

WEIGHT TRAINING FOR THE WOMB  
Oct 14, 2009

=====  
Contents

=====  
Feature Article  
Subscriber Feedback

=====  
Feature Article

In this ebook I'm going to give you an insight into how the human mind responds to its surroundings and experiences

Weight issues *in my opinion* begin **long before** the first recognition of excess flab/ wobbly bits....  
and certainly before any talk of diets

**Where it all begins**

From the first appointment to confirm the pregnancy,  
the ritual of keeping track of mums weight begins  
Discussions take place between friends, doctors, midwives and relatives.

Asking how much weight mum has put on so far  
What weight her 1st baby was -*if applicable*  
What weight she and dad were  
Over and over this conversation will be repeated

Not to mention the friendly old lady at the bus stop  
who cant help but tell you all the pregnancy horror stories of her own huge brood!

Over and over mum will talk or listen to other mums talking about their fears of *delivering too big a baby*  
or concerns of having too small a baby

**ALL THE TIME  
BABY IS LISTENING IN  
WE KNOW THEY CAN HEAR FROM INSIDE THE WOMB**

Then the happy day arrives.....  
When the baby arrives *everyone has the same 2 questions* -

"IS IT A GIRL OR A BOY?"  
"WHAT DO THEY WEIGH ?"

- This latter is more often than not followed up with either a sympathetic or *comforting comment*  
Or a squeal of delight/surprise and *congratulations on the size*

*This continues and gathers momentum as it goes*

**ALL THE TIME BABY IS LISTENING & LEARNING**

**The weight of baby** and **their food intake** and output is *Greatly discussed and monitored* in the hospital by the doctors and nurses  
And then *again by mums and visitors*

So by the time mum and baby get home and the home visitors begin to arrive - even first time mums are quite used to the procedure  
It's the same ritual that's done with every baby I've ever known

Each and every well meaning visitor that arrives now for the next few months at the very least  
The health visitors, the grannies, the aunts, the neighbours

All want to know the same information

how are the **feeding**?  
& what's their **weight** now?

**ALL THE TIME BABY IS LISTENING IN**

Mum will normally reply with either an update on how *well the little one is eating*  
and *how much weight they have put on* in the last week or so

"oh he's great - taking 4 ounces per feed now!!

And he is up to 11lb!"

This will be met with great delight  
And maybe even an affectionate comment such as "*wee pudding*"  
Or chubby "*wee cheeks*" **along with happy smiles and positive energy filling the room.**

Of course mum will rarely be so full of happy smiles and delight if baby has **lost** some weight that week  
If they have **not eaten so well**  
and have perhaps dropped their intake per feed

"oh not so good" with an accompanying *concerned tone*  
"He's only taking 3 oz in a bottle and he lost half a lb  
this week - that's him down to 8lb now" - said with a negative tone

He should be nearer to 9lb  
(*should be* is often according to what he eat/put on last week)  
or something that has been said to the mum by that dangerous friendly old lady at the bus stop

The reaction to this news about weight loss  
is concern and worry - possibly followed with suggestions to improve this

"Have you tried that new formula..."

"Have you tried bathing him before a feed see if he *eats More*"

"Maybe there is something wrong and you should take him to the doctor"

All manner of advice and ideas will be given to **avoid baby having to lose any more weight.....**

### **ALL THE TIME BABY IS LISTENING & LEARNING**

**Baby is getting the feeling that losing weight is not good already -  
even if they don't know why - they know the reaction and attention it is creating**

The feeding instructions on the formula bottles can be misleading to mums in a way too  
certainly from my own experiences.....as a new mum  
This helpful guide is taken as LAW

And mums can feel really concerned if their baby isn't taking the stated 4 ounce  
or whatever the guide states for their babies age.

If not the feeding guide on the side of the tin  
then again it may be Grannys advice,  
or

Compared to a friends baby of same age

or

Even someone who has mentioned previously how much their baby took at that age

How many times have you, or someone you know  
been feeding a baby and when the little one *refuses* the last half ounce of the formula -  
we or they, *do all we can* do get them to *finish the bottle*?

