

REAL THERAPY begins when we face what we are not willing to face. These videos are **not** therapy in that sense, nor are they a substitute for therapy. They are, however, very effective tools to help you re-train your nervous system to respond much differently to food and eating. Through repeated interactive viewing, they will help you to replace compulsive cravings to eat unhealthy foods, with moderate cravings to eat healthy foods. They will also help you to know and feel when you are full, to respond to that knowledge/feeling, to **not** feel like something will be wrong or that you will “go hungry” unless you continue eating, and so on. They will help you to finally resolve your unhealthy emotional/associative involvement with food altogether.

The method employed by this system, to re-train your nervous system, is the same method Nature used to train it in the first place: association and repetition (described below). You start at the very beginning, and “rebuild” your body’s reactions to food and eating “from the ground up”. Many eating disorders are simply a result of association habits which began **very** early in life, which were then repeated thousands of times, meal after meal, year after year, until those habits eventually became addictions.

Specific individual causes of food addiction are probably as various as the individuals afflicted. This system does not directly address **WHY** your eating problems developed, it simply “reengineers” your body’s food related priorities. The following explanation, however, will clarify **WHY** we have produced this system in it’s present form.

In the absence of abuse, infants develop powerful feelings of love, appreciation, well-being, happiness, bliss, and so on, during their first few months of life. These feelings result from all the many forms of nurturing, playing, smiling and so forth, interacting with adults, siblings etc. The primal activity, however, repeated several times each day, which most focuses, integrates and magnifies all of these positive emotions, is, of course, being breast-fed by mother. As the days, weeks, and months pass, through hundreds of feedings, mother and baby develop mutual love, affection, bonding, and so forth. This is of course absolutely natural (and I

would add Spiritually Sacred) during that beginning stage of life. All of that original positive experience is directly associated with the ingestion of food, since the ingestion of mothers milk is the **context** of the entire phenomenon. To the infant, feeling and tasting food in the mouth, while simultaneously filling the “empty” stomach, = love, safety, pleasure, bliss, **resolution of anxiety** (crying/hunger), etc. etc. etc. “Food is Love”.

Following is a list of typical food-related associations that most infants form within their nervous systems during the first several months of life. (The words refer to feelings which the infant has no words for, but which s/he nonetheless feels; an infant can feel vulnerable/unsafe, for instance, even if s/he doesn't know the word “vulnerable”):

ingesting **food** and **relieving anxiety** (not crying),
 ingesting **food** and **relieving hunger** (not “starving”)
 ingesting **food** and feeling **better (“OK now”)** (not anxious)
 ingesting **food** and feeling **safe** (not in danger),
 ingesting **food** and feeling **protected** (not vulnerable),
 ingesting **food** and feeling **secure** (not worried),
 ingesting **food** and feeling **warm** (not cold),
 ingesting **food** and feeling **“home”** (not lost),
 ingesting **food** and feeling **nurtured** (not neglected),
 ingesting **food** and feeling **wanted** (not rejected),
 ingesting **food** and feeling **contented** (not dissatisfied),
 ingesting **food** and feeling **well-being** (not anxious),
 ingesting **food** and feeling **blissful** (not troubled),
 ingesting **food** and feeling **belonging** (not rejected),
 ingesting **food** and feeling **connected** (not alone),
 ingesting **food** and feeling **playful** (not suppressed),
 ingesting **food** and feeling **appreciation** (not disapproval),
 ingesting **food** and feeling **lovable** (not “bad”),
 ingesting **food** and feeling **loved** (not punished),
 ingesting **food** and feeling **love** (for the mother),
 ingesting **food** and feeling **uncomplicated** (simple; not confused),
 ingesting **food** and having **no problems**,
 ingesting **food** and **not** feeling guilty (about **anything**),

ingesting **food** and feeling **fulfilled** (not empty),
 ingesting **food** and feeling (/tasting) **pleasure** (not pain),
 ingesting **food** and **surviving** (not perishing),
 ingesting **food** which feels like **ingesting life**,
 ingesting **food** and feeling **healthy** (not sick),
 ingesting **food** and feeling **happy** (not sad),
 and so on and so forth.

The act of ingesting food, over a period of a few months, came to mean "everything positive which eliminates everything negative".

