

Interview with Carol

Q: Carol, if I was going to choose which program would be best for me, what would you recommend?

A: That's a good question and I get that a lot. That's why I created the 3 levels of the 'Free My Body' program: Quick Start, Transformation and Ultimate, so my clients can self-select what they need. A person who has 15 pounds to lose vs. someone that has over 50 pounds to lose have different levels of support they need and underlying emotional triggers and blocks that we'll want to release and take care of. So, with the Quick Start program, a person that has 15 pounds or less to lose needs support and direction just to get them over that hump to allow those extra pounds to release quickly no matter how long they've been trying to lose them.

With the 'Transformation' program, for people that have over 20 pounds they want to release, they need the additional support and usually have more unconscious emotional triggers that they are not even aware of. What's great about the 'Transformation' program is that a lot of those emotional triggers show up while you are actually losing weight and they are the ones contribute to what we call self-sabotage. Most people know what I mean when I say that. You're all excited and you start losing weight, but then for unknown reasons, you start self-sabotaging your results, sometimes doing the exact opposite of what you know and want to do, but don't really know 'why'. This is the perfect time to find out what's happening in the background of your unconscious, so we can eliminate it as you are losing weight and then you can finally get the results and transformation you desire.

With the Free My Body 'Ultimate' program, for people who are carrying around 50 or more pounds, there's just a bit more going on. So they need the extra support and direction to finally be successful and to reach their 'ultimate' desired weight.

Q: OK, Carol, I know what's going through some people's minds. What if they have over 75 or 100 pounds to lose?

A: Then definitely, the 'Ultimate' program is for them where they'll get some awesome results, so they can continue on their own or continue to get support from me until they've gotten to their desired result. I also offer a maintenance program for those who have gone through the 'Transformation' and 'Ultimate' programs.

Q: Should I expect to lose my extra 10 pounds in the 5 weeks?

A: It's possible, but there is no guarantee that you will be done in 5 weeks. The 5 weeks is a suggested starting point for your goal. You may uncover your core issue in 1 or 2 sessions and start to lose weight. Or, at 5 weeks you may be at the point where you are more relaxed, feel better about yourself, and are starting to make better food choices. Everyone is totally unique, so these time frames are only guidelines. The important thing is that you keep sight of your goal and stick with it until you succeed. When you do succeed, you will not only have lost the weight, but you will see other positive and fun changes in your life!

Q: Why did you create the 'Free My Body' program? There are so many weight loss programs out there, and none of them seem to work long-term.

A: I created this program after years of working with different weight loss approaches. I was frustrated watching people struggle with diets and disappointment. This program includes components I used before, such as healthy eating tips and food awareness, but I added other essential components. Since weight gain is rarely about the food, but more about the thoughts about the food and how people feel about themselves, I have emphasized thoughts and feelings more directly.

Q: What makes your program so different from other programs out there?

A: My program deals with the real cause of the extra weight, your thoughts and emotions about food. And under that, how you feel about yourself. It's

like peeling away the layers of an onion. The more layers you peel off, the more you deeply understand what is going on inside you, that what is pushing you to eat is contrary to what your conscious mind wants. When you understand this from an experiential level, the weight starts to drop off on its own. The struggles melt away because you are no longer fighting yourself. Plus, when you understand what really contributed to the weight gain, it is easier for you to accept yourself as you are and be more gentle with yourself. The previous intensity of trying to force yourself to lose weight that you are really not yet ready to lose starts to ease up. Then, ironically, when you give yourself a break it is easier for it to happen on its own.