

Women's Community Counsellor
Inspiring and Empowering You To Become Even More Fabulous
Published by Esther Kane, MSW (<http://www.estherkane.com>)

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Welcome

Fall is gently drawing us into her crisp, cool, sunny, and magical grace. Time to get out the heavy sweaters, bake some root vegetables, and find a good book to curl up with at night...

Featured Article: Getting Off The Diet Roller Coaster

I am thrilled to announce that after slogging away through the hot and sweaty months of summer and wondering if I had (gasp!) become a "workaholic", I have produced a Six-Week Workshop Series for Women called, *"Making Peace with Food and Our Bodies"*. The material I present in the workshops is the culmination of 15+ years of research, personal experience and professional therapeutic implementation of what I have found to be the most 'tried and true' theories and methods to help women let go of problematic relationships with food and body image. By sharing all that I have learned about recovering from disordered eating, I have witnessed thousands of women permanently let go of self-destructive patterns and behaviors, and completely transform their relationships to food, weight, and body image.

After many requests for making this knowledge public and more acceptable to the masses, I have finally sat down, sorted through countless binders and folders, and racked my brain to come up with the best workshop series/program I could to help as many women as possible to make peace with food and their bodies. And I must say, I am very proud of the results and feel confident that anyone who uses this series/program will be more than satisfied with the results.

For those of you who live on Vancouver Island, see the “Upcoming Workshops” section in this e-zine and sign up to attend all six workshops led by yours truly in Courtenay. I will be offering this series twice a year- once in the fall and once in the spring. Spaces will be limited and should fill up fast, so you should register early or sign yourself up for the following workshop.

For those of you who live elsewhere, do not despair! I will also be making the entire series available on a 6-CD program which will be for sale on my website in the upcoming months. As well, I plan on making the material into a self-help workbook in the not-too-distant future for those of you who prefer that format. Check my website regularly for details!

For this e-zine, I'd like to give you a little taste of the first workshop, “Why Diets Don't Work”. In my work as a woman-centred psychotherapist, I have found that the habit of dieting is at the root of all women's dysfunctional relationships with eating. The fact is that we live in a society that is obsessed with thinness and surveys have found that *one out of every two* women are on a diet and that the majority of women *fear becoming fat more than they fear dying*.

Also, diets simply don't work. Countless research studies over the years have shown that over the long run, 95% of dieters regain the weight they lost PLUS MORE. Many women get fatter, so they diet again, with similar poor results. This is called *diet cycling* and can lead to obesity. Dieting usually starts out harmlessly, but often turns into a full-blown eating disorder. One of my life's goals is to put the diet industry out of business. But one must start with humble beginnings...

I'd like to leave you with some helpful information about what “Normal Eating” looks and feels like. I have found that so many of us have dieted for so long, that we often lose touch with how to eat like a normal, sane person.

So here are...

Ten Tips To Eating Normally:

1. Eating something at least 3 times a day

This is the proverbial breakfast, lunch, and dinner routine. Guess what? It works! Most women trying to lose weight skip a meal or two a day and this ends up biting them in the butt (or wherever else you gain weight!). Eating regular meals keeps your blood sugar stable, which means your moods will be even, and also stops you from storing fat (which happens when you skip meals and put your body on “starvation” mode).

2. Eating more than you feel you need to eat on some occasions (overeating)

Yes, I'm actually saying it's okay to pig out on Thanksgiving once a year! Here's some news- normal eaters occasionally overindulge with no serious aftereffects (minus some abdominal discomfort perhaps).

3. Eating less than you need on other occasions (undereating)

Normal eaters also sometimes undereat. This is common when you're served a meal of your not-so-favourite foods or if you're a vegetarian like me and someone serves you a plate of JUST VEGETABLES (I'm not making this up!). It's okay- you won't starve to death. There's always another meal ahead...

4. Eating more of the foods that you enjoy the taste of, when you choose to

"What?!" you scream...you got it- you don't have to choke down wheatgrass (just the thought of that dark green smelly liquid makes my stomach do flips) or turnips just because they're "good for you". You'll feel more satisfied if you eat more of what you enjoy and less of what you don't. And those foods don't always have to be unhealthy. I mean, who doesn't love a good mango?

5. Eating less of the foods you like, as you know you can eat them in the future

This one indicates that yes, chocolate can be one of your "food groups", only in moderation. It's an amazing thing how when we stop forbidding ourselves something, the less sexy and enticing it becomes. Here's something to try: Buy a stack of one of the foods you like but forbid yourself to eat, and keep it around the house and allow yourself a little bit each day. See what happens...

6. Eating or not eating on occasion because you feel unhappy, "bad" or tense

One thing I've learned is to not eat when I'm really upset about something and feeling overly emotional. Research shows that we literally don't digest food when we eat it in such a state. Wait for the emotion to pass and then dig in. You'll feel a whole lot better.

Equally, allow yourself to splurge on occasion on something decadent or comforting because you're in the "dumps". I say if it's good enough for the folks on Friends, it's good enough for the rest of us!

7. Eating both "good" and "bad" foods; i.e., a variety of foods, without feeling guilty

Food is neither "good" nor "bad"- its just "food". Unfortunately, we humans go around judging everything and giving things labels that often interfere with finding peace in life. Try not to label foods this way and see what happens. I promise the sky won't fall on your head.

8. Eating in a flexible way so that it doesn't interfere with your work, study, or social life

If you find yourself declining an invitation to go and see a movie you really want to see with a friend because it's "dinner time", you may need to loosen up a bit. Eating and nutrition are important, but so is living a full, exciting, and peaceful life. One of the major features of an eating disorder is isolation from friends, family and community. Make sure that being connected to others comes before your eating plan.