** Ingesting food - "**means**" - being happy (to an infant). **

**** food = love and happiness ****

Keep in mind, that this very positive, pleasurable and Sacred phenomenon, in it's entirety, was associated directly and repeatedly with the stomach, specifically with how the stomach **felt** in relation to **ALL** the other feelings and aspects of the entire experience. Stomach becoming full = love, safety, pleasure, bliss, **no more anxiety**, etc. etc. etc. to an infant.

And equally, this very positive, pleasurable and Sacred phenomenon, in it's entirety, was associated directly and repeatedly with the mouth and tongue, specifically, with how nursing **tasted** and **felt** inside the mouth, as the infant was simultaneously experiencing **ALL** of the other feelings and aspects of the entire phenomenon. Tasting and feeling mothers milk also equals love, safety, **resolution of anxiety**, etc. etc. etc. to an infant.

Given the enormous power of this phenomenon, it is easy to understand how food related problems can inadvertently develop from it. On the one hand, if the breast-feeding (/bottle-feeding) phase of life is normal and happy, the child will naturally continue to associate all of that loving positive experience with all of the processed sugars, fats, oils and so on that s/he is introduced to when s/he first begins eating solid foods. Cookies, cakes, ice creams, hot dogs, fries, nuggets, etc.: **poisons masquerading as mothers love**. (**THIS** is where the food addiction began for many of us. It began way back then, it became a habit way back then, but then that habit slowly became an addiction, simply because the habitual

associations were repeated thousands of times, meal after meal, year after year, starting then, and continuing until now.) On the other hand, if things are **not** so happy for the infant, then once s/he begins eating solid foods s/he will emotionally “latch on” to all of those delicious processed sugars, fats, oils, etc., in an attempt to compensate, experience, resolve, complete, mimic, find, etc., the missing or corrupted aspects of that unhappy first stage of life. Food addiction in adulthood naturally develops out of food dependance in childhood, as a result of habits repeated, meal after meal, year after year. Also, trauma later in life can sometimes trigger association chains which cascade backwards in time, back to the “food = love” phase of infancy, resulting in eating disorders following a trauma. Etc. etc. etc. There are as many causes of problems as there are people with problems.

So. How to undo the damage? Begin from the beginning:

Tasteful video recordings have been made of several mothers breast-feeding their infants. Appropriate music plays in the background, and mothers randomly sing to their babies. Once every five seconds during each “movie”, a still photographic image fades into view: from unseen, fading “through” the mother-infant movie, becoming the only image on the screen for about 1/2 of a second, then fading out again, through the mother-infant movie, to unseen. The entire fade in and out lasts 1 second. Each still image shows something healthy and positive (food-related) in the center, with an appropriate caption written underneath, and the words “I Love You” written above. There are 5, 30 minute videos in this package. Each video shows 3 mother and infant pairs, 10 minutes each. There are 1800 food images altogether (1 image every 5 seconds X 30 minutes X 5 videos = 1800 images).

The first image on video #1 (and on each video) is a large glass of water. The word Water is written below the image, the words I Love You are written above. It fades into view, passes “through” the mother-infant movie, becomes the only image on the screen, stays in full view for about 1/2 second, then fades out of view, passing through the mother-infant movie again. 4 seconds later, the second image is a fresh green head of broccoli, with the word Broccoli written below it, and the words I Love You

written above it. The image fades into view, passes “through” the mother-infant movie, stays in full view 1/2 of a second, then fades out of view, again passing “through” the mother-infant movie. 4 seconds later, the third image is a cluster of Romain lettuce; fades into view, passes through the mother-infant movie, “Romain Lettuce” is written below, “I Love You” is written above, remains in full view 1/2 of a second, fades out of view, through the mother-infant image. Appropriate music at all times plays in the background. Next is a clear image of a happy adult drinking a large glass of water; “Water” written below, “I Love You” written above. Fades in, fades out. Then an image of a few stalks of celery. Then some mushrooms. Then a happy adult eating an apple. Then an apple. Then a healthy salad with a very small cup of dressing on the side. Then a couple more vegetables. A couple more fruits. Then a plate, with hands holding a knife and fork on each side of the plate, with a small piece of lean meat, small pile of rice, a pile of vegetables, and a small cup of sauce on the side. The caption under the image reads “Healthy Portions” (“I Love You” is written above). And so on and so forth, 1800 times. All images include the name of the food (or an appropriate caption) underneath, and “I Love You” above. (We use beautiful Earth plates to contain the food, which can be purchased from our web site at our cost plus shipping and handling.)