Then we/ they feel so proud of themselves if they do manage it

**"C'mon you've only got a mouthful left - and your going to finish it" - sound familiar?**

**Of course this is all done with love and the babies best interests at heart**

**But nonetheless**

**It is possibly one of the most crucial mistakes**

Because our clever little cherub is *communicating to us*  
Doing their best to tell us *they are full*  
Or they have *had enough*  
*Maybe they feel a little bloated*  
Or they just don't quite have the appetite *right now*

**But basically baby is in the early days of *learning how to respond to their own feelings.***  
Their own internal levels and limits

They let us know perhaps by losing interest in the bottle and turning their heads away

"No more mum" - baby says

Holding up the bottle  
We look at what's left in the feed

Even if we conclude there is maybe only a mouthful or two in the bottom...  
What we are effectively saying with our actions that follow -

**"No your not full,  
I'll tell you when your full**

**IGNORE your instincts and listen to mine!!!!!"**

And we then do our best to get baby to take whats left  
Maybe we will *wriggle* and *push the bottle back in*  
Using encouraging words to the *already stuffed baby*

Doing *all we can* to get them to take the last two mouthfuls

We feel elated if baby takes it for us  
And other people may even congratulate us on this talent

"Well done you - getting him to finish it"  
"You feed him - you can get him to finish his bottle"

..\* The individual personality of the baby will have some influence  
to the way baby responds when exposed to these surroundings and influences

Read my ezine article soon on  
BABYS PERSONALITIES IN PREGNANCY AND INFANCY.

But suffice to say whatever their reaction  
whether they actually finish the bottle or not

We will have given them the clear message to **keep eating...**  
*to eat beyond this feeling they have now...*  
**To ignore their internal signals and listen to us**

**Babies learn from us**

We all *know and accept this*  
Yet do we ever **STOP to consider we are REALLY communicating** in these type circumstances?

**"IGNORE YOUR INSTINCTS AND LOOK OUTSIDE YOURSELF TO KNOW IF YOUR FULL YET"**

Now on the other hand if the baby is what is perceived to be a *Good Eater* -

One of those little ones that always finishes what gets offered to them  
Infact may even perhaps be *looking for more...*

Perhaps you have known children who *reliably finish their portion straight off* - no hesitation....no fuss

**And most of the parents with these children I have experienced  
do what when their little one polishes their meal off ????**

INCREDIBLY  
They think baby might **still** feel a bit hungry!!!  
And we wouldn't want that *guilt-* (separate article)

*So they attempt to give them more food!!!*

I have witnessed with my own eyes  
lots of parents who wont actually stop feeding a child  
until the child is protesting is sick  
or falls asleep!!  
So inevitably the same message is being replayed in the babies mind

**Keep eating** - Ignore this feeling of being full  
Just keep eating ignore *your bodys signals*

Our well meaning relatives, babysitters and visitors  
react to these *little 'lunch buckets'* in a **very Positive way**  
Often *Congratulating mum* on having a baby with such a healthy appetite saying

"That's such a good thing he's eating so well"  
"He'll grow to be a big strong boy just like his Dad/Grandad/Uncle...."

REMEMBER

**BABY IS LISTENING ALL THE TIME**

And by now, baby will be starting to get the message that  
**People seem to react NEGATIVELY around them when they are 'losing'**

**They may not understand why**  
But It doesn't go down well seems people don't like it

And it does create a lot of fuss and attention around baby  
The general atmosphere of concern and worry may surround these babies

Whereas the good eater will be getting lots of attention in an *encouraging way* -  
lots of smiles and old people pinching their *chubby wee cheeks*  
"What a wee pudding - He's adorable"

ONCE AGAIN THE BABIES PERSONALITY COMES INTO PLAY AS TO  
HOW THEY WILL REACT TO THIS  
WANT TO FIND OUT MORE read my article on baby tribes

