

Introduction

The *Fat Brain Lies* workbook is designed for obese men and women to take a hard look at what has kept them from obtaining and maintaining a healthy body weight by taking a reality check and exposing what is fact and what is fat brain fiction when it comes to making daily choices where their weight and food is concerned.

Although I am known for Raw Food Boot Camp® and helping women achieve fast weight loss with a simple low fat raw food diet, this workbook is intended to help anyone who is serious about taking control of their life and beating obesity regardless of the diet chosen.

I have worked with hundreds of women and have found this one truth to be absolute: The only ones who succeed are the ones who approach the program knowing they are ready and will do whatever it takes to reach their goals.

This workbook, and the others in the *Preparing for Weight Loss Series* published by ObeseMe is designed to help you get to that place before you embark on one more diet or convince yourself only drugs or surgery will work. Give yourself a month or more to work through the complete series. If you are honest in your answers to these workbooks, that magic pill you have hunted for all these years may just be found—in you! Take the initiative to beat obesity with the only weight loss methods you can trust: food, exercise, and attitude.

I am not a medical, mental health or fitness professional, just a woman who found a way to beat obesity and who has worked with many others to do the same. As with all medical and exercise programs, consult your physician before proceeding. No information in this workbook is presented as medical advice and should not be taken as such.

Table of Contents

Meet Your Fat Brain	1
Fat Brain Lie: - It Isn't So Bad Being Obese	3
Assignment 1: Your real weight	3
Assignment 2: How Obese Are You?.....	5
Assignment 3: Take a Good Look	6
Assignment 4: Taking Stock.....	11
Assignment 5: Your Health Risk	14
Review	17
Extra Credit.....	21
Fat Brain Lie - I Do Not Overeat	25
Assignment 1: Setup Your FitDay Account	26
Assignment 2: Negligible Calories	26
Assignment 3: Quantity of Food You Eat.....	30
Assignment 4: The Will Always Overeat List.....	34
Assignment 5: Maintenance Calories	36
Assignment 6: Healthy Food Can Make You Fat.....	38
Review	40
Extra Credit.....	42
Fat Brain Lie - I Have a Slow Metabolism	47
Fat Brain Lie - Diets Do Not Work	51
Assignment 1: Why You Quit Diets	51
Assignment 2: Finding the Real Reasons	56
Review:	77
Extra Credit:.....	78
Fat Brain Lie - I Hate or Cannot Exercise	83
Fat Brain Lie - I Cannot Change.....	89
Assignment 1: Previous Changes.....	89
Assignment 2: Your Accomplishments	91
Assignment 3: Untapped Strength	93
Assignment 4: Scenarios.....	94
Assignment 5: Breaking the Lie	103
Review:	106
Extra Credit:.....	107
Plan of Action for Change	111
Final Words from Carlene	115

Meet Your Fat Brain

How often has that little voice inside your head told you to take that one little bite, that one bite won't matter and you can make up for it tomorrow? How often has it told you that yet another diet in the desire to be thin is not right for you, that it is too hard, too costly, too much work? How often has it told you that you will never succeed? How often has it said you will never be thin so either go get surgery or give up?

That is your fat brain talking, telling you exactly what you want to hear, because, face it, failing is so much easier than succeeding.

Hundreds of women have come through Raw Food Boot Camp® but only a select few have reached their goals and lost over a hundred pounds. Why is that? In the beginning, I didn't understand this. I thought if I showed the world a diet that worked as fast as weight loss surgery without the risk, the obese would flock toward it, embrace it and together we would change the world for the obese forever...*that was my delusional brain talking!* One of the things I learned, and I will admit it was the hard way, was that most obese people would rather be obese than stand up to themselves when it comes to food and exercise.

That in fact, their fat brain was their closest friend. The one stable, comforting source in their lives, the one who understood them and did not have any expectations from them. Unconditional love. Eat and be merry, hide and be unseen, not trying is better than failing or being rejected. Ah, how that fat brain has served us over the years.

Unfortunately, we are being seduced by lies. It isn't until we face the fact that our first love is our fat, and that like all abusive lovers it means to control and confine us to ensure we never meet our full potential or step out on our own. It takes courage, a lot of courage to walk away from this fat brain and to reach out for a new lover: our thin brain.

Get ready to face yourself and look honestly at what you want and what you are willing to do to get it. Until you do, there is no sense pretending you are going to succeed on any diet.

