

Women's Vitality Summit

Dr. Keesha Ewers Interviews Tricia Nelson

April 2017

DR. KEESHA EWERS: Welcome back to The Woman's Vitality Summit, everybody. This is, of course, time for you: for caring for yourself body and soul. I'm Dr. Keesha Ewers, and joining me for this segment, I'm so excited about, is Tricia Greaves Nelson, who is an emotional eating expert who lost fifty pounds by identifying and addressing the underlying causes of her own emotional eating. Welcome to the summit, Tricia.

TRICIA NELSON: Thank you. So glad to be here. Thanks for having me.

DR. KEESHA: Oh, I'm so excited to have you here to talk about this subject. People who have been listening and watching this summit have already heard me say, "Embrace your body - you have to love it. It's so amazing; it carries you around, it's the car your spirit drives. You just have to, no matter what, love it."

TRICIA NELSON: Absolutely.

DR. KEESHA: But your talk title is "Breaking Up with Ben and Jerry," and I just love that, and it's three keys that you use, and I want to have you start with that and then I want to talk about your personal story.

TRICIA NELSON: Okay. Well, I find that people who are trying to either lose weight or get control of their weight or deal with their eating issues, they're always attacking the symptom, and so the three keys to really overcoming emotional eating are really going deeper, and one is to address their unconscious eating, for one thing, because we have a lot of unconscious habits, so we don't realize we use food emotionally, so it's really tapping into that. It's also dealing with one's stress level, because I find that stress eating is really the number one cause of emotional eating.

DR. KEESHA: What?

TRICIA NELSON: How can that be? Stress? What stress? And the third is really finding one's spiritual source and spiritual center, because we can't stop overeating in a vacuum, so we really need something to replace that void, if you will, and also

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to feed our soul, because so much of the time we are seeking food for emotional reasons and spiritual reasons as well. So, those are the three main things that have nothing to do with clamping down on food at all or addressing food or weight. In order to really address emotional eating and to heal, we have to go much deeper.

DR. KEESHA: That's so great, because I see all the time women that maybe they're working out a ton or they're stress dieting, because that's also another thing, right?

TRICIA NELSON: Of course.

DR. KEESHA: Really limiting their food. People like me that do functional medicine, we can actually instigate an eating disorder called orthorexia, where all of a sudden food's been categorized in people's heads as bad or good, so they develop this completely dysfunctional relationship with food.

TRICIA NELSON: Yep, and getting too healthy too fast.

DR. KEESHA: Yeah. Yeah. And I'll find as I work with them, because as a psychotherapist and energy worker too, on top of the functional medicine, I'll find that they have this black hole that they perceive inside of themselves - whatever their cognitive belief is about themselves. Maybe they don't feel safe in this world or they're angry at God for even sending them here. That's called resistance to life, where you actually don't even want to be here.

TRICIA NELSON: Right.

DR. KEESHA: And so, one of the things that people will use-- and it's the wise mind of the child who knew that if they ate something, it was grounding, but that's in childhood.

TRICIA NELSON: Yeah, that goes way back.

DR. KEESHA: Yeah. And so if we continue that pattern of using food in that way to fill up the black void that you think exists that actually isn't even there because you're whole and complete, you wind up putting on pounds of pain, right?

TRICIA NELSON: Yeah, absolutely.

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DR. KEESHA: Pounds that reflect your pain. So, I love that you talk about this, because I think your relationship with spirit is essential if you're going to be walking around with the body that your spirit feels comfortable in, right?

TRICIA NELSON: Absolutely. You can't do it without it in my experience.

DR. KEESHA: Yes, that's beautiful. So, you have your own personal story around this, and I always love to hear what brought people to do the work that they do.

TRICIA NELSON: Of course. Thank you. As far back as I can remember I was an emotional eater. Food was such a highlight for me, and of course, one doesn't know they're an emotional eater, or connect the emotions to the eating; I just thought I liked food. So, I was going around for the first eighteen years of my life saying, "Well, I like food. That's all there is to it." And that's true, I did like food, but I liked it way more than other people I knew. So, we had a local-- in different regions in the country and world, it's different restaurants, but we had Friendly's up in the Northeast where I grew up in the Boston area, and out here where I live now it's Norms or Denny's or something, but you get the idea.