**LOSING IS BAD** - *The reaction of everyone when babies weight goes down*

**GAINING IS GOOD** - *The reaction of everyone when babies weight increases*

*This communication continues*  
and as the child develops and becomes more complex and individual  
so does the message given to them

**FREE TALK & EBOOK COMING SOON ON HOW THE LANGUAGE WE USE MAY NOT ACTUALLY BE  
GIVING THE MESSAGE WE INTEND -**

By the time the child is a toddler and begin feeding themselves,  
being introduced to new textures and tastes

Often we as parents are already *subconsciously expecting problems*  
We are *led to believe* by tv programmes and the media  
that '*children don't like veg or healthy foods*'

They want sweets and snacks  
And today's parents will have to find ways and may struggle to get the healthy stuff down their necks.

Because ***we want our children to grow up healthy and strong*** -

This can sadly can lead to parents serving portions way too big.

Even though they're already half expecting they won't actually finish it all -  
Some parents will still ***pile it on that plate***  
especially if the child has mentioned being hungry  
or informs us they love fish fingers !!!!

The parents seem to think if they just put it on the plate then  
MAYBE - JUST MAYBE  
*They won't notice* and they take the chance  
The child *just might eat a little more than they would normally.* .

\*\*A separate issue of intimidation may occur through the  
sheer volume of food put in front of them  
I am not going to go into that here in this ebook..

Another effect of this influence can be  
what I call *Training4Failure* -  
where ***we are accidentally putting our children in a position to fail***

As opposed to SETTING OUR KIDS UP FOR SUCCESS -  
Setting things up so our *children cannot fail easily* -  
This then ***gets them used to the feelings of Success and Feeling Proud.***

When the parent decides to take the opportunity to *put a little more* carrots on the plate  
or add *an extra fish finger*

There will, at some point be the inevitable conversation between the parent and child  
debating whether or not they have eaten enough and are indeed full

Consider the following -

**FULL** is something we unfortunately *cannot see with our eyes*  
Nor can we *hear any signs of being full*

**FULL is only something we can only feel**

And *only the person actually experiencing it* can feel it

No one can feel full or hungry for another person!

Yet we continue along this path of slowly programming & brainwashing our children  
to look for approval *somewhere else outside themselves* to know if they have eaten enough

**We bribe them/ coax them/ punish them to get them to eat what we consider to be a sufficient amount in a day...**

Using statements such as

"Your not finished until you eat 3 more carrots"  
"Your Gran/Aunt/Dad has stood cooking that lovely meal all day the least you can do is finish it" - GUILT

"You wont grow" POOR SELF IMAGE  
"You will get no pudding" - PUNISHMENT  
"There is so many children in this world who would be glad of that food" GUILT  
"If you eat it all/ a bit more you can have an ice cream" REWARD  
"You will go to bed early" - CONFINEMENT/SOLITUDE

All of these were said to me as a child  
And I heard parents all throughout my life say the same  
I have even said some of these myself  
Before I knew otherwise of course!!!

On the other hand the children with the healthy appetite-  
They are the ones who will hear comments such like

"Oh that's the stuff - your going to grow up to be big and strong"  
"Well done - you can come to my house for tea anytime"  
"What a compliment to the chef"  
"As a treat for eating all your dinner - you can have the biggest piece of cake/pudding"  
"That's what I like to see - a nice clean plate"

All of these were said to my best friend growing up as she  
was a good eater as opposed to me being a poor eater

### **NOW ON TO GAMES**

**Here we also cement in the aversion to losing that remains with us for our entire lives**

Think of when you taught someone younger than you to play a certain game  
Perhaps draughts or dominoes.....