But our thin brain is elusive and weak. It has no winning experience, so therefore has no backbone. Throughout our lives, whenever it would emerge, the fat brain came out with a mallet and slammed away. Our thin brain did what all overwhelmed combatants do, it ran away with the hopes that it could regroup and fight another day. So there it sits, hoping for reinforcements, hoping for winning strategies, and waiting for orders from you to try again.

I am sorry for the metaphors, but when it comes to beating the fat brain, it really is a battle and it takes planning, guile, courage and strength to win. But with all enemies, to beat it, you must understand it. That is the purpose of this workbook. Together let's expose that fat brain for all it's dastardly ways and find the right tools to whittle away at it until it is too weak to stand up against your thin brain.

Is it too hard to believe it could happen for you? Well believe it. If you really want to be thin for life then you will send your thin brain back into battle again and again and again regardless of how tired, weak, and discouraged it gets and bash away at the fat brain's hold. Soon it will be the fat brain retreating and you will see it for the weak coward it really is.

It is time to put your fat on the line and start facing some truths about your complacency when it comes to your obesity. There will be no psycho analyzing done in this workbook, no retracing your past to figure out why you are the person you are. Instead we are going to look at who you are today and what you need to do to walk away from the fat suit and keep it off for life.

Fat Brain Lie: ~ It Isn't So Bad Being Obese

We are going to start here with this blatant lie. Why? Because it is the easiest to dispel. If you are going to get this done then any blinders you may wear when it comes to your weight must come off.

Oh you may be saying. I don't deceive myself about this, I hate being obese. Well then, my question is, if you hate it so much and you know how horrible it is for you, why have you not done something about it? Hold that thought, I am sure you have many reasons, we will talk about most of them in this workbook.

Whether you think you have accepted your true state of affairs or not, I want you to do all the assignments in this section before proceeding.

Assignment 1: Your real weight

So many people who are obese don't even know how much they really weigh. Why? Because they don't want to know. To know means to acknowledge and face it. Who wants to do that?

I have had women come to Boot Camp who use the excuse they don't have a scale that goes over 300 pounds so they don't know exactly how much they really weigh. And then when I say go get a scale, they say they are too expensive and will have to wait.

Let me blow that thought process out of the water.

- Go to Amazon.com and do a search on XL 550 Talking. It goes up to 550 lbs and even verbally tells you the weight, so if you can't see beyond your belly you can still know your weight. It is about \$45 dollars. Well worth the price. **This is the one I bring to events with me.**
- Use the scale at a local gym. As long as you wear the same weight of clothing each day and weigh at the same time in your bathroom, eating, and exercising routine, it doesn't matter when you weigh in. The gym scales are a great resource since they are usually doctors' scales. The drawback is that they are far from private.
- Speak with your doctor. Tell her you are on a mission to shed the weight but need to accurately weigh yourself. Ask if you could stop by once or twice a week to use her scale.
- One woman I had at Boot Camp even talked about using the freight scale at work.

Whatever works, do it. Reality plays an important role in being successful. If you deny your weight, then you deny your need. Stop making excuses and start weighing.

Today's Weight:

Today's Date:

Assignment 2: How Obese Are You?

People hate that word, obese. I think that is why I use it so freely and took on the business name of ObeseMe. To change, you have to own up to the truth. You don't hear diabetic going around calling themselves Sugar Challenged do you? Well, obesity is just like diabetes, it is a state of who we are, and whether you like it or not, there is no cure for obesity. Just like diabetes you can choose to control it with food and exercise.

All of my life, it does not matter how thin I am or how long I maintain it, my body heads for obesity the minute I am not monitoring my caloric intake. Therefore, I accept that term obese as part of who I am. It is a word I never want to lose sight of, because just like the diabetic who goes off his diet without worry or concern, the disease is always there waiting in the background to show its ugly head.

Of course there are levels of obesity. There is the mindset that yes your body has obese tendencies, and there is the actual medical fact that states at your weight you are at risk for obesity related diseases.

Let's go back to the idea of diabetes. Those who control their blood sugar levels with food and exercise substantially lower the risk of diabetic related diseases. Those that cannot or will not control their diabetes are at certain risk of diabetic related diseases, and the more out of control their blood sugar levels are, the higher at risk they are.

This is true for us as well.

Today you will figure your BMI (Body Mass Index). This figure is only related to the ratio of height versus weight, but when obese that is accurate enough. You may have thought there was only obese and possible morbidly obese, but the index can go higher than that.

First go to www.ObeseMe.com/BMICALC.com (make sure to use the proper capitalization) and figure out your BMI. Then come back here and see where you are on the obesity level scale.

