

## Supports weight loss



The World Health Organisation defines obesity as 'abnormal or excessive fat accumulation that may impair health'. In Ireland, 61% of the adults and around 20% of the children are obese.<sup>1</sup> Obesity may cause high blood pressure, diabetes, cardiovascular

disease and some intestinal cancers. **Losing weight requires a slimming program and a lot of self-discipline.** Of profound importance however for gradual and lasting weight loss are the intentions. Do you want to slim to be able to wear that dress or do you want to slim so that you live a healthy, happy and fulfilling life? Those who eat too much unhealthy food do so to compensate dissatisfactions. Dissatisfactions that may be deeply rooted in the past. **Through a specific way of interviewing and homeopathic remedies the homeopath addresses the causes of comfort eating and in that way it increases the chance of successful weightloss considerably.**

### Contents

- **Sensory fulfilment**
- **The happiness of the other**
- **The causes of comfort eating**

Enjoy this newsletter. Regards,  
**Jeroen Holtkamp, I.S.Hom.**

<sup>1</sup>  
[http://www.oireachtas.ie/parliament/media/houseoftheoireachtas/libraryresearch/spotlights/spotObesity071111\\_150658.pdf](http://www.oireachtas.ie/parliament/media/houseoftheoireachtas/libraryresearch/spotlights/spotObesity071111_150658.pdf)

### Sensory fulfilment

The problem with losing weight is that people are too focussed on their appearance and on to what extent it deviates from the norm. Nowadays people are too much focussed on the sensory and the fulfilment that one derives from it. The celebration of Christmas is a clear example. People are too busy with dinners and presents and almost forget what it is all about: the celebration of Jesus' birth. In general people are too occupied with the sensory fulfilment and the safeguarding of its continuation. Dissatisfaction is generally compensated through the consumption of enjoyable snacks which contains an excess of sugar, protein and fat. The consumption of these unhealthy foods supports our bodily well-being and our sensory fulfilment. But this keeps people from looking for solutions for



their general unwell being. Comfort eating rather maintains the problems or even aggravates them because of the postponement. Not all problems can be solved and

in many cases this incapacity to deal with dissatisfaction is caused by our personal attitude. **Through a specific way of interviewing and homeopathic remedies the homeopath contributes to an increasing ability to bear the brunts of life with resignation. With homeopathy the facts of life can not be changed of course, but it helps the individual to find their inner force to be more unconditionally happy.**

### The happiness of the other

This increased ability to be unconditionally happy aids the individual significantly to break through the negative cycle of comfort eating and to persevere in losing weight. In many cases losing weight is essential and dietary measures very necessary. But the weighing

scale is only of secondary importance. **Vital is the individual's inner wellbeing.** It is of utmost importance for those who want to reduce their weight that it is actually not their weight that they have to deal with but their personal attitude; a personal attitude which seeks to be happy in the here and now. Well then, the most reliable indicator for one's own unconditional happiness is the happiness of the other. Helping your neighbour for example generates more lasting happiness than the consumption of a slice of chocolate cake.

### The causes of comfort eating

The Homeopath addresses the causes of comfort eating because he treats obesity at an individual level. Three persons might experience trouble losing weight and each of them would be helped with a different remedy. **The remedy Capsicum** for example will benefit an obese person with a history of depression and alcoholism. The typical appearance would be the red face with small, red, dilated blood vessels on face and nose. This person might complain of frequent colds with tremendous burning of the throat. **Lycopodium** is an indicated remedy when the person who tries to lose weight has significant problems of self-esteem and low confidence. She might be withdrawn, and anxious about her health, conflicts or her career. She might wake up at night to eat. **Graphites** would be excellent for the support of weight loss if the individual is troubled with irresolution, poor concentration and emotional to the extent that music makes her weep. She may have a history of gastritis or ulcers with pains that improve from eating or drinking milk.

**Health food shop "Nuts and Grains" opposite the back-exit of the Harbour Street Shopping Centre in Mullingar gives excellent advice on wholesome and nutritious food products.**

Green Street Medical Centre, Castlepollard  
**Jeroen Holtkamp, I.S.Hom.**  
Phone: 044-9662779