

## Can Meditation Help With Weight Loss

Meditation can help us with a number of things including reducing stress, improved sleeping, being more focused, and much more, it can also have an impact on our relationship with eating and managing our weight. *REALLY?*

When it comes to losing weight, we typically think of doing some crazy cardio exercises sign up for a cross training class certainly NOT sitting in one place and focusing your thoughts and doing a meditation for weight loss!! These sorts of perceptions are only viewing part of the picture. Keep in mind that weight loss is not simply physical, and it's not simply black and white. As humans we're emotional beings and acknowledging that fact is helpful in developing a healthy relationship with food, and potentially losing body fat or maintaining whatever weight is healthiest for our bodies.

19 different studies over many years found that **typical** weight loss methods (diet and exercise alone) work in the short term, but eventually the study participants' weight was gained back after the programs ended. At IHC our goal is to transform your life & thoughts around food. Our "3-P", weight loss protocols includes mindfulness interventions like meditation, [as well as eating well of course (and exercising if you want to)], are effective in reducing your weight and keeping it off.

So, why is it possible that meditation helps when it comes to weight loss, exactly? There are physical, physiological, and psychological (hence the "3-P") factors at play. These same 19 studies found that generalized meditation helped reduce cortisol and C-reactive protein levels. If our cortisol levels are consistently high, this is directly connected with the persistence of obesity over time, according to a 2017 analysis of these 19 different studies. Meditation changes our chemistry!!

Psychologically, research shows that meditation may help squash overeating. A 2014 review compared 14 different studies and found that using mindful meditation as the #1 intervention decreased binge eating and emotional eating. Meditation has been shown to lower our stress levels. This is important because stress is a contributing factor, causing many of us to overeat. Meditation teaches us to sit with and observe our emotions without passing judgment, instead of resorting to our go-to coping mechanisms like overindulging on food.

In just a few minutes each day, doing simple breathing techniques, will make a dramatic difference in your results at IHC and many other areas of your life. Give it a try for at least 10 days and we guarantee you'll feel better and lose weight!

Watch this short video for some inspiration.