Studies suggest that those shaped like apples (large belly) versus pear shaped (large hips) are at an even higher rate of risk of obese related diseases. But don't fool yourself, apple or pear, if you are obese you are at risk.

Today's Date: _____

Today's Weight: _____

Today's Level of Obesity: _____

Today's BMI: _____

BMI Levels of Obesity
25 - 29 BMI - Overweight
30 - 39 BMI - Obese
40 - 49 BMI - Morbid Obesity
50 - 59 BMI - Malignant Obesity
60+ BMI - Super Super Obese

Assignment 3: Take a Good Look

Do you ever walk by a window and see your reflection and turn away so you don't have to acknowledge it? When outdoors with a group and shadows are dancing across the lawn as you walk, do you try to hide yours so others can't see how much of the landscape it consumes? Are you the photographer so you don't have to be the photographed?

These are typical slights. There are times I would take a quick peak, out of morbid curiosity when I passed a window, but it would be very quick so my brain did not have to register what I saw and claim it.

Other people though don't have this aversion, they look at themselves falling out of their clothes, or in their tent shirts and dresses and think, oh I don't look that bad.

If you are not willing to face the truth, then you are not ready to fix the problem.

Today we are going to tackle both of these fat brain tactics.

You are going to take some before photos of yourself. Now I get people who want to join camp write and say they want the support but under no circumstances are they going to have their picture taken even if it is only them and me who see it. I don't let them in, and I'll tell you why. They are still in denial of their problem. And until you accept where and who you are, you are not ready.

My motto is: You can't pay me enough to support people who don't want to change.

I still keep my before photos on my fridge. I never want to forget where I came from and how easy it would be to return. These photos are priceless not only in reminding me why I don't need to eat that junk food or that I do need to get on the treadmill, but as I lost the weight they kept it real for me. I could not deny what I really looked like, I could not pretend that it did not matter to me that the person in those photos was the one my children, my mother and my friends had to stare at each and every time they saw me, the one my children had to introduce to their friends and colleagues as mom.

The me inside, the soulful me, or however you want to think of yourself, was not that woman in the photos. In my mind I was just me, and as long as I didn't linger too long at that reflection, or I walked with my shadow behind me, I could pretend how I looked did not matter. It is time to stop pretending and face the reality of who you are.

Today is photo day and you are going to take three sets of photos and add them to your book here.

Set 1 – Front View:

Since this book is private and only you will ever see it. I want you to take one of these photos in your underwear or a bathing suit (women make it a two piece without apron). Make sure your body fills the frame. If you don't want someone else to see you, use the mirror to catch your reflection. This way you will only get front and hopefully side views. Try for a back view as well.

Set 2 – Side View:

Put on your favorite casual outfit. Shorts and a t-shirt are great, and have someone take your photos. Front, side and back. Make sure they get the top of your head and your feet in your photos. These are going to become your official before photos.

Set 3 – Back View:

Now for this last set, I want you to have your photo taken with someone you consider normal size who is close to your same height. In the first shot stand next to that person side by side. Don't let either of your bodies hide the other. In the second shot stand as if in a line and have the photographer take a side view shot. Leave a space between you. What you want to see is the difference in belly and butt. In the third shot I want you to stand behind the other person, both of you with your arms out to your sides.

If you are making excuses why you don't need to take these photos, then you will make excuses why you don't have to stick to your diet when you start that process.

To beat the fat brain, you have to prove to it that you are done with excuses and are ready to do what it takes, no matter how unpleasant or inconvenient, to get to your goal.

Front Views

Paste Your Front Photo Here

Today's Date: _____

Today's Weight: _____

Paste Your Front Photo Here

Paste Your Front Photo Here

Side Views

Today's Date: _____

Today's Weight: _____

Paste Your Side Photo Here

Paste Your Side Photo Here

Paste Your Side Photo Here

Back Views

Paste Your Back Photo Here

Today's Date: _____

Today's Weight: _____

Paste Your Back Photo Here

Paste Your Back Photo Here

Assignment 4: Taking Stock

It is easy to be obese if you stay at home all the time. You have your comfy car, your oversized chair at work, that foot stool in front of the TV with your side table in easy reach for you to occasionally put down that drink or bowl of snacks. But what happens when you venture out into the real world? It isn't so easy being obese out there. Let's take stock of some of the things that limit you because of your obesity.

I will tell you some of the things I gave up because of my weight, and then I want you to create a list of your own.