9. Eating sufficient food and a variety of foods, often enough to prevent a desire to binge-eat

This means no skipping meals or snacks! Also, it helps to let go of "forbidden" and "acceptable" food categories in your mind. When you allow yourself to eat a decent amount at each meal, and choose from a wide variety of foods to nourish yourself, you'll decrease the habit of overeating or "binge eating".

10. Eating, when out socially, in a similar manner to the other people in the group

I always say to my clients who want to learn to eat normally, "Study people who don't have serious food issues and do what they do". I, myself, am always full of wonder and amazement when I watch people in this category feed their bodies. They tend to eat regular meals and a wide variety of foods and also don't prevent themselves from eating certain foods. They tend to see food as one of life's many pleasures and as "fuel" to keep their bodies going. We can learn a lot from these mysterious beings!

I hope these tips help you in your quest to getting off the dreaded Diet Roller Coaster and help you begin to adopt a sane and balanced approach to eating. Best of luck!

Upcoming Workshops

**Making Peace with Food and Our Bodies:
A Six-Week Workshop Series for Women**

FREE Introductory Workshop!

Limited Seating Available. Pre-registration only!

You can pre-register [below](#) or call 338-1800

Location: Courtenay
Date: Wednesday, September 19, 2007
Time: 7:30-9:00pm
Venue: 6-145 19th St., Courtenay (just below Cliffe)

By attending all six workshops, I can help you to:

- **Stop dieting forever** and instead, adopt a sane, balanced approach to food and eating
- **Come to accept and love yourself exactly as you are;** no matter what shape or size you happen to be
- **Let go of food and weight preoccupation forever** so that you can focus your energies on the exciting and fulfilling things you want to do instead

Each of these informative, fun, and life-changing workshops will cover a different aspect of healing from problematic relationships with food and body image. In the six weeks, you will learn:

- **Why Diets Don't Work**
- **How to Practise Mindful Eating**
- **How to improve your mood without food**
- **The gentle art of meditation and deep relaxation**
- **How to Change Your Thinking about How You See and Treat Food and Your Body**
- **How to Transform Self-Hatred into Self-Love and Appreciation for the gift that is your body**

Location: Courtenay
Date: Wednesdays Oct. 10, 17, 24, 31 and Nov. 7 and 14, 2007
Time: 7:30-9:30 p.m
Venue: 6-145 19th St., Courtenay (just below Cliffe)
Tuition: \$250 + GST (after October 1, 2007)

Early Bird Special- \$225 +GST (until September 30, 2007)

To register for “*Making Peace with Food and Our Bodies: A Six-Week Workshop Series for Women*”, please go to my website: www.estherkane.com and click on “workshops” page. Follow instructions there to sign up.

About Esther Kane, MSW, Registered Clinical Counsellor

Esther Kane, MSW, Registered Clinical Counsellor, is in full-time private practise as a psychotherapist in Courtenay, B.C. Esther has over a decade of experience counselling women and their loved ones with a multitude of presenting problems. Her main focus is helping women to become free of barriers which keep them stuck so that they can become all that they dream of being.

To book a session or to set up a free 15-minute phone consultation (**only if you reside in the Comox Valley or surrounding areas**), call Esther at (250) 338-1800.

To learn more about Esther's services, please visit her website and read glowing testimonials from many satisfied clients, <http://www.estherkane.com>

Please note: due to the high volume of e-mails received, Esther only replies to potential therapy clients and the media.

Books by Esther

"WHAT YOUR MAMA CAN'T OR WON'T TEACH YOU: GROWN WOMEN'S STORIES OF THEIR TEEN YEARS"

"Esther Kane, MSW, RCC, has collected a delightful set of stories in her book, "What Your Mama Can't or *Won't* Teach You: Grown Women's Stories of Their Teen Years." The voices of 20 women are interweaved with each other to create a conversation-like book of women talking about their early struggles. The issues discussed are diverse and cover so many things that affected the way they grew into adults. Their insight back into what shaped them the most is sometimes funny, other times heartbreaking and often poignant. Esther interviewed these women on topics that she asked her teen clients they would most like to read about. What amassed is wisdom from a generation of women who survived and are willing to share their experiences to the youth of today."

- Lori Henry, Eating Disorders Writer, Suite101.com

To find out more about the book, go to:

<http://www.guidebooktowomanhood.com>

"DUMP THAT CHUMP: A Ten-step plan for ending bad relationships and attracting the fabulous partner you deserve"

"This is a well written and easy to follow guide for all women that struggle to find that

perfect match for a lifetime relationship. The information you will gain will help strengthen your understanding in how very important positive self-talk is: it will strengthen your ability to not repeat wrong decisions in regards to relationship choices. It will also show you how that phrase, "settling", is not and should not be acceptable to you. You will learn that settling for someone or something eventually drowns your own ideas of what you deserve in life as far as a partner is concerned. People choose to settle because it is safer, more predictable, easier to control and a lot less challenging than actually striving for more.

The author uses this very powerful phrase to help you look at the core of your bad decisions, "What You Expect Is What You Get". If you expect nothing then you will get nothing. DTC will also teach you how to retrain your mind so that you can get to know yourself through positive self-acceptance. To know and understand who you are is a definite key in helping you to make the correct choice in relationships. Lets face it, no one wants to be stuck in a bad relationship. Womensselfesteem.com highly recommends, "Dump That Chump" as a very good source book in opening your eyes to the many reasons that we end up in failed relationships!"

-Review by Dorothy of Womensselfesteem.com

To find out more about the book, go to:

<http://www.dumpthatchump.com>

Archives

To view previous editions of Women's Community Counsellor, visit
http://www.estherkane.com/free_stuff.htm

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