



WEIGHT-LOSS APOCALYPSE

Emotional Eating Rehab
Through the hCG Protocol

"An impressive and thought-provoking book that will significantly impact the way you think about eating, dieting, and obesity."

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by ROBIN PHIPPS WOODALL

Weight Loss Apocalypse Emotional Eating Rehab Through The Hcg Protocol

Robin Phipps Woodall

Weight Loss Apocalypse Emotional Eating Rehab Through The Hcg Protocol:

Weight-Loss Apocalypse Robin Phipps Woodall,2011-11 Proposes the use of chorionic gonadotropins as a way to end irrational eating for emotional fulfillment and not real hunger **Weight-Loss Apocalypse Book 1** Robin Phipps Woodall,2019-12-13 After 8 years author Robin Phipps Woodall has updated Weight Loss Apocalypse adding 52 pages of new mind opening content In the second edition along with the important discussions of Dr Simeons hCG protocol the need for further scientific investigation and the hunger and fullness scale Robin examines further the impact dieting has on emotional eating She explains until the influence that dieting has on over eating or emotional eating is exposed as problematic the demand for excessive amounts of food will continue and weight gain will always be viewed as the problem This additional discussion is instrumental in preparing the reader for the next book in the series Weight Loss Apocalypse Book 2 which complements this book by addressing how body image negatively impacts how people approach Dr Simeons protocol For this reason Robin is excited to present this updated second edition as Weight Loss Apocalypse Book 1 Weight-Loss Apocalypse Robin Phipps Woodall,2011-11-08 This book was written to start a new conversation about how Dr Simeons protocol has relevance not only as a hormonal therapy but as a means to end our national eating disorder Instead of continuing to apply the protocol as a short term diet it should be discussed as a real solution a tool to end irrational eating for emotional fulfillment This country is dealing with a crisis an addiction to eating emotionally and the obvious result is the overwhelming increase in obesity Think about the number of people in our culture who eat without hunger When you observe our nation s behavior with food it s very clear that fat isn t what we should be obsessed about and weight shouldn t be the target of the problem We need a genuine desire to eat less one that isn t dependent on weight loss as a reward This requires each of us to be accountable for our own emotions and find happiness in life not centrally stimulated by food Finally a book that credibly answers the questions every doctor patient and skeptic needs to know about the hCG protocol Dr Heidi Anderson Doctor of Osteopathic Medicine I ve been prescribing hCG for weight loss for over four years and nothing I ve read comes close to having this level of expertise Without question this is the most informative and enlightening book about Dr Simeons hCG protocol available Dr Ed Hagen OB GYN Robin s approach to the hCG protocol is ingenious Using the protocol as a way to heal the mind and body as an emotional and physical therapy is exactly what this country needs Becky Crowther Registered Dietitian Life Coach **Weight-Loss Apocalypse Book 2** Robin Woodall,2020-01-15 After over a decade of continued observation author Robin Phipps Woodall is excited to share what she s discovered regarding the emotional impact of Dr Simeons hCG protocol In Weight Loss Apocalypse Book 2 Robin examines the affect that negative body image has on a person s impulse to diet and how repeated cyclical bouts of the hCG protocol done for this reason can be emotionally and physically harmful Disarming beliefs that impel people to feel bad about his or her body is an essential step in emotionally preparing people before they attempt the hCG protocol as medical treatment In this book Robin describes the psychological