DR. KEESHA: All the family's restaurant, right?

TRICIA NELSON: Yeah, burger joints. So, I would go there with my friends and I'd order a burger and fries and I'd eat the fries, for sure. The burger some, maybe, but it was always a burger with my fries, and for other people it was fries with their burger. So, I'd look around at other people's plates and they'd just pick at their French fries, and I'd think, "How could you not want French fries? How could you leave one on your plate? That's crazy."

DR. KEESHA: "Are you eating those? I'll take those."

TRICIA NELSON: Totally. So, I'm thinking to myself, there's something different about me the way I'm drawn to it and how much I'm drawn to it. My friends would always know I'd clean up. So, I knew from an early age that my relationship with food was different, and of course it was reflected in my body, because I was a chubby kid; a very unattractive, chubby kid, so it was pretty painful for me, and I was the fattest among my friends and that was super humiliating for me. I hated my weight, I had this big roll on my tummy - I still do, it's just how I'm made. It's not going away. No matter how big or small I am I still have a bit of a roll.

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When I was bigger, of course, it was bigger and I'd hold it in my hand and I'd scrunch it up and I'd want to cut it off. I'd have terrible thoughts about what to do, like drastic things like get a disease where I automatically get emaciated and I don't have to diet to do it; very drastic kind of harsh and violent things, but that's because I was so out of control. I really had no control over my weight or my eating. I remember one summer, I was in high school and I was a nanny and I was trying really hard to lose weight before the new school year, and I'll tell you, I tried so hard and I jogged and I dieted and I went from 155 to 150 and back all summer long. That's the best I could do. I couldn't lose weight and it's because I couldn't really stop emotional eating. I was nibbling, I was eating too much unhealthy fats, I was just-- I had to have food, and that's the bottom line I find for emotional eaters is we can want to be thin, but we have to have our food. We need the excess food, we need the fatty, starchy, sugary foods, and I don't mean we physiologically need them, but emotionally we do, and so it's kind of sad. People are always trying to lose weight, but they don't realize the weight is such a symptom of their overeating and that the overeating is a symptom of what's eating them, and that's really what was true for me is that I had trauma in my past, I had sexual abuse from my childhood, and I immediately turned to food to try to clamp that down and to clamp my sexuality down, and I just was always using food as an anesthetic. And so basically, it was a losing game for me. It was a gaining game for me actually, because I gained weight, but I just mean I couldn't get where I wanted to go.

That was my story. And when I started drinking in high school, I became an alcoholic, like instant alcoholic - just add alcohol - because alcohol is really the most refined form of sugar there is, and I'm a total sugar addict, so immediately I would start blacking out, like having blackouts with alcohol. I am physiologically allergic to sugar and alcohol and all its derivatives - of course I didn't know that at the time - but basically I tried many things to overcome my problem. I was not only doing diets and exercise programs, but then I graduated to more psychologically minded things. I went to Overeaters Anonymous to try to get a hold of my problem, I went to therapy, I went to an eating disorders therapist, I was reading self-help books, so I was really trying to dig into this, and none of those things really worked for me. I'd get more self-knowledge, but I didn't get the power to stop. I still was slipping and sliding all over the place, and it was so frustrating to me, and I just felt like a loser. I mean, basically I just felt like, "Everybody can seem to do it, but I can't," and so that feeling of just hopelessness of never-- I mean, I was young at the time, I have to say - this was almost three decades ago - but because I tried so many things and I started on my search at a young age, very quickly I became aware of the fact that I was

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stuck and I was doomed to do this kind of yo-yo-ing up twenty, down ten, up thirty, down twenty - you know, this yo-yo dieting is really what my pattern was - and that if I didn't do something more drastic and more long lasting, the next eighty years of my life would be spent going up and down the scale and being completely dissatisfied with my body and just fighting the battle of the bulge.

