

JUMPSTART!

10 quick
WEIGHT-LOSS TIPS



WHOLE PERSON
INTEGRATIVE EATING®

DEBORAH KESTEN

HOW THE WEIGHT-LOSS TIPS WORK



GREETINGS!

I am Deborah Kesten, Founder of Whole Person Integrative Eating®.

I am excited about the weight-loss tips that can “jumpstart” you on transforming your relationship with food and eating and in turn help you lose weight.

Many of the tips are based on the emerging new field of overeating research, which includes my studies on the Whole Person Integrative Eating® *dietary lifestyle*. Our research shows, for the first time, it may be possible to overcome overeating, overweight, and obesity by nourishing yourself **physically, emotionally, spiritually,** and **socially** each time you eat. Our scientifically sound Whole Person Integrative Eating® program shows you how!

To begin, choose one, two, or more tips, based on those that resonate with you. Consider the tips to be a lighthouse, the start of a way of eating that nourishes you multidimensionally...for life.

Wishing you a wonderful Whole Person Integrative Eating® journey...

— DEBORAH KESTEN

Founder, Whole Person Integrative Eating

“ Whole Person Integrative Eating reveals newly discovered insights into the root causes of overeating and obesity. And steps you can take to overcome overeating and lose weight. ”

— Deborah Kesten

INTRODUCTION

JUMPSTART!

10 QUICK WEIGHT-LOSS TIPS

If you've ever lost and then regained weight, what's the best way to stop overeating and keep weight off for good?

Rather than starting yet another diet, try tasting, really tasting your food—or meditating for a moment before eating. In other words, think outside the diet.

Welcome to the wonderful world of overeating research!

Our latest research on Whole Person Integrative Eating (WPIE) reveals newly discovered insights into the *underlying* causes of overeating and obesity. Our original research unlocks some truly remarkable ways to attain and maintain weight loss.

Want to reap the rewards? Here are 10 tips—from our research and that of others—that could help you overcome overeating and reduce odds of being overweight or obese.



1. Choose Chocolate.

The photo of a woman savoring some chocolate might remind you of something you'd like to overeat—but don't write off chocolate just yet as a (heavenly) food that could help you lose weight (yes, you read that right). In a study published in *Archives of Internal Medicine*, researchers showed that it's possible to eat chocolate and weigh less if you choose the right *kind*—a cocoa content that's 70% or higher, and the right amount—an ounce a day, about the size of a credit card. (Sorry, but more isn't better 'cause if you overeat chocolate, the calorie-count climbs too high to reap the rewards.) The secret to chocolate's metabolic mystery? The antioxidant *epicatechin*, which revs up your metabolism.



2. Feed Your Senses.

Here's your excuse to buy that favorite gourmet olive oil you've sniffed in one of those fancy olive-oil boutiques. Scientists in Germany have linked an aroma—specifically, the scent of olive oil—to eating and weighing less. Somehow, the scent of olive oil led research participants to feel satiated sooner than those in the canola-oil scented group. And it gets better: those in the olive-oil group lost weight, while the canola-oil folks gained weight. Can “sense-filled” dining really up your odds of eating less? Yes, according to my research on Whole Person Integrative Eating, Sensory Disregard is one of the 7 overeating styles we identified. To find out if aroma is a stay-slim tool that works for you, try your own experiment with scent-sory olive oil and other scintillating scents.



3. Nix Night Eating.

Call it nighttime hunger, nocturnal eating, or night eating syndrome (NES). Regardless of what it's called, if you do a lot of overeating after you've had dinner or well into the wee small hours, it's a triple weight-gain whammy! Researchers at the University of Pennsylvania reveal why: (1) your metabolic rate and digestion slow down at night; (2) consuming a lot of food at night wreaks havoc with hormones that control appetite; (3) and eating when your body is meant to relax and restore itself busts your body's built-in biological clock. The takeaway: Simply put, human beings aren't meant to eat a lot in the evening hours. It's a formula for gaining weight and making it hard to lose weight.



