

THE
DAVIS FOUNDATION

FOR PROVIDING
EMOTIONAL COMFORT

LETTER OF JANUARY 1, 2003

Dear Reader,

Many people observe the New Year's Day tradition of making resolutions to change habits that they feel are unhealthy. Perhaps you have done this. There will come a time when you will no longer feel the wish/need/obligation to make New Year's resolutions, because once your Inner Guide has become strong, you will already be doing everything right!

One common problem that many people resolve to tackle in the New Year is that of being overweight. Why do people eat too much? Overeating is a *partial solution* for dealing with feelings of distress. It is a partial solution because it does, indeed, lower the level of distress; a person may very well feel better after eating something good. This is derived from the early experience of the infant, of being loved, nurtured, soothed and protected while being fed.

But eating is not a *true solution* (except, of course, for hunger), because the origin of the distress remains undealt with. The problems remain: a difficult relationship, a deadline, money worries, a sense of loneliness...these are, of course, not solved by eating. But if, when young, a person turns to food as a partial solution for distress, a *habit pattern* will be formed. This pattern, once created, can be changed only if the person is presented with a new solution at a moment when certain specific conditions are met.

The Inner Guide can provide the conditions whereby the mind is able to exchange a new, *true solution* for the previous, partial one. Once this has been accomplished, the Inner Guide is then able, over time, to cause the new solution to take effect. For those who are overweight, they gradually eat less, shift the balance of their intake so that it

more closely resembles the optimal food pyramid, learn faster, easier ways to prepare their food, discover new foods and new recipes, and actually enjoy their food *more!*

BOOK RECOMMENDATION

For Speedreading (reminder: Speedreading means reading by glancing at each page for a moment. The content will enter your memory bank. You won't have direct access to it, but your Inner Guide will. He or she can use the knowledge to help you.):

Diet for Dancers by Robin Chmelar and Sally Fitt, Princeton Book Company, Pennington, NJ, 1990.

Although written specifically for dancers, this is the best book I have seen about diet and nutrition, and it provides information that all of us can use. Though written twelve years ago, it is not dated; its information is consistent with current thinking about nutrition today. With Table 7.2 on page 86 and the Exchange Lists in Appendix A, one can fashion an optimal diet for oneself.

QUESTION:

If a person who is overweight and who does self-hypnosis tries to lose weight but fails, why can't he or she succeed?

The Inner Guide addresses a person's problems in the order of importance. If other problems are more disequilibrating, they will have priority, and will be dealt with first. In due course, the weight problem will be solved.

I welcome your questions and comments, and will publish as many of them as possible. I look forward to hearing from you.

Cordially,

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