So, I was really desperate, and what happened for me was I think God heard my prayer, which is hell, but like, "I don't know what I need, but I need some intervention fast." And I met a man who was really a spiritual healer, and he had been morbidly obese, had lost the weight, and was able to really help me. I knew some women who were working with him and they had these unbelievable transformations. One gal was hopelessly bulimic. Nobody could help her, she was so hopeless, and then in an instant-- I saw her one day and she said, "Yeah, I haven't binged and purged in two weeks and I haven't had the desire to. The desire's been completely lifted." I'm thinking to myself I've never heard a story like that; that's very rare. What happened to her? And then another gal had the same thing and I found out that both these people were talking to Roy, and Roy's the man who helped me, and so I went to him for help and he really helped me get off the paradigm of food and weight - fight, fight, fight, struggle, struggle, struggle - and helped me change that paradigm into healing and healing the deeper issues. And he wasn't a therapist, he wasn't a doctor of any kind; he was somebody who personally had overcome these problems himself and healed, and so his method was based on what he did. And there's something about that camaraderie of talking to somebody who's been in your shoes who knows how it is being crazy about food and weight, and he was able to unlock it for me.

After that and after seeing what he could do for other people, I just said, "I really want to help you. I want to hang around." I mean, he was just an amazing energy. "I want to hang around and assist you in any way I can. Let me just be around this work, because it's so amazing." So, that was twenty-eight years ago and I've been doing it ever since. He ended up relenting and marrying me at some point because he couldn't get lose from me. So anyway, that's-- we've been on the--

DR. KEESHA: "Just not going away, so you may as well marry me, huh?"

TRICIA NELSON: I'm kind of joking. It's just we have this common passion for helping people, and it's with all addictions. It doesn't have to be food and weight, it can certainly be anything, because his whole thing is really helping people get to the

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underlying cause, and he has just this gift for really getting to the heart of the matter very quickly. So, that's really how it all started and that's how it's continued all these years. This is our life's work, basically.

DR. KEESHA: That's a great story. So, what have you found underlies most people's addictions?

TRICIA NELSON: What we have identified from doing this work for so long, working with people with many different kinds of addictions, is that there's three common drivers, if you will, of people's compulsive behaviors, and certainly true for the food. People will use whatever they use-- I mean, everybody's using something it seems like. We're a very addictive--

DR. KEESHA: It could be Netflix, it could be Amazon shopping, yeah.

TRICIA NELSON: Yeah, binge watching-- yeah. So, it's really crazy. But in terms of addictive behaviors, we find that people use something as a painkiller - we call it the PEP test - so they use it as a painkiller because we do have pain. Whether it's from our childhood or from our current life circumstances that we've managed to create, we have pain and we're trying to anesthetize that pain with food, with overeating. The second thing is escape: we use food as an escape, because my experience is emotional eaters have a lot of fear - an inordinate amount of fear. I mean, everybody has fear, but I find that emotional eaters have more than your average person - lot of anxiety, a lot of fear, a lot of worry. And so, we use food to try to really escape the fear and try to make the world seem okay. At the end of the day, the worries pile up, the bills are there, and it's sort of like, "Get me out of this. Get me out of this reality." We use food as an escape that way. We also use it as a form of punishment, and people don't think about this quite as much or realize it, because food is one of those things that doesn't seem like it's a punishment; it doesn't seem like we're hurting ourselves. We're treating ourselves - we always think of it as a treat, as a reward, right?

DR. KEESHA: No. You poison yourself so fast with food.

TRICIA NELSON: Totally. But in the moment what goes through our head is, "I'm treating myself. I deserve this."

DR. KEESHA: "I deserve it." Yeah, exactly.