In addition, there are father-figure images, with appropriate captions above and below, which flash very quickly after every third food image (you won't see them, you will just notice a quick flash). There are 600 father-figure images altogether (no famous men, just “ordinary” fathers). Some of the lower captions are phrases, some are single words. The upper caption is always “I Love You”. This method, of flashing images so quickly that you cannot notice them consciously, has been proven to affect the “unconscious mind” (your nervous system) very directly. The words below are all positive re-enforcements (“proud”, “respect”, “confidence”, “smart”, “energy”, “happy”, “vitality”, “strong”, etc. - the complete list of all the words and phrases, written in the order that they flash on the videos, is included at the end of this introduction.)

That's all there is to it. But, as you will experience in the next few months, that is quite a lot, and it is just enough to help you actually affect the change you are seeking. There is more to this than "meets the eye".

The interactive part of this process, involves ***what*** you will be eating, and ***how slowly*** you will be eating it, as you view these videos. It is absolutely vital that you do ***NOT*** eat anything unhealthy, or eat quickly, or eat too much, while you watch these movies, because if you do, you could make your addiction worse than it already is. You will be committing suicide, and it will be your own fault. It is much better to eat nothing at all while you watch these, than to eat unhealthy food, or to eat too fast, or to eat too much. We highly recommend that you eat a small amount of a raw uncooked vegetable or fruit as you view these movies, in order to receive the most positive benefit from watching them. Celery or carrots will work perfectly. Slowly eat a couple stalks of celery, or a couple carrots, or an apple, or a healthy salad while you watch.

It is also vital that you drink a large glass of water (and nothing else) while you view the movies. Drink it slowly. Think of each video as a 30 minute vacation from all of your problems. Slow down, relax. If you are Spiritual, say a prayer before starting. Do something to prepare the time and place you are going to view these life-changing videos.

You don't need to be drinking or eating every second as you watch the movie. Drink slowly, then take a break, then eat in a slow relaxed fashion, then take a break, then repeat, leaving plenty of time in between drinking and eating. Never do both at the same time, and never do one immediately after the other. You have all the time in the world. You have all the space in the world. One large glass of water a couple celery stalks is plenty for the entire 30 minute session. Take a breath. Slow it down. Stretch it out. You are free!

Please use the head-phones while you watch, in order to focus your attention on the movie. (Head-phones and wiring are included in the package.)

It would be best to begin with every other evening right before bed, and then adjust the frequency and times of viewing according to your own

responses to the training. If you can afford a therapist to work with you through the transformation, that would be ideal. It is very important to be consistent. Watching them “once in a while” at random times will not produce consistent results.

(By the same token, watching them too often may induce too much change too quickly. If this happens, your nervous system (not to mention your identity) will interpret the sudden activity which is changing it, as an attack, and will interpret the change as damage, and will therefore react defensively to reverse the changes taking place. You may have already experienced this in the form of cynicism when you read the details of this method. That cynicism is a defensive reaction, because it is not natural for a grown adult, on purpose, to partially regress into post-natal memories and emotions, for re-training of specific food-related associations. Of course this is not natural, this is a temporary artificial method, which is nonetheless intended to RETURN you to a natural, non-addicted state of being. If the videos produce very sentimental feelings, that is OK. You will “sleep it off” and be your normal adult self in the morning.)

It is also important to have other people involved; to have a support system in place. We recommend overeaters anonymous as a place to start. Even if you have problems with the AA format, it is still worth going. Keep only what works for you. They are good people who all have the same problem you do. Watch the videos in private, but please do not isolate yourself while you affect the changes necessary to overcome your addiction (unless you find through experience that isolation works for you).

Things to remember:

1. Eat a small amount of uncooked vegetable or fruit (celery, salad, etc.).
2. Drink a large glass of water.
3. Never drink and eat at the same time.
4. Leave time in between each bite/drink.
5. Drink and eat (chew) **slowly**.
6. Use head-phones to focus attention.
7. Watch in private (or with fellow overeaters who have their own head-phones; watching together is good, distractions are not.)

