

Diet Freedom! A 12-week self-help guide designed to change your eating patterns forever.

**Busting Free From The Diet Game**

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# Busting Free

*FROM THE DIET GAME*



**DIET FREEDOM!  
A 12-WEEK SELF-HELP GUIDE  
DESIGNED TO CHANGE  
YOUR EATING PATTERNS FOREVER**

Here at last is the solution you have been looking for. **NO MORE DIETS**. A proven, effective program for weight loss, and what's more important, a chance to regain your sanity by Busting Free from the "Diet Game"

This twelve-week program will help you seek out the reasons for your overeating, and teach you different life-long techniques for permanent weight loss. You will learn to enjoy the highs from living, instead of the lows from existing in the food fog.

You will learn to recognize mood and food triggers that cause you to overeat

You will **WIN** with our program, **BUILD** self-awareness, **GIVE NEW LIFE TO** a healthy self-image, and **REGAIN YOUR FREEDOM OF CHOICE** by making over eating a thing of the past.

**LIZ UNDERHILL**

Busting Free From The Diet Game

# ***Busting Free From The Diet Game***

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Liz Underhill

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Email – [liz@chatterboxgazette.com](mailto:liz@chatterboxgazette.com)

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## CHAPTER 1

### **DIET FREEDOM IS A 12 WEEK PROGRAM DESIGNED TO CHANGE YOUR EATING PATTERNS FOREVER**

Yes diet freedom. No more dieting. No more special foods. No pills. No counting calories. No portions.

You are probably saying to yourself at this point. “Oh sure, another gimmick, a get-rich-quick scheme!”

I confess that this is a totally different approach to losing weight. I too was in the class of trying the everything-that-came-along approach to weight reduction, but after years of up and down and up and down and becoming disillusioned with weight clubs, diets, pills and all the other “fat reducing” programs that I tried, I decided that was it! No more!

There had to be something wrong when 85-95% of us went through the agony of losing all those extra pounds...feeling good (if we even lasted that long) about how we looked, new clothes, compliments from everyone, and then somehow gaining all the weight back.

Why, I asked myself, would any of us go through all of that only to gain it all back and more besides? I started to look back over my life that had been controlled by my weight.

I began my eating career in infancy. I cried incessantly, drove my poor mother nuts, and so she did what all mothers of the time did, fed me. I had one meal a day lasting twenty-four hours.

My habits were instilled in me from that time. If things didn't go the way I wanted, I ate, and ate, and ate. I spent hours, days, weeks, months, years, thinking about what I wanted to eat; what I did eat; what I couldn't eat; what I shouldn't eat. My world was an eating cage with no exit door.

I have been overweight, obese, fat, plump, chubby, blimpish, and yes, even had cute baby fat. You name it, I've been there done that, and was still doing that until I admitted I was out of control.

I had followed every diet known to man and woman. I was going to workshops, where there were nurses and on-staff (that means you never see them) doctors. They informed me that if I didn't take control of myself, part of which was paying for their “cures”, I would die at an early age. I was on a high from the diet pills that sent me bouncing off walls. With that type of energy, I ate even faster.

## Busting Free From The Diet Game

Talk about the yo-yo dieting syndrome. I wasn't allowed the luxury of hanging around at the bottom. It hit bottom (my perfect weight) then like a rubber ball my weight bounced back up. Somehow, in my scurry to the top, I accumulated an extra five to ten pounds.

My life revolved around the scales. The type of day I had was determined by whether I had lost or gained those horrid pounds. I was in such pain. I needed the control back in my life but how could I do that?

Enter Ms. Klara. She claims she is gorgeous no matter what her size, and that she keeps her great looks with the help of Miss Claire Oil and Oil of Old Lady. She wanted a piece of the action, so I have included her little witticisms.

She will give you her unique observations of a compulsive overeating life, commenting on diets, fat, exercises, and so on. She even has her own Compulsive Overeating Test. I, on the other hand, provide the nuts and bolts of the program.

She was my sanity. She helped me enjoy a life with humour in it. As long as she was telling her jokes and brand of humour, there was no pain. She became a close and loyal friend. She was with me every step of the way as I journeyed along my path of discovery and healing.

We had fun putting this together for you. I hope that you, too, can take this in the spirit it was given, to help you laugh at yourself when the going gets tough.

We sincerely hope that you have a feast from the bowl of life. The results depend entirely on the ingredients you use.

Keep smiling and my fondest wish is that you learn to *Lighten Up*.

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