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TRICIA NELSON: "I deserve to binge." So, what's happening is that people-- what we know is emotional eaters have a tremendous amount of guilt or a feeling of guilt, and whether it's-- it's both. It's because we have a lot of thoughts that we feel bad about-- we're sensitive to guilt, is a better way to put it. We're very sensitive to guilt and so we beat on ourselves a lot for our thoughts, our negativity, our hateful heart for hating somebody, or whatever. We take it hard. We can't brush things off. I mean, my mother is such an amazing person and I don't even sometimes think she's my mother because she just can-- she doesn't take anything very seriously. She doesn't get all worked up over things and things just fall away. Even if she makes a mistake or whatever, it's just like, "Oh," and she moves on. But me, I could dwell and dwell and beat on myself, you know? And also if we grew up in a household where we were blamed a lot or shamed a lot, we can have just a sense of guilt that's totally inappropriate.

So, point is, we use food as a form of punishment, because after a binge, it's not a treat. We don't fit in our pants or we've got zits on our face, we cancel appointments with our friends because we're ashamed of how bloated we are. So, the aftermath of a binge is really pretty gnarly and so we're really punishing. If you look back and you say, "Wow, I really beat the crap out of myself there with that binge." And it doesn't just happen. Our experience is that deep lying pain, fear, and guilt are really what are driving people's emotional eating habits.

DR. KEESHA: Well, that's amazing because I think that even if you don't have an eating disorder, that everyone can identify with that to a level. It's just going to be how far up the scale is it, right?

TRICIA NELSON: Absolutely.

DR. KEESHA: Yeah. So, what is your recommendation then to people when they find themselves having-- not failed the PEP test, but identified with it?

TRICIA NELSON: Basically what we know is people really need to tune in, and I know you know this. We are very unconscious when we go about our day and we're not connected to our emotional selves, and so we find ourselves just eating and snacking and we don't know why or we don't know how we got started, but it's really important that people start to tune in emotionally, and there's ways that you can do that. Certainly writing is an amazing tool for getting connected with our subconscious to find out what's really going on inside. Having a daily writing practice is powerful, because we're taking time to tune in. "What's going on inside of me?"

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Writing is powerful, meditation is powerful, slowing down - I mean, this is the stress part of it. Anything we can do to slow down and really, as my husband says, catch up to ourselves, because we do tend to run so hard and so fast, and we're really running from ourselves. People are so afraid of what's inside of them, they're so afraid of the negative thoughts and feelings, and it's kind of counterintuitive where we think, "Gee, I'm running so hard and so fast from this stuff right now and it's still there. If I were to stop and let it catch up to me, it would completely overtake me." But the truth is, it's the opposite. If we stop and give ourselves some kind of ritual for stopping and for slowing down and for addressing these things - and it can be in any number of ways, but usually it's a lot of ways, and therapy can be helpful as well - but it's really important that people really start to pay attention. My experience is that when we stop and we face it, it dissipates.

The only hope of it dissipating is if we stop and look it in the eye. And it's really like a bully chasing you home from school: we run from that bully and we want to try to get away as fast as we can, and that bully's always chasing us because it knows we're afraid. But if we stop and we turn around and look it right in the eye or bust it in the mouth or whatever, it won't chase us anymore. And I think that showing the universe that we're willing to start addressing what's inside-- and it's courageous - I mean, it's not an easy thing to do; it does take courage. That's really the hope for us is that we do address it so we don't keep burying it, we don't keep running from it, and we don't keep creating more chaos just to distract us from it.

DR. KEESHA: So, my story is similar to yours, with, at age ten, sexual abuse and getting completely addicted to sugar. My mom used to have a lovely homemade baked good out on the counter when I got home from school, and that was our after-school snack, and that meant love to me. It's just like, okay, home from the jungle, because my sexual abuse actually happened at school with our vice principal, so it felt like home and sanctuary actually was something that smelled completely wonderful in the kitchen when I walk through the door, so that definitely became comfort. That term comfort food we use pretty lightly, but for people that are emotional eaters, it really is like a cozy blanket that keeps you safe from the outside world, right? I used to just beat the crap out of my body with marathons to keep my body weight down so I could have an extra three brownies the night before. I mean, I tell this story on my webinars all the time - my listeners are probably tired of hearing it - but it definitely influences where you are in adulthood with your relationships with yourself, with God,

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with each other, and with food, and I think that's such an important thing that you're bringing out. And mindfulness, of course, you can be mindful in this breath and this moment, which is what I'm always telling my clients to do, is stay present with this breath; not future tripping and not going back in the past. But there's that place in the brain that stores those old memories, the hippocampus, and I always tell people if you've had that kind of trauma, like we've had, that you really need to do some kind of work to get that out of there, because it keeps triggering. You don't feel safe again in some situation, and it can be something completely silly - the grocery store checker gives you a weird look or doesn't acknowledge your friendly smile and hello or something crazy, and all of a sudden you're diving into whatever it is that's your comfort food, because you feel somehow not at ease with the world.