8. Watch once every other evening to start, right before bed, then adjust times and frequency to suit your individual response to the method.
9. Watch consistently, not randomly.
10. Join overeaters anonymous, or some type of support group (?).
11. Hire an addiction therapist if you can afford one. (Can you afford not to? Is your nervous system literally KILLING YOU by forcing you to eat yourself to death?)

For a few of you, this method may be “too much”. If you find yourself feeling like you are actually becoming a child again, or if you are feeling very disoriented in any other way, simply turn off the movie and go do something active. If this keeps happening, try watching the videos with the sound turned off. Without the sound and music, the videos are much less affective to the nervous system. If watching these videos without the sound still causes you significant discomfort or disorientation, then you may have an unresolved traumatic memory (or memories) from childhood being disturbed. In this case, stop using this package until you can afford a therapist to help guide you through the memories.

Getting better requires effort. As a father, I am always proud of my children when they exert effort to accomplish something good in the world. I don't know you, but I am proud of YOU. I am proud of YOUR effort. I am proud of the effort YOU will exert, to make sure to follow this method consistently, even when it is difficult, even when it feels like nonsense, even when it is inconvenient, even when it feels like it's not doing anything. Stay on plan, stay on track, never give up. You WILL succeed. This WILL work. Your food cravings WILL begin to permanently change in just a few months, ***IF*** you use these videos consistently, and follow ALL the steps. Can you imagine actually WANTING a salad instead of a donut? Can you imagine feeling hungry but not caring because you are doing something else? IT ***WILL*** HAPPEN. NEVER GIVE UP.

Following is the complete list of phrases or words attached to the father figure images. Most of the phrases are not complete, but they do convey meaning. The quick flashes will suggest the meaning of the words that are associated together. For instance, “I respect you” is familiar, but “I dignity you” seems to make no sense. However the suggestion is there, that the

father figure connects with you through dignity; that dignity is the context of this particular association with father. Likewise, any word combinations that don't seem to make sense, or seem silly etc., are nonetheless appropriate to this method, and all suggest positive meanings associated with father, which will positively reinforce the changes being made to your nervous system. There are 270 suggestions altogether, and so, all will be repeated twice, and the first 30 will be repeated an extra time - this is by design. (These word combinations are at the bottom of the various images; "I Love You" is at the top of each image).

PROUD YOU PROUD WE PROUD YOU PROUD YOU I PROUD YOU

PRIDE YOU PRIDE WE PRIDE YOU PRIDE YOU I PRIDE YOU
HEALTHY PRIDE PRIDE HEALTHY

RESPECT YOU RESPECT WE RESPECT YOU RESPECT YOU
I RESPECT YOU

DIGNITY YOU DIGNITY WE DIGNITY YOU DIGNITY YOU
I DIGNITY YOU

SUCCESS YOU SUCCESS WE SUCCESS YOU SUCCESS YOU
I SUCCESS YOU

WIN YOU WIN WE WIN YOU WIN YOU WE WIN TOGETHER

CONFIDENCE YOU CONFIDENCE WE CONFIDENCE
YOU CONFIDENCE YOU I CONFIDENCE YOU

ADMIRE YOU ADMIRE WE ADMIRE YOU ADMIRE YOU
I ADMIRE YOU

ENCOURAGE YOU ENCOURAGE WE ENCOURAGE
YOU ENCOURAGE YOU I ENCOURAGE YOU

COURAGE YOU COURAGE WE COURAGE YOU COURAGE YOU
I COURAGE YOU

ACCOMPLISH YOU ACCOMPLISH WE ACCOMPLISH
YOU ACCOMPLISH YOU WE ACCOMPLISH TOGETHER

IMPORTANT YOU IMPORTANT IMPORTANT YOU WE IMPORTANT
YOU IMPORTANT YOU YOU IMPORTANT ME

DETERMINED YOU DETERMINED WE DETERMINED
YOU DETERMINED YOU I DETERMINED YOU

STRENGTH YOU STRENGTH WE STRENGTH YOU STRENGTH YOU
I STRENGTH YOU

STRONG YOU STRONG WE STRONG YOU STRONG YOU
I STRONG YOU

SUPPORTIVE YOU SUPPORTIVE SUPPORTIVE YOU
WE SUPPORTIVE YOU SUPPORTIVE YOU I SUPPORTIVE YOU

HELP YOU HELP WE HELP YOU HELP YOU I HELP YOU

FAMILY YOU FAMILY WE FAMILY YOU FAMILY ME I FAMILY YOU

BELONG YOU BELONG WE BELONG YOU BELONG YOU
YOU BELONG HERE

CONTROL YOU CONTROL WE CONTROL YOU CONTROL YOU

SELF-CONTROL YOU SELF-CONTROL WE SELF-CONTROL
YOU SELF-CONTROL YOU

SELF-GOVERNMENT YOU SELF-GOVERNMENT
WE SELF-GOVERNMENT YOU SELF-GOVERNMENT YOU

YOU OWN YOU YOU SELF OWN YOU OWN SELF
YOU SELF OWN YOU YOU OWN SELF YOU

SMART YOU SMART WE SMART YOU SMART YOU

ORGANIZED YOU ORGANIZED WE ORGANIZED
YOU ORGANIZED YOU I ORGANIZED YOU

LOGICAL YOU LOGICAL WE LOGICAL YOU LOGICAL YOU I LOGICAL YOU

CONSISTENT YOU CONSISTENT WE CONSISTENT
YOU CONSISTENT YOU I CONSISTENT YOU

INTENTION YOU INTENTION INTENTION YOU WE INTENTION
YOU INTENTION YOU I INTENTION YOU

HONEST YOU HONEST WE HONEST YOU HONEST YOU I HONEST YOU

TRUST YOU TRUIST WE TRUST YOU TRUST YOU I TRUST YOU

TRUE YOU TURE WE TRUE YOU TRUE YOU I TRUE YOU

COMPASSION YOU COMPASSION WE COMPASSION
 YOU COMPASSION YOU I COMPASSION YOU

SYMPATHY YOU SYMPATHY WE SYMPATHY YOU SYMPATHY YOU
 I SYMPATHY YOU

CARE YOU CARE WE CARE YOU CARE YOU I CARE YOU

YES YOU YES WE YES YOU YES YOU I YES YOU

POSITIVE YOU POSITIVE WE POSITIVE YOU POSITIVE YOU
 I POSITIVE YOU

APPRECIATE YOU APPRECIATE WE APPRECIATE
 YOU APPRECIATE YOU I APPRECIATE YOU

THANKFUL YOU THANKFUL WE THANKFUL YOU THANKFUL YOU
 I THANKFUL YOU

HAPPY YOU HAPPY HAPPY YOU WE HAPPY YOU HAPPY YOU
 I HAPPY YOU

GOOD WORLD YOU GOOD WORLD GOOD WORLD YOU
 WE GOOD WORLD YOU GOOD WORLD YOU

BETTER LIFE LIFE BETTER YOU BETTER LIFE YOU LIFE BETTER
 WE BETTER LIFE WE LIFE BETTER YOU BETTER LIFE YOU
 YOU LIFE BETTER YOU

HEALTH YOU HEALTH WE HEALTY YOU HEALTH YOU

HEALTHY YOU HEALTHY WE HEALTY YOU HEALTHY YOU

HEALTHY BODY BODY HEALTHY YOU HEALTHY BODY
 YOU BODY HEALTHY WE HEALTHY BODY WE BODY HEALTHY
 YOU HEALTHY BODY YOU YOU BODY HEALTHY YOU

SACRED YOU SACRED WE SACRED YOU SACRED YOU
 I SACRED YOU

SACRED BODY BODY SACRED YOU SACRED BODY
 YOU BODY SACRED WE SACRED BODY WE BODY SACRED
 YOU SACRED BODY YOU YOU BODY SACRED YOU

HEALING YOU HEALING HEALING YOU WE HEALING
 YOU HEALING YOU I HEALING YOU

CHANGING YOU CHANGING CHANGING YOU WE CHANGING
YOU CHANGING YOU

GETTING BETTER YOU GETTING BETTER GETTING BETTER YOU
WE GETTING BETTER YOU GETTING BETTER YOU

FEEL BETTER YOU FEEL BETTER FEEL BETTER YOU
WE FEEL BETTER YOU FEEL BETTER YOU

FEEL GOOD YOU FEEL GOOD FEEL GOOD YOU WE FEEL GOOD
YOU FEEL GOOD YOU

REAL YOU REAL REAL YOU WE REAL YOU REAL YOU