Is it not true  
that when you were showing them how to actually play this game  
**You have to make a Conscious Effort to actually not just win**

You have to put thought into *not winning*  
Our unconscious will *do its best* to play the winning shot  
And you will have to *really be careful not do just do it*  
Paying attention the whole time so the other player - (the child) can win

Then when we let them win the game

*We encourage them* to be delighted and celebrate  
We may even congratulate them

**"Well done you're the winner"**

You play the game again  
And once more *you have to pay real attention to not win*  
Once again -perhaps because your learning them the game  
*and you don't want them to lose heart*  
**You let them win again**  
And celebrate once again that they are the winner

**"Well done you're the winner"**

After a few games of you putting effort to **let them win**  
You probably come to the point where you decide *you will let yourself win this game* -  
After all they cannot win everything.

AND THAT SEEMS LIKE A GOOD LESSON - AND IT IS EXCEPT -----

**This time when you let yourself beat them**  
And **they are the loser**  
**Its unlikely you congratulate them**

*More likely you commiserate them*  
"Never mind let play again see if you win this time"  
"Aaww bad luck shall we see if you can beat me this time"

Or something similar

**THERE IS ONLY ONE REASON FOR PLAYING AND THAT'S TO WIN**

**LOSING IS BAD - GAINING IS GOOD**

As I say to my clients when we are discussing this topic -  
Even if we were to arrange a game of badminton  
And while we travelled to play  
I let you chant to yourself all the way there  
(and people who have met me will know how impossible for me that would be)

"I want to lose this game"  
"I want Pauline to win this game"

Or such like

I'm sure you will agree with me  
**This would not prevent your feet from moving at their normal speed**  
in reaction to the game.  
You would have to actually nail your feet to the floor to **stop them moving**

**The same applies to losing anything**

For example your handbag -  
(one you don't like maybe that ugly granny handbag your aunt bought you last xmas)  
and you would like nothing better than for it to fall apart so you can stop using it!!

Even if you told yourself you wanted to lose your bag at the shopping centre ....  
That once again *would not cause that to happen*

**Infact quite the opposite would likely happen**

You would be **more aware of your bag**  
**More aware** of its presence with you  
And therefore make it impossible to actually *lose it!!*

Consider the following.....

WHEN YOU PLAY CARDS -DO YOU WANT TO WIN OR LOSE?  
WHEN YOU PLAY BINGO -DO YOU WANT TO WIN OR LOSE?  
WHEN YOU ARGUE -DO YOU WANT TO WIN OR LOSE?  
WHEN YOU ENTER A COMPETITION - DO YOU WANT TO WIN OR LOSE?

DO YOU WANT TO LOSE YOUR SIGHT?  
DO YOU WANT TO LOSE YOUR HEARING?  
DO YOU WANT TO LOSE YOUR HOUSE?  
DO YOU WANT TO LOSE YOUR JOB?  
DO YOU WANT TO LOSE YOUR HAIR?  
DO YOU WANT TO LOSE YOUR PARTNER?  
DO YOU WANT TO LOSE YOUR REPUTATION?  
DO YOU WANT TO LOSE YOUR CAR KEYS?  
DO YOU WANT TO LOSE YOUR FRIENDS?  
DO YOU WANT TO LOSE YOUR FAMILY?  
DO YOU WANT TO LOSE YOUR BELONGINGS?  
DO YOU WANT TO LOSE YOUR .....

Etc etc

THE LIST IS ENDLESS

And I would guess that **no matter what was at risk of being lost** -  
it would be something **you would rather not lose ideally**

You would perhaps rather **choose to give it up, give it away, or throw it out?**

Even people who claim to *not be competitive*  
*Can't simply reverse something* **Ingrained into their responses**

Its not that our unconscious mind is competitive about the game  
Its more that **we are Programmed to Gain**  
**Not to lose** -  
we have learned unconsciously that *losing is bad*

**Losing is NEVER something anyone wants to do**

**UNLESS ITS WEIGHT**

**Weight** is the *only thing* in peoples lives they want to lose

It's likely the only time they would use the word

And when we do -  
When we use the word lose to ourselves

Its, *at the very least* **IGNORED by our Subconscious mind** - the part that runs the body