TRICIA NELSON: Absolutely.

DR. KEESHA: So, I'm so glad that you're doing this work, because people really need to understand that these old-- I always say your past is in your present and is kind of screwing with you if you're not aware of it.

TRICIA NELSON: Absolutely. I always say if you're hysterical, it's historical.

DR. KEESHA: Yes. Oh, that's a great way of saying it, yes, and it will bite you.

TRICIA NELSON: Yep, absolutely. And I think the important thing for people who are tuning in here is that it's important to feel safe. I mean, this is not something that one will do just a hop, skip, and a jump; it's really important to feel safe. And I knew the work that Roy and I do with people, so much of it is helping people feel safe enough and loved enough to look within, because without that feeling of safety, we're going to keep our guard up and our heart closed. So, the safety is what's really, really vital. And you can create that for yourself, again, by just being willing to face it and creating rituals where you can feel comforted and safe and really physically safe as well, and you're someplace in your home that's safe, but also, of course, getting help from other people. It's not something one can really do alone.

DR. KEESHA: I had to get rheumatoid arthritis before I would start doing this. I'm fifty-one now, but-- in fact, at the airing of this I'll be fifty-two. When I was thirty I was diagnosed with rheumatoid arthritis. I had it reversed - gone within about six months, but it was this great, amazing call from God to start looking. In my meditation one day I started thinking about the word autoimmune. I thought,

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"Oh my gosh, auto. Huh. That means I'm attacking me. There's nothing else going on except I'm killing myself." And I started wondering, "Why am I killing myself? What happened? Where did I decide that that was an okay thing to do is to commit suicide in a societally acceptable way?" And I started going back to that sexual abuse time and I thought, "Oh, that's when I realized and thought that the world isn't safe," and at thirty I didn't feel that anymore. Had four gorgeous kids and I didn't feel unsafe at all, but I had already made an agreement with my cells way back at the age of ten that they went ahead and went along with.

TRICIA NELSON: Exactly.

DR. KEESHA: Yeah. So, I always-- autoimmunity really is so much about that, and I find that a lot of people with autoimmune disease have got some kind of addiction like this, and then they can transfer that addiction into an addiction to eating healthy, so it's rigid. And that rigidity is actually - and I can't even stress this enough - a rigid mindset is a rigid body and a rigid immune system. That hyper vigilance about your food is actually nurturing the hyper vigilance of your mind and your immune system; it's keeping it active. So, there's got to be this surrender to this is actually a message for you. This whatever illness or imbalance or thing that's going on in your life is actually just a signal; it's a feedback mechanism and it's not bad, it's not good, it's just a fact, right?

TRICIA NELSON: Absolutely, yeah. It's so important for people to know that, and to know that the more we surrender and let God or spirit or the universe, whatever you want to call it-- really co-creating our universe with spirit is so important instead of trying to do it all ourselves and fight it and do it and control it and manage it.

DR. KEESHA: I think control is one of the biggest addictions that we can possibly have is the need for control.

TRICIA NELSON: So true. And that's why meditation is so good for people who haven't tried it. People always think meditation is going to be like you're going to levitate or something, or something really woo-woo, but it's really like you just sit down and shut up, you know? So, I tell people that all the time, because just giving yourself that time and that space to just be quiet, and again, let yourself catch up to you and realize you're not the enemy, it's so, so important. But there's other things people can do, of course, to slow down, and just simple things.

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I mean, bringing it back to emotional eating, there's so many ways that we're on the run and on the go all the time and we're not self-nurturing; we're just the opposite. But to begin to