concept of "tomorrow." Here is your healing, to have and to hold, forever!

Are you ready? Let's...

GO!

This is your unique 45-day preparation so that you can learn to respond to your emotions differently BEFORE incorporating adjustments in your eating. This 45-day process assumes that you are committed to handling your emotional eating once and for all, and that you have yet to make any dietary or exercise adjustments. That's how I did it. However, if you are already on your way with respect to dietary and/or exercise adjustments, ROCK ON, BABY!!! The 45-day program works for that type of situation, too!

The first thing you will do is to set ONE goal for first thing every morning when you wake up. And here it is: *As soon as you are awake, smile, take in a deep breath, and let it out with an "ahhhhh" sound. That's it!* Here's the deal. By setting this one goal AND MEETING IT, your day is already off to a spectacular start. You are already in the "plus" column for the day! Here is a "JUST TODAY" where you easily meet your goal. BRAVA! And that sets up the momentum to establish and meet other daily goals!

Here is your next "JUST TODAY." GET MOVING! Even if it is just tapping your index finger on the arm of the couch. Or if you're bedridden, tap your index finger on

the mattress, or wiggle your toes. Or move that leg. If you can move, take one step. Whatever is appropriate FOR YOU. It's all about you! Or go outside. Walk around the block. Go to the gym if that's your way to get moving. Stay within your own comfort zone, NOT ANYONE ELSE'S!!! Rather than criticize yourself, get back into your body and look at your life from your OWN eyes. Stay in your own skin! GIVE YOURSELF OPTIONS on how you will get moving, just today. As for me? I do a cardio workout, or I dance, or I tap my index finger.

Have your copy of *Lemons, Lemonade & Life* poised and ready to go. These next 45 days are about your emotions, NOT your eating! It is about your own self-discovery, and finding alternative ways to respond to your emotions without turning to the fridge. Healing emotional eating with the *Lemons, Lemonade & Life* approach is about learning how to respect and have a true regard for yourself FIRST, on the inside, and from there, you will experience amazing shifts in your physical reality. It is igniting your life by looking at things from a totally different perspective. And your NEW PERSPECTIVE will enable you to respond to healing emotional eating which will, in turn, allow you to stabilize your weight once and for all!

Now — this is MOST important — honor your own timing! *Lemons, Lemonade & Life* is chock-full of amazing and life-transforming stuff. You may need more time (than the 45 days) to absorb the information and do the exercises. *Don't feel obligated to stick to the daily schedule as outlined here! I have also included a blank space for the date, so that you can also keep track of it that way. Take it at your own pace and honor your own timing. Now, the program will be perfect for you!* For example, your Day 1 may take more than one day to understand and incorporate. You may do Day 1, re-read the material, and think about it for several days. Don't be in a rush with it. The more patient you are with yourself and your process, the more you will find yourself smiling on the inside in profound ways you may not have known were available to you... but they ARE available to you and they belong to you!

Consider that you have your own answers. The wisdom and magic live within you, and you are re-awakening to it every moment! Therefore, only take what information you can use and discard the rest. This is YOUR unique journey and trust that you have and will have all that you need to manifest your intentions.

Take a deep breath, shake those hands, let out a big “WHOOOP WHOOP!” and let's begin!