- I stopped flying because I was afraid I would have to ask for a seat belt extension or God forbid be singled out to purchase a second seat.
- I stopped going to the movies because while I was at them I obsessed over how much elbow room I was stealing from the person sitting next to me.
- I would stand at friends' homes afraid that my weight would be too much for their furniture.
- I did not go back to college for fear I would not fit in those desk chairs.
- I was afraid to stand on ladders or step stools if I didn't know their weight limit so I stopped decorating for the holidays.
- I stopped giving blood because the nurses would always have to go hunting for that extra large cuff.
- I did not like holding my grand nieces and nephews because I no longer had lap room.
- I used deodorant between my upper thighs to help prevent the embarrassing sweating.
- Did not visit the local caves because I was afraid I would not fit between the walkways.
- Hated going to restaurants because I could no longer fit in the booths and always had to ask for a table.
- Secretly prayed the novels I wrote would not get published so I wouldn't have to have my picture taken and put on a book.

Here are a few from Boot Camp Members over the years:

- Stopped taking their kids to the fair because they couldn't fit on the rides anymore. That darn lap bar just wouldn't shut.
- Turned down good jobs because they were on the second or third floor with no elevator.
- Didn't show up for an interview or a social event because they had no presentable clothes that fit them.
- Had to start using a stick to reach their backside in the bathroom.
- Had to have someone else start washing their hair because their arms could no longer be held that high for that long.
- Did not pursue their life long dreams, ones they were even professionally trained for because of their weight.
- Did not go to the doctor when they were seriously ill because they did not want to be lectured about their weight.
- Married whomever they could get!
- Stopped making love.

Believe it or not this is just a partial list, I wanted to leave things for you. Now that you understand what I am talking about, I want you to make your own list of things your weight has prevented you from doing or enjoying.

First I want you to list your top three favorite fattening foods. We will use these later in some of our examples.

Then make a list of what you have sacrificed in your life because of obesity and rate each item against your favorite food. On a scale of 0 to 10 how long would you be willing to live without your favorite fattening food to never deal with this issue again. 0 being none, 10 being forever.

Your Top 3 Favorite Fattening Foods:

Assignment 5: Your Health Risk

Obesity unlike high blood pressure, high cholesterol, and diabetes is not a silent killer because each day we look in the mirror we are reminded of what we are doing to our bodies. Yet, we still go to the nearest fast food restaurant or grab that bag of cookies or chips instead of an apple, or pear. Is it that we don't believe what they tell us about the risks of obesity? Do you really feel immune?

Whether you are 22 or 62, each day you are obese you are putting your life at risk, primarily for heart disease. Of course diabetes is waiting at your door if it hasn't already knocked it down. It is only a matter of time before obesity catches up with you.

Look around, how many 80 and 90 year old morbidly obese people do you see? Of course you may think some of the obese people riding around in those electric carts are 80, but they are probably more like 55 or 60.

Today I want you to do something similar to Assignment 4. This time in regard to exercise and health. I want you to look at your health risks and decide if an hour of exercise each day would be worth the chance of cutting that risk in half.

First let me tell you about some of the ailments women at Raw Food Boot Camp® have conquered or relieved with a change of their diet and an hour of exercise each day.

Lets start with me:

- **Snoring** - gone
- **Borderline Diabetic** - normal ranges now
- **Severe Depression** - gone
- **Unbalanced female hormones** - now balanced
- **That horrible sweating between the thighs** - a vague memory
- **Heart palpitations** - gone
- **That quick intake of breath that makes you think your heart stopped** - gone
- **Low thyroid** - now normal levels no more meds needed

- **Inability to conceive** - okay this wasn't me, it was my daughter. She had given up hope when she learned she couldn't produce her own eggs for in-vitro fertilization. She just did not ovulate and all the drugs her doctors gave her did not help. The subject was closed in our family. As I approached her weight on my weight loss journey, she realized she could not handle me being thinner than her, so she incorporated some of my raw diet into her own. Eight months later she had dropped 45 pounds. A year later she became pregnant on her own.

So now I am officially cured of being grandchildless, which I have to admit is worth giving up my favorite foods for the rest of my life!

Here are some things Boot Camp members have recovered from using diet and exercise:

- **High blood pressure** - in fact weight loss and exercise so improve blood pressure that you have to monitor yourself closely so your meds don't send you the other way.
- **Diabetes** - again for many this is controllable with diet and you have to monitor yourself closely to ensure you are not giving yourself too much insulin.
- **Fibromyalgia**
- **Incontinence** - this is a great story of a woman who had been incontinent for 20 years, and then after about a week and a half of being at Boot Camp it went away. Turned out she had an allergy to corn, which is a food we don't allow at camp. Twenty years of misery and it was a food-based problem.
- **Sleep Apnea**
- **Rosacea**
- **Poor eyesight**
- **Skin eruptions**

And let's not forget those cholesterol levels. Eating a healthy diet and exercising is the best way to control high cholesterol.