4. Dine by Design.

When you eat in *emotionally* (think eating while surrounded with angry people) and *aesthetically* (visualize eating in your car in a traffic jam) unpleasant surroundings, my Whole Person Integrative Eating® research revealed you're more likely to overeat. We call this overeating style Unappetizing Atmosphere. So think about the environment in which you'll be eating ahead of time. As often as possible, each time you eat, design a pleasing dining experience by creating an emotional and physical atmosphere that's as pleasant as possible.

Which leads to...



5. Pay Attention to How You Feel.

Emotional eating—turning to food to soothe negative emotions or out-of-control food cravings—is the #1 predictor of overeating and weight gain, according to my Whole Person Integrative Eating® research. To get control, try this: First, commit to getting in touch with your feelings before, during, and after eating. Next, make a conscious choice to eat when your emotions are balanced—not negative. Then recognize that one of the best reasons for eating is a healthy appetite, meaning, don't let yourself get too hungry. The bottom line: Commit to eating for pleasure, with a healthy desire for food, and experience feel-good emotions when you eat and enjoy!



6. Eat with Others.

A famous study that began in the early 1960s in the small town of Roseto, Pennsylvania, explores the influence of human relationships and social support on the metabolism of high-fat, high-cholesterol, calorie-dense foods. Amazingly, this study suggests that when social support is present in our lives, especially when we eat, what we eat is somehow metabolized differently—so much so that it can keep you from getting sick. My more recent research on overeating revealed that eating alone more often than not—what I call Solo Dining—is yet another “new normal” eating style that strongly increases the odds of overeating. When it’s time to eat a meal, invite others to join you. Share mealtimes with friends, family, or coworkers as often as possible. Or if you have a pet, consider eating at the same time as your furry friend!



7. Don't Diet.

Although dieting, judging food as “good” or “bad,” and thinking a lot about the “best” way to eat may not seem to have much in common, they are all characteristics of the overeating style I describe as Food Fretting. If you see yourself in the food-fretter scenario, you’re at increased odds of overeating and weight gain. To get off the food-fretting treadmill, first and foremost, stop dieting. Instead, perceive food and eating as one of life’s greatest pleasures, and choose Integrative Eating as your most-of-the-time dietary lifestyle. Choose wisely (see “Get Fresh,” below) and enjoy.



8. Get Fresh.

If your most-of-the-time way of eating is, say, a donut and coffee for breakfast; a burger, fries, and coke for lunch; pizza for dinner; and chips as a snack, my research on Whole Person Integrative Eating suggests that Fast Foodism is your main overeating style. If a diet of mostly fast and processed foods is typical for you, consider getting in touch with your inner fresh-food fairy. You can do this by replacing sugar-, fat-, and salt-laden foodish foods—ingredients that can amp up your “overeating engine”—with more fresh fruits, veggies, whole grains, beans, and nuts and seeds, and lean, free-range, chemical-free animal foods. Worth a try, don’t you think?



9. When You Eat, Eat.

Do you ever eat while watching TV? Or while working at your computer? Or when you're driving? If you eat while doing other things, you're doing Task Snacking, a Whole Person Integrative Eating overeating style that is linked with overeating and increased odds of weight gain. The antidote? Mindfulness eating. Give up eating while doing other activities. Instead, stay mindful, keep focused on your food, and do one thing at a time. In other words, eat when you eat!



10. Quit Chemical Cuisine.

Obesogens are the manmade chemicals—plastics and pesticides—which have found their way into our food supply and beverages. They wreak their havoc on both appetite and weight by mimicking estrogen, a hormone that can make you fat. The solution? One quick tip for avoiding “chemical cuisine” is to stay away from bisphenol A (BPA) found in canned foods, bottled beverages, meat packed in plastic, and more.

THE KEY TAKEAWAY

To eat less and weigh less...without dieting, think outside the diet by changing beliefs you have about dieting, losing weight, and keeping it off.

Replace limiting weight-loss “think” with insights into the *underlying reasons* you overeat and gain weight. The 10 quick weight-loss tips are your first step in jump-starting a relationship to food and eating that can help you turn overeating into optimal, Whole Person Integrative Eating®.

For more about
WHOLE PERSON INTEGRATIVE EATING®

Discover how to nourish yourself
physically, emotionally, spiritually, and socially,
and in the process, eat less, weigh less.
Without dieting.

[Click here to learn more!](#)

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