

Stopping Emotional Eating

The emWave® Stress and Weight Management Program



Doc Childre and Deborah Rozman, Ph.D.
with Sheva Carr

Stopping Emotional Eating:

The emWave® Stress and Weight Management Program



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Introduction

In 1991, Doc Childre founded the non-profit Institute of HeartMath and began research into the underlying mechanisms of stress and behavior change. Based on this research, Doc and the HeartMath team developed user-friendly tools and technologies to transform stress and empower behavior change. These tools, some of which are offered in this book, inspire people to inspire themselves. Users progress through their own reward – you feel better using them and you see results – which builds initiative to transform more stress. You learn to manage emotional reactions and clear emotional undercurrents until you create a new baseline of emotional behavior – a neural habit change.

This booklet offers instructions on how to create a neural habit change to facilitate weight loss and a better relationship with food and eating. Here are some helpful suggestions from Doc on how to approach the *emWave Stress and Weight Management Program*:

“Look at this booklet as a friend and a facilitator for whatever weight management process you choose. The intention of this book is not to assess or judge any process, but to help people add more of the core values of the heart to their diet adventures. Connecting more with the heart helps to bring the emotions into balance, which by now most know is a missing piece, a serious “x” factor in weight management. Eating is so strongly connected with our feelings (be they happy, sad, anxious, lonely, overloaded or depressed) that the balance between heart, mind and emotions has to be included in our diet commitments and intentions.”

To align with your intuitive heart intelligence is not just for dieting, but a practical way to approach life. The increase in stress, time pressures and information overload these days, can make it tough to diet or even “breathe” at times. All of the stress can't be eliminated, but approaching it through the heart can take much significance out of issues that have to be dealt with and can prevent the negative impact of stress before it accumulates. A lot of stress and stress eating can be eliminated as you learn to have compassion for yourself, increase self-acceptance and learn how to say no to “drama.” These are some of the key issues that will be addressed in this Program.”

—Doc Childre, HeartMath founder

“We are putting HeartMath directly into the center of our employee health and wellness program in addition to our corporate wellness programs. What we are finding is that if we are able to help people better control the stress in their lives, they actually get more engaged in other healthy behaviors like diet, exercise and tobacco cessation and with better outcomes. For example average per employee cost for conditions related to overweight or obese is approximately \$4300. For employees who participated in our ‘I Choose Health’ wellness program, the average cost was \$82 per employee. We feel that HeartMath's unique science-based approach to stress management is the foundation of preventative health.”

—Todd C Linden, CEO, Grinnell Regional Medical Center

Overview

Part 1 of this book covers important basics for stopping emotional eating with key strategies for success.

Part 2 of this book provides step-by-step instructions for the *emWave Stress and Weight Management Program* to be followed over the course of six weeks (or longer to suit your needs), and explains the tools in greater depth. You will gain a deeper understanding of how and why this program works along with inspiration and encouragement as you follow the Program. You can learn more about the scientific background behind the HeartMath tools and the emWave in the Appendix.

Part 3 of this book is a Quick Start Guide for those of you who want to get started right away. It includes quick start summary pages (tool cheat sheet and daily practice plan).

Acknowledgements

This program has been in development over several years and many people have contributed to its success. We thank them all for their insights into the emotional side of weight management. We thank Ted Barasch for his encouragement and comments based on his many years of experience in the weight loss industry, Charles Inlander and Donna Beech for their editorial contributions, and Barbara Birsinger for her research on intuitive eating. We also thank the emWave Stress and Weight Management pilot study participants and Institute of HeartMath researchers Jackie Waterman and Mike Atkinson who conducted the pilot study. We especially thank Sheva Carr, program coordinator for the pilot study participants, who significantly contributed to the content of this book.

Stopping Emotional Eating Beta Test Results

A pilot study of 19 participants using the *emWave Stress and Weight Management Program* showed the following results in just six weeks:

- There was a significant 5.2 lb reduction in the group average weight.
- Average waist circumference was significantly reduced by 2.1 inches
- Average hip circumference was significantly reduced by 1.78 inches
- Calmness significantly increased
- Anger, resentment and stress were all significantly lower at the post study measurement.

**Comments from emWave Stress and Weight Management
Program Participants:**

“If it hadn't been for the hope this program gave me and measurements that the emWave provided, I would not be where I am today. I have lost 9 pounds and kept it off since finishing the beta test more than 6 months ago. The bonus is that my health and other aspects of my life have also improved. Losing weight was not as important as controlling the emotional chaos I was experiencing. I feel healthier, more energized and I am sleeping better. I firmly believe I am going to continue to lose weight because I am no longer compulsive eating to handle my issues.”

April Mydske, Manager, WA

“This is a GREAT program! You get calm and you lose weight all at the same time!”

Colleen, Administrative Secretary, Fairfield Medical Center, OH

“Just do it and watch the results!”

Jim Kettering, Pilot, School administrator, CO

“Heightened awareness from this program leads to VERY significant behavioral change.”

Mina Ubbing, Fairfield Medical Center CEO, OH

“This program has taught me to pay attention, to go inside myself for resources, and having the technology – the emWave – is a physical link to help you actually do that instead of just know that you should.”