I admit these changes in health are from a low fat raw diet. You will experience your own benefits from the diet you choose, but overall, obesity is the major culprit in our lives. Beat that and you will be a step ahead on everything else.

Review

Fat Brain Lie 1: It Isn't So Bad Being Obese

It is time to take a hard look at what you have done so far in this e-workbook and make some honest appraisals about your obesity.

How do you feel about your current weight and BMI?

Describe the person you feel you are, not taking into account your outward appearance.

When you look at your photos, what about them suits the person you think you are?

Is the person in those photos the person you want to be?

When you made your list of things in life you sacrifice for your obesity, how many of them did you mark with a 10

When you made your list of things of current and future health issues, how many of them did you think were worth walking for one hour a day to get rid of or cut the chance of them happening in your life by half?

Now for some tough questions.

If you put a ten in any of the life situations you were missing out on, did you really mean that?

Don't worry, this is a Preparing for Weight loss e-workbook, I am not going to ask you to give up your favorite fattening food just yet. Instead I am going to ask you to give up your third favorite fattening food starting today ~ no going back and changing it!

I am asking you to make a commitment to yourself and your life that yes there are things that really are worth giving up your third most favorite fattening food for and you are going to do it.

Will you commit today to give up your third favorite fattening food forever to change your life?

If your answer was no, explain to yourself why you will not do this.

If you said yes that even one of your health problems was worth walking one hour a day, did you really mean that?

I know an hour is a long time, it is as long as your favorite TV show. Let's not run to drastic measures at this point in your journey, instead let me ask you this.

Will you commit today to walk for exercise a minimum of 15 minutes a day?

Before you say no that you can't walk that long, let me tell you about the Raw Food Boot Camp member I call Miracle Jan. When Jan joined Boot Camp in December of 2005, she used a cane to walk and had just purchased a wheel chair. Her bed had been moved downstairs. When I asked for an hour of walking she told me she did not believe she could walk for more than 2 or three minutes at a time. I started her at half an hour of walking a day. How did she do it? She would get up off her chair and walk from the chair

in the living room to the kitchen, through the dining room, and back to her chair. She did this throughout the day, just two or three minutes at a time. Four months later, she walked a 10K with her granddaughter. Shortly thereafter her downstairs bed was dismantled and she returned to sleeping upstairs.

Change doesn't have to be drastic, for most it can and should start slow. What is important is that change take place, and that you start making those changes now even before you choose a dieting program.

So now I ask again, will you commit to walking 15 minutes a day for the rest of your life to improve your health?

If your answer was no, explain to yourself why you will not do this.

If you have decided that giving up your third favorite food or having to walk 15 minutes a day for exercise are not worth increasing your health, then you are not ready, and this workbook will not help you.

For as many diets as we have all started, there are an equal amount we have quit. For now instead of dieting for weight loss, live to maintain your weight. Do not gain more.

All that yo-yo dieting we have done is very bad for our health and is a cause of some of our most basic health problems like gallstones. It is better to maintain than to diet again knowing you will just gain it and more back in a very short time.

Make maintaining your goal. Weigh daily and do not allow yourself to gain even a pound.

When you honestly believe you are ready for a little sacrifice and a little activity, come back to this workbook and move forward.

Extra Credit

If being obese is not okay with you, here are some extra things you can do to get started in your preparation for weight loss.

1. Take your before photos and put them all over your house. Put them on the visor of your car, on the refrigerator door and all your mirrors.
2. Go back to the BMI calculator and figure out what you need to weigh to get down to the next level of obesity and pin that number on the wall above your scale.
3. Look at that list of things you have given up because of your obesity and pick one, the most fun adventurous one and make plans to do it. Get every brochure, every bit of info you can find and start day dreaming about you living the life.
4. Go on-line and look up every ailment you listed and find out exactly how much of it is related to your weight and how often you will hear that with diet and exercise others were able to cure themselves or prevent the inevitable.
5. Get a good pair of walking shoes and break them in so when you start your walking program blisters will not be an issue.
6. The next time you eat your favorite food, ask yourself is this really worth not being able to do x, y, or z. Take note of how often you say yes, and how often you put the food away.

Arm yourself with every available tool you have so when the fat brain tries to tell you, today doesn't matter, you can make up for it tomorrow, you can see it for the lie it is and boldly state:

Being obese is not okay!