It is **IGNORED because its unable to locate any appropriate files to run a program/response associated with the word lose**  
**UNABLE to locate any appropriate files to run a program/response associated with the word lose**  
**UNABLE to locate any appropriate files to run a program/response associated with the word lose**

Losing is bad people react negatively  
Gaining/winning is good and people react well to that  
Including our own subconscious and unconscious minds

**The Subconscious has no files to Respond to NEGATIVES in a POSITIVE WAY**

Negatives such as DON'T CANT WONT SHOULDN'T COULDN'T etc

More programming mistakes are made when parents say things like

"don't just eat the chips"  
"you cant live on sweets"  
etc

Consider this -

DON'T  
AND I MEAN DON'T

THINK OF A PURPLE GIRAFFE...

Whether you want to admit it or not  
Your mind **will have pictured a lovely purple giraffe**

Even though you understood what the words  
DON'T THINK ABOUT A PURPLE GIRAFFE

Your subconscious mind is **unable to process those negative commands** such as don't

READ MY SEPARATE EBOOK ON THIS SUBJECT SOON

So everytime someone hears the command  
"Don't just eat the chips"

**THEIR MIND CANNOT HELP BUT IMAGINE DOING JUST THAT  
JUST EATING THE CHIPS!!!!**

Crazy maybe but true none the less!!!

LOOK LISTEN AND YOU WILL DISCOVER FOR YOURSELF THIS IS THE CASE

If you use these commands - either to yourself or to someone else

Give the opposite a go  
Say something like

**"DON'T FINISH ALL THE CARROTS"**

You may well delight in your discovery how well this actually works!!!

Don't take my word for it - give it a go yourself!!!

Infact the clever scientific way I have heard this explained is

*the subconscious mind cannot produce a negative back into the reality*

This is really just saying that the subconscious minds' unable to figure out what a negative command such as don't and lose means!

It has no file for those words...

Our unconscious mind is a machine  
A powerful fast reliable machine

But like all machines  
It relies on competent operators

If someone who has no previous experience or idea about computers sat down in front of a pc  
and started accidentally putting in commands that made no sense to the pc -

nothing would happen - *At best-*

*At worst -*

the pc would respond to the commands that it recognised and that could, in turn cause some malfunction

And like any other machine that needs an operator  
Our unconscious mind will respond to everything we put in **CORRECTLY**

**Its programmed to never stop responding**  
Running thoughts ideas and reactions to what's happening outside ourselves

*As well as responding to what we are saying to ourselves*  
*- on the inside - and what's going on in there!*

THAT'S WHY IT IS CRUCIAL WE HAVE SOME IDEA OF HOW WE ARE  
PROGRAMMING OUR FUTURE GENERATIONS

We may have their best interest at heart  
But nonetheless we are accidently instilling in them -  
the very ideas and thought patterns that can cause a bad/negative relationship with food/ and or eating  
A relationship with food and eating that can last a lifetime.

=====

General & Unsubscribe Info

=====

WEIGHT TRAINING FOR THE WOMB © Copyright 2002,  
pauline ginnelly, except where indicated otherwise.  
All rights reserved worldwide. Reprint only with permission  
from copyright holder(s). All trademarks are property of their  
respective owners. All contents provided as is. No express or  
implied income claims made herein. Your business success is  
dependent on many factors, including your own abilities.  
Advertisers are solely responsible for ad content.

To contact us with feedback, questions or praise, email  
<mailto:pg@changinyourmind.co.uk>

Please feel free to use excerpts from this newsletter  
as long as you give credit with a link to our page:  
<http://www.changinyourmind.co.uk>

=====

pauline ginnelly - hypnotherapist nlp practitioner  
tailor made sessions for weight a speciality -  
<http://www.changinyourmind.co.uk>  
email pauline@changinyourmind.co.uk

Find me on facebook - changinyourmind- hypnotherapy  
Please leave a comment on my page

WEIGHT TRAINING FOR THE WOMB is an opt-in ezine available by subscription only.  
We neither use nor endorse the use of spam.

Thank you!