Julie Hiebert, MN

Foreword

I know in my heart that it is because of the HeartMath tools and using the emWave that I was able to lose 75 lbs. Before HeartMath, I had yoyo-ed in my weight, but the most I had ever lost was 15 pounds and then gained it back. Now, it has been more than 18 months since I started and I have no problem keeping the weight off.

When I decided to take my weight loss really seriously was the day I started practicing HeartMath tools. Before HeartMath, food was what I used as my comfort. Food was always available, was quiet, and did not talk back. When I felt emotionally upset, I would not limit myself in what I ate. And food is socially acceptable. Even other people use it to comfort you and nurture you.

I started to use the HeartMath tools when I felt stress instead of food, which gave me power and freedom inside the gap between cause and effect, between eating and blindly reacting. When I tried to lose weight before HeartMath, I thought the mountain was too high to climb, I thought, "I cannot do this." With HeartMath, I could take it one moment at a time, and the tools gave me the winning recipe to feel like I COULD do it. Using the emWave finally gave me the power to say to myself that this excess food is not good for me, I don't want it. It gave me a security where I could say to myself, "I can do this".

I took it one craving at a time, day in and day out. As silly as it sounds, every time I zip up my pants or get down to a smaller size, I use one of my HeartMath skills of appreciation, and I appreciate where I am, what I did, who I am now, how

I feel, what people say, the size and the clothes. I can now wear, and I just keep feeling appreciation of those things.

HeartMath taught me that appreciation is self love and care and it's healthy for me. All the time, every moment, there are opportunities to incorporate what I learned from HeartMath in to my day to day life.

Now I feel so free. I have a new life. I like myself better, I feel free from the trap of a heavy body. Society is tough on you anyway-- you cannot be too thin. So to be successful in weight loss, I needed to find a place inside me that loved me in the face of all the judgments that were around me. HeartMath and the emWave gave me that.

It's known that 98% of people who lose weight do not keep the weight off. I think that's because they don't do the psychological and emotional part of it too. For me, having HeartMath and the emWave for the psychological component has been the key to my lasting weight loss success. I really should say thank you HeartMath for the help to get a new life, I am so much happier."

Susan Hanks Marscellas
Vice President, Marketing & Public Relations
Salinas Valley Memorial Healthcare System
Salinas, California

Part 1

Stopping Emotional Eating

Let's face it. We all know that losing weight and keeping it off is hard. That's why there are hundreds of diets available and new diet "solutions" are announced every month. We hope that maybe one of these diets or a new diet pill will do the job, but usually we end up in the same "yo-yo" syndrome. Lose a little, gain it back. Or lose a lot, gain it back. It doesn't have to be that way.

Weight loss specialists and health professionals are realizing that there is a missing "x" factor that most weight management programs have not been addressing adequately. It's called "emotional eating" or "stress eating," and also applies to weight gain related to elevated stress hormones even in the absence of overeating. Once you know how the *missing factor* applies to why you can't manage your weight, you can do something about it. The *emWave Stress and Weight Management Program* will give you the tools you need to stop stress eating and to transform your stress into increased balance, peace and creative energy at the same time.

Experts now agree that about 75% of overeating is caused by emotional eating, which means that a lot of us are using food to cope with our feelings. In today's high-stress society, many of us, adults and children, eat high fat or high sugar foods to soothe our emotions or relieve our stress and anxiety. One reason why there's more emotional eating today is that people are crunched for time and under a lot of pressure. In today's fast-paced world, most of us have

Book Stopping Emotional Eating; The emWave® Stress and
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Print \$ 24.99
Ebook \$14.99

Bundles

Option 1: The emWave Program for Stopping Emotional Eating;
 The book and a PSR \$219

Option 2: The emWave Program for Stopping Emotional Eating with webinars;
 The Book, a PSR and a 7 webinar series \$259.

Add-ons

Module 1: Seven webinars that guide you through the program \$49.95

Module 3: Twice a week email that give reminders and encouragement. – \$4.95

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Experts say about 75% of overeating is caused by emotional eating. On top of that, being overweight can be one of the biggest causes of emotional stress in its own right. Weight loss doesn't have to be stressful. *Stopping Emotional Eating: The emWave® Stress and Weight Management Program* may be the only weight loss method that doesn't focus on what you eat, but rather on what you feel. This program will show you how to manage reactions and clear emotional undercurrents until a new baseline behavior and a better relationship with food and eating is established. It also facilitates other weight management processes, by helping you add the core values of your heart to your diet adventures.

"If it hadn't been for the hope this program gave me and measurements that the emWave provided, I would not be where I am today. I have lost 9 pounds and kept it off since finishing the beta test more than 6 months ago. The bonus is that my health and other aspects of my life have also improved. Losing weight was not as important as controlling the emotional chaos I was experiencing. I feel healthier, more energized and I am sleeping better. I firmly believe I am going to continue to lose weight because I am no longer compulsive eating to handle my issues."

—April Mydske, Manager, Port Orchard, WA

"This is a GREAT program! You get calm and you lose weight all at the same time!" —Colleen Yarbrough, Fairfield Medical Center, Administrative Secretary