risks of the very low calorie protocol as well as the importance of an emotional evaluation alongside a physical evaluation in determining whether a person is an appropriate candidate for the hCG protocol Whether you're new to the hCG protocol or you've done the protocol more times than you'd like to admit this book is for you *My Weight-Loss Apocalypse* Robin Woodall, 2019-12-03 After publishing *Weight Loss Apocalypse* in 2011 author Robin Phipps Woodall started a YouTube Channel to share her coaching sessions that helped people who struggled to stop emotional eating As Woodall met with each of her coaching clients she found that her significant experience with an eating disorder as well as her miraculous recovery kept coming up in their discussions For thousands of followers Woodall's story was only understood through bits and pieces discussed in these YouTube videos In this book Woodall tells how in the matter of a couple of years she went from being a cheerful college student to suffering with suicidal depression and a relentless eating disorder While in a deep state of contemplation as she emotionally prepared to end her life Woodall miraculously recovered Not only did she experience an instantaneous removal from every negative aspect of the disorder and depression but she also came out of it having a total shift in the way she perceived and lived life After over 20 years of being totally recovered Robin Woodall is excited to tell you her story *My Weight Loss Apocalypse* *HCG 2.0 - Don't Starve, Eat Smart and Lose* Zach LaBoube, 2013-07-09 Now the 1 diet of 2016 ranked by Consumer Affairs Magazine HCG 2.0 written by Dr Zach LaBoube founder of InsideOut Wellness and Weight Loss is a contemporary ketosis based version of the original HCG diet Medicine is called a practice for a reason As new technology and research becomes available treatment protocols evolve always for the better Shouldn't the HCG diet be the same First published in 1954 the traditional HCG diet as seen on many of your favorite daytime TV shows including Dr Oz has helped millions achieve weight loss success However the strict tone and outdated calorie recommendations make the diet far more difficult than it needs to be While the concepts and theory that inspired the traditional diet are still very relevant the protocol itself is still stuck in the 50s and in dire need of revision Introducing HCG 2.0 the first diet of its kind that is more about calorie replacement rather than calorie restriction HCG 2.0 utilizes current research into a variety of topics such as low carb ketosis dieting the high protein fat diets of Inuit Cultures and innovative new food statistics such as Estimated Glycemic Load Fullness Factor and Caloric Ratios to add smart calories to the diet thus making it a safer more realistic weight loss option for the working adult HCG 2.0 uses a BMR Basal Metabolic Rate calculation to determine the amount of calories you're allowed to consume This is a significant variation from the traditional diet that only allows each dieter only 500 calories per day whether male or female big or small HCG 2.0 also uses basic food chemistry to give you a wider variety of protein options and increases portion sizes of items higher in nutritional value but void of empty calories that only contribute to weight gain Whether you're looking to lose weight or simply eat healthy HCG 2.0 will accommodate Understand Ketosis and the benefits to low carb living Learn the difference between positive calories and negative calories Understand how to cut your caloric intake by 200-300 calories per day by simply addressing unnoticed habits and much more Don't beat

yourself up with the traditional HCG diet There s a smarter way to lose *Hcg Diet 800 Calorie Protocol Second Edition* Sonia E. Russell,2012-08 Licensed nurse Sonia Russell LPN is recognized as a leading expert in hCG diet research and weight loss safety Many dieters have claimed to be weak tired complain of hunger frequent headaches and hair loss on the original 500 calorie VLCD The HCG Diet 800 Calorie Protocol was developed from years of patient data obtained in the clinical setting to provide the dieter with a safer effective and more comfortable plan The 800 Calorie Protocol includes the use of vitamins and minerals adding breakfast more protein sources an extra fruit serving and more food choices The results have shown to yield the same if not better weight loss when compared to the original 500 calorie protocol The modified version also includes an improved phase 3 stabilization plan by removing certain foods that many dieters have been known to overindulge upon The 800 Calorie Protocol teaches the principals of eating clean by prohibiting canned and processed foods fat free sugar free store bought foods or products containing preservatives flavor enhancers pesticides herbicides sugar substitutes corn syrups or hormones The dieter will learn healthier ways to grocery shop read food labels and prepare and cook healthier foods The HCG Diet 800 Calorie Protocol Second Edition contains detailed updates to each phase of the 800 Calorie Protocol including new stall breaking techniques egg white protein alternatives approved breakfast protein shakes updates to the phase 2 food guide phase 2 allowable water veggies more delicious phase 2 and 3 recipes sample menus for phases 2 and 3 a detailed phase 3 stabilization plan dieter testimonials all required hCG essentials updated hCG diet FAQ s recommended supplements calorie counting charts and exercise routines

