

## Step 2: Articulate

### Articulate your queries to be rooted in your wisdom

#### Why is this step important?

You have now understood through “Step 1: Assimilate” the facts on how food impacts your body and the role of food in your life, affecting your physical state, mental emotions, intellectual abilities, your relationships and spiritual growth.

You are now inspired to take action to alter your eating habits. Can you visualize yourself losing those unwanted pounds, healing your body of all toxins, having a clean stomach and being in a state of natural ease and flow? Can you imagine yourself feeling good about how you are and how you look?

Merely having the information and understanding the importance of food may not be enough. If you have questions, they need to be addressed so you have no excuse for not taking action or for taking incorrect action. You cannot brush aside your queries, concerns, fears and objections. Getting clear on them is vital to your taking the next step.

Following are some questions that could arise in your mind regarding weight loss or healthy eating.

#### 1. Question: Some people can eat whatever they want and still lose weight or maintain an ideal weight. True / False?

**Answer:** False! To lose weight, at the basic level, you **need** to burn more calories than you eat and drink. On an advanced level, even your attitudes and behavior have a direct impact on maintaining your ideal weight, and they will be addressed in a future training. When you look at some people it **may** seem like they can get away with eating any kind of food they want and still lose weight.

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But, those people, like everyone, **must** use more energy than they take in through food and drink in order to lose weight.

If you are already at your ideal weight, then to maintain it, your intake must match the expended calories. If you are in a job that does not involve much physical activity like a computer job or being a singer or a visual artist or a writer, though you would need a lot of mental energy for creating your work, you must watch out the quantity and quality of food you take. Anything that is more than required will show itself up as additional weight.

In fact, if you are eating a balanced meal, there is NO NEED to be watching out for the calories. It will be automatically in the right number. I personally don't look at calories of anything before I eat. I do look at the ingredients and their quality though.

You will be surprised that I have a hard time putting ON weight. The foods I eat don't have a lot of calories or fat content. They are simply nourishing and healthy. I eat food like it is a medicine for me. So my quantity of intake is also limited and there is not much chance for that food to store itself as fat in my body.

### 2. Question: When trying to lose weight or maintain an ideal weight, I can still eat my favorite foods as part of a healthy eating plan. True / False?

**Answer: TRUE, in fact you MUST eat your favorite foods!** What is the point in eating healthy foods if you are not enjoying them? How can it become then an integral part of your lifestyle? But you must ensure that you are cooking the food the right way, so that your favorite foods do not become junk foods... For example, you can bake foods rather than fry them. Add lots of fruits or veggies to your favorite foods. Don't overeat.

### 3. Question: "Low-fat" or "Fat-free" means they are healthy. True / False?

**Answer: False!** Many processed low-fat or fat-free foods may contain added flour, salt, starch, or sugar to improve flavor and texture after fat is removed. These items add calories that you don't want and chemicals that could be toxic to your body. If this "Low-fat" or "Fat-free" is an animal product, then the chemicals in it can influence in your gaining more weight just as it did

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to the source animal. If you don't know, animals reared for dairy or meat carry chemicals that make them or their udders grow big for more meat and milk production.

### 4. Question: If I skip meals, I can lose weight fast. True / False?

**Answer:** False! Skipping meals may make you feel hungrier and lead you to eat more than you normally would at your next meal. When you skip a meal periodically once a week or every two weeks, it can become a cleansing process. This is called fasting and will be addressed in a future training. The ideal way is to ensure that you are never starved so much that you reach for **anything** to fill your stomach or never too full through overeating. One aspect of having a healthy body is to always feel light in the stomach.

### 5. Question: Eating healthy food costs too much. True / False?

**Answer:** True and False! Eating better does not have to cost a lot of money. Though fresh foods are healthier, and may cost more, you can keep some canned or frozen ones for emergencies or convenience. Make sure that they are low-salt canned veggies and fruit canned in its own juice or water-packed so they provide nutrients at a lower cost

Buy fresh vegetables and fruits that are available during their season. They will be cheaper.

Eating healthy is so important that it is worth spending the extra money for whole grains rather than the refined or enriched ones, for example, whole wheat bread rather than white bread. In the long run, you will save a lot of medical and insurance bills, and stress over a sick body or lower quality of life.

Print the Step 2 Exercise worksheet below and write the answers down. If you don't have a printer, simply read the questions and write your answers on a paper. You may also maintain a separate notebook to write the answers down.

## **Obstacle Assessment**

(1) Do you have SOME idea of what constitutes right eating? Yes / No

(2) Write down any unanswered queries that are stopping you from eating right.

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(3) What efforts did you take in the past towards eating right?

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(4) What results did they yield?

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(5) How long did you continue your efforts before quitting?

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(6) What is your biggest obstacle in eating right?

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(7) How committed are you to learning about eating right? (1 – 10)

(8) How committed are you to removing your biggest obstacle in eating right? (1 – 10)

**(9) As you think, So you become... Continue visualizing yourself eating healthy, looking good and feeling great**