

OPRAH WINFREY IS OVERWEIGHT

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Dear Subscriber,

The reason Oprah, like all overweight people, has not triumphed regaining a healthy weight is because she has still not dealt with the original reasons for her becoming overweight. Those reasons and beliefs are specific. She has to lose the mental weight first, to lose the emotional weight to then lose the physical weight - permanently. And her Identity is probably in conflict with her Nature.

By my view, most people are energy depressed. Essentially, she is constantly adjusting her energy levels via food. You also have to enjoy your body to stay healthy and she may not.

Essentially it's all math: Your final weight = Beliefs that empower you divided by beliefs that undermine you, or Sensations that give you pleasure divided by the stress/anxiety energy, or Calories eaten divided by calories burnt. (That's the mental -emotional -physical axis of the equations afore.)

The physical body is the final show of the invisible mental and emotional realities. It's always hardest to see oneself.

Please feel free to forward this PDF to your friends.

To your health!

Mark E. Laursen, M.D., M.D.(H), A.B.I.H.M., N.M.D.

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The opinion expressed is that of Dr. Mark Laursen, M.D.