Emotional Eating Nancy Lynch,2021-01-16 GOOD NEWS If you are an emotional eater and you are wondering what you can do about it this book will give you a step by step guide on how to begin your journey to recovery Are you turning to food to deal with your emotions You don t need food to self soothe Wouldn t it be great if eating healthy and losing weight was something natural and intuitive When we constantly feel hungry and overeat sometimes it s not about the food For over fifty years nutritional and medical scientists have dissected the problem of obesity The result of this half century of investigation has been a series of recommendations about what and how much to eat and an unintended consequence is that we ve been deprived of the joy of eating Most contemporary thought on overeating and bingeing focuses on healing and self love But people who ve overcome food addiction and weight issues often report it was more like capturing and caging a rabid dog than learning to love their inner child Open the cage even an inch or show that dog an ounce of fear and it ll quickly burst out to shred your healthy eating plans undoing all your progress in a heartbeat In this important book a weight management expert presents the proven effective method to help people finally end their struggles with emotional eating and weight gain This book will help you to understand the following What exactly is binge eating disorder What signs symptoms can you expect to see in binge eating How to set a nutrition goal and achieve it What are the ramifications of overeating Emotional vs physical hunger How to recognize deceitful emotions How to change your thinking by creating an unfair and arid battlefield with eating disorders

Why you should reject the diet mentality and embrace Intuitive eating How to overcome the obstacles you may face How to finally stop emotional eating and lose weight without frictions You ll obtain Dramatically improve your ability to stick to ANY healthy food plan so you can achieve your weight loss and or fitness goals Quickly recover from mistakes without self judgement or unnecessary guilt Free yourself from the prison of food obsession so you can enjoy a satisfying delicious and healthy diet for the rest of your life Get inspired to start taking control taking action and making positive changes Click on Buy Now Button and Get Your Copy Now *New Pounds and Inches* Richard L. Lipman M.D,2013-02 The HCG diet has caught the attention of most overweight Americans as it promises to help the dieter lose a pound a day without hunger or cravings and without a minute of exercise The HCG diet was conceived in 1950 by Dr A T Simeons who wrote in his booklet Pounds and Inches that injecting HCG a hormone produced normally by pregnant women could not only produce spectacular weight loss results but at the same time re set the metabolism centers in the brain permanently Simeons plan required daily injections of HCG and a rigid semi starvation 500 calorie a day diet Although many people have been successful with the plan an equal number have found the HCG diet difficult to follow and have increasing questions about the HCG s safety and effectiveness In the New Pounds and Inches Richard L Lipman M D a board certified endocrinologist and internist updates and revises Simeons 1954 plan using modern day science and his personal experience treating thousands of patients with HCG Dr Lipman clarifies all of the controversies surrounding the HCG diet The New Pounds and Inches uses oral HCG an 800 calorie food plan protein with all three meals many fruits unlimited vegetables and many more foods beverages and snacks unavailable to Dr Simeons It presents a workable exercise program a maintenance plan and concludes with hundreds of appropriate HCG recipes The New Pounds and Inches offers a safe effective weight loss plan that sets the standard in weight loss for both practitioners and patients

Emotional Weight Loss: Heal the Inner Wounds Behind Overeating and Diet Failure Taylor Emerson,2025-06-30 Emotional Weight Loss Heal the Inner Wounds Behind Overeating and Diet Failure is not just another diet book it s a compassionate guide to transforming your relationship with food body and self from the inside out Why do so many intelligent determined people find themselves trapped in cycles of dieting emotional eating and shame Why does sheer willpower fail even when the desire for change is strong In this groundbreaking book Taylor Emerson reveals the hidden emotional forces driving overeating and diet failure and shows how true healing begins far beyond the plate Drawing on the latest insights from psychology trauma research and mind body science Emotional Weight Loss explores How early life experiences and emotional wounds shape eating patterns The powerful role of the nervous system in cravings bingeing and weight struggles The inner critic s sabotage and how to cultivate an inner voice of compassion How to distinguish physical hunger from emotional hunger Practical tools for building emotional resilience and responding to triggers A new vision of weight loss grounded in self awareness not self punishment Each chapter blends practical strategies with profound insights helping readers gently untangle the roots of emotional eating and find freedom

from the guilt and frustration that diets leave behind If you ve ever wondered why you know what to do but still can t do it if you re exhausted from years of trying and failing if you long to trust your body and nourish yourself without fear this book is your roadmap to lasting transformation Emotional Weight Loss offers hope clarity and a path back to wholeness Because your journey is not just about losing weight it s about finding yourself Beat Emotional Eating Forever Kimberly

Owens,2021-09-15 Em t n l t ng is when people u food a w to deal w th feelings instead of t satisfy hunger W v all been th r f n h ng a whole bag of h out f b r d m r downing cookie after cookie wh l cramming f r a b g test But when d n a l t ll w th ut realizing it m t n l t ng can ff t w ght h lth nd overall w ll b ng N t m n f u make th nn t n b tw n eating nd ur feelings But und r t nd ng what dr v emotional t ng n help l t k t t h ng t Overcoming emotional t ng t nd t nv lv t h ng th uff r r h lth r ways t v w food nd d v l better eating h b t r gn z their tr gg r for ng g ng n th b h v r nd d v l r r t w t prevent nd alleviate stress An important t n m n g ng stress exercise n r gul r h l t v t t nd t dampen the production of tr chemicals v n leading t a decrease n d r n anxiety and n mn

Phase 3 HCG Diet Sonia E. Russell,Candice Ekberg,2013-02-21 Dieters are often uncertain on how to effectively follow the 21 day Phase 3 Stabilization and many fear they will gain the weight back Sonia E Russell LPN licensed nurse professional hCG diet coach and author of the HCG Diet 800 Calorie Protocol has teamed up with certified personal fitness trainer and hCG diet coach Candice Ekberg B S ESS NSCA CPT EMT I They have combined their years of hCG diet coaching knowledge in nutrition fitness training and medical background to develop a structured and comprehensive Phase 3 plan that will help ensure stabilization prevent the frustration of chronic correction days avoid unnecessary additional rounds and the possibility of gaining any weight back Their Phase 3 plan will reduce stress to the hypothalamus by prohibiting the dieter to over indulge on sugars starches grains breads nuts beans and limiting most dairy The expanded Phase 3 plan includes a comprehensive 3 week food tracking guide Phase 3 overview the science behind stabilizing Phase 3 food items how to read food labels Phase 3 calorie conversion chart the interval between rounds understanding basal and resting metabolic rates Phase 3 exercise how to begin Phase 4 and a large assortment of delicious Phase 3 recipes The recipes include beverages condiments breakfast foods appetizers snacks soups salads chicken beef fish and seafood dishes By following the structured Phase 3 plan the dieter will have the tools to enable a successful stabilization

Emotional Eating Nancy Lynch,2021-01-16 GOOD NEWS If you are an emotional eater and you are wondering what you can do about it this book will give you a step by step guide on how to begin your journey to recovery Are you turning to food to deal with your emotions You don t need food to self soothe Wouldn t it be great if eating healthy and losing weight was something natural and intuitive When we constantly feel hungry and overeat sometimes it s not about the food For over fifty years nutritional and medical scientists have dissected the problem of obesity The result of this half century of investigation has been a series of recommendations about what and how much to eat and an unintended consequence is that we ve been deprived of the joy of eating Most contemporary thought on overeating and bingeing focuses on healing and self love But

people who've overcome food addiction and weight issues often report it was more like capturing and caging a rabid dog than learning to love their inner child. Open the cage even an inch or show that dog an ounce of fear and it'll quickly burst out to shred your healthy eating plans, undoing all your progress in a heartbeat. In this important book a weight management expert presents the proven effective method to help people finally end their struggles with emotional eating and weight gain. This book will help you to understand the following: What exactly is binge eating disorder? What signs/symptoms can you expect to see in binge eating? How to set a nutrition goal and achieve it? What are the ramifications of overeating? Emotional vs physical hunger? How to recognize deceitful emotions? How to change your thinking by creating an unfair and arid battlefield with eating disorders? Why you should reject the diet mentality and embrace Intuitive eating? How to overcome the obstacles you may face? How to finally stop emotional eating and lose weight without frictions? You'll obtain Dramatically improve your ability to stick to ANY healthy food plan so you can achieve your weight loss and/or fitness goals. Quickly recover from mistakes without self judgement or unnecessary guilt. Free yourself from the prison of food obsession so you can enjoy a satisfying delicious and healthy diet for the rest of your life. Get inspired to start taking control, taking action and making positive changes. Click on Buy Now Button and Get Your Copy Now.

A Food Junkie's Guide to Recovery Lisa Parks Silks, 2013-09 Since childhood author Lisa Parks Silks has struggled with food addiction and emotional eating. Now however she is on the path to recovery. Through deep reflection on childhood memories she came face to face with her inner junkie and her life was changed forever. In A Food Junkie's Guide to Recovery she shares her story of recovery from food addiction. She recalls the quest of a middle aged emotional eater who has battled obesity throughout adulthood as she finally found the answers to genuine lasting restoration. She then describes her simple discoveries to help those who turn to food for comfort to stop yo-yo dieting, stop obsessing over weight and body size, feel and eat better, embrace faith and kick habitual emotional responses to food. With meaningful contemplation and a few simple anti-dieting tips this guide identifies the critical ingredients for managing your weight once and for all. Silks's profound transformation of lifelong patterns offers hope and proof that you too can enjoy a happy healthy life eating meal by meal, losing pound by pound and walking step by step with God. Following this example can help you develop your own personal path to recovery and lead to miraculous changes in your life.

The Roles of Emotional Eating and Emotional Awareness in Weight Loss: a Treatment Outcome Study Eishita Manjrekar, 2016 **Real World Recovery** Rebekah Hennes, 2009-04-01 An Intuitive Food Program Curriculum for the Treatment of Eating Disorders. Emotional Eating Kelly Francis, 2020-11-05 Bad News: If you feel like you might be suffering from emotional eating this book will help you confirm those thoughts. BUT GOOD NEWS: If you are an emotional eater and you are wondering what you can do about it this book will give you a step by step guide on how to begin your journey to recovery. Are you turning to food to deal with your emotions? You don't need food to self-soothe. Wouldn't it be great if eating healthy and losing weight was something natural and intuitive? When we constantly feel hungry and overeat

sometimes it's not about the food For over fifty years nutritional and medical scientists have dissected the problem of obesity The result of this half century of investigation has been a series of recommendations about what and how much to eat and an unintended consequence is that we've been deprived of the joy of eating Most contemporary thought on overeating and bingeing focuses on healing and self love But people who've overcome food addiction and weight issues often report it was more like capturing and caging a rabid dog than learning to love their inner child Open the cage even an inch or show that dog an ounce of fear and it'll quickly burst out to shred your healthy eating plans undoing all your progress in a heartbeat In this important book a weight management expert presents the proven effective method to help people finally end their struggles with emotional eating and weight gain This book will help you to understand the following What exactly is binge eating disorder What signs/symptoms can you expect to see in binge eating How to set a nutrition goal and achieve it What are the ramifications of overeating Emotional vs physical hunger How to recognize deceitful emotions How to change your thinking by creating an unfair and arid battlefield with eating disorders Why you should reject the diet mentality and embrace Intuitive eating How to overcome the obstacles you may face How to finally stop emotional eating and lose weight without frictions You'll obtain Dramatically improve your ability to stick to ANY healthy food plan so you can achieve your weight loss and/or fitness goals Quickly recover from mistakes without self judgement or unnecessary guilt Free yourself from the prison of food obsession so you can enjoy a satisfying delicious and healthy diet for the rest of your life Get inspired to start taking control taking action and making positive changes Click on Buy Now Button and Get Your Copy Now

Emotional Eating Workbook Sara Williams, 2020-10-25 Obesity is a complex disease which requires an integrated interdisciplinary approach At the basis of this pathology there is often the presence of dysfunctional eating behavior Data from the World Health Organization underline that 86% of deaths and 75% of health expenditure in Europe and the USA are caused by chronic diseases which have as the lowest common denominator 4 main risk factors smoking alcohol abuse poor diet and physical inactivity Food represents a form of self treatment to alleviate states of melancholy sadness anxiety anger impotence insecurity inadequacy dissatisfaction In this book you will learn Correlations between food and emotions Behavior behind emotional eating and binge Causes of obesity and related complications The importance of a multidisciplinary approach The importance of physical activity The improvement of eating behavior is fundamental for weight loss and for maintaining the results achieved It should also not be forgotten the fundamental role played by physical activity in the overall psychological well-being As evidenced by several studies obesity is often related to low self-esteem and depressive symptoms and the physical exercise correctly performed is associated with an improvement in the quality of life through multiple mechanisms including the release of endorphins and other neurotransmitters in the brain **Stopping Emotional Eating** Doc Childre, Deborah Rozman, 2017-11-09 This solution is not a typical weight loss program This may be the only weight management program that doesn't focus on what you eat but rather on what you feel It is about understanding and

eliminating emotional eating stress eating The Stopping Emotional Eating program offers step by step instruction on how to manage and release emotional reactions and clear emotional undercurrents to achieve a new baseline behavior a neural habit change As you practice the steps it facilitates weight management and a healthier relationship with food and eating You won t see any food lists or exercise regimens While these are important aspects in reducing weight and improving health this program focuses on what researchers at the HeartMath Institute have found to be the first and most important aspect of weight management regulating your emotions To reset y our stress response more quickly and track your progress this program is best used with the HeartMath technology products Inner Balance emwave2 or emWave Pro to reset your stress response and track your progress It s known that 98% of people who lose weight do not keep the weight off I think that s because they don t do the psychological and emotional part of it too For me having HeartMath and the emWave for the psychological component has been the key to my lasting weight loss success Susan M Vice President Marketing Public Relations This is a GREAT program You get calm and you lose weight all at the same time Colleen Y Administrative Secretary If it hadn t been for the hope this program gave me and measurements that the emWave provided I would not be where I am today I have lost 9 pounds and kept it off since finishing the beta test more than six months ago The bonus is that my health and other aspects of my life have also improved Losing weight was not as important as controlling the emotional chaos I was experiencing I feel healthier more energized and I am sleeping better I firmly believe I am going to continue to lose weight because I m no longer compulsive eating to handle my issues April M Manager HCG 2.0 Dr. Zach LaBoube,2013

Medicine is called a practice for a reason As new technology and research becomes available treatment protocols evolve hopefully for the better Shouldn t the HCG diet be the same First published in 1954 the traditional HCG diet as seen on many of your favorite daytime TV shows including Dr Oz has helped millions achieve weight loss success However the strict tone and rigid calorie restrictions have been very polarizing While the concepts and theory that inspired the traditional diet are still very relevant the protocol itself is still stuck in the 50s and in dire need of revision Introducing HCG 2 0 authored and developed by Dr Zach LaBoube founder of InsideOut Wellness and Weight Loss HCG 2 0 utilizes current research into a variety of topics such as low carb Ketosis dieting the high protein diets of Inuit Cultures and innovative new food statistics such as Estimated Glycemic Load Fullness Factor and Caloric Ratios to add smart calories to the diet thus making it a safer more realistic weight loss option for the working adult HCG 2 0 uses a BMR Basal Metabolic Rate calculation to determine the amount of calories you re allowed to consume This is a significant variation from the traditional diet that allows each dieter only 500 calories per day whether male or female big or small HCG 2 0 also uses basic food chemistry to give you a wider variety of protein options and increases portion sizes of items higher in nutritional value but void of empty calories that only contribute to weight gain Whether you re looking to lose weight or simply eat healthy HCG 2 0 will accommodate Understand Ketosis and the benefits of low carb living Learn the difference between positive and negative calories

Understand how to cut your caloric intake by 200 300 calories per day by simply addressing unnoticed habits and much more
There s a smarter way to lose

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Weight Loss Apocalypse Emotional Eating Rehab Through The Hcg Protocol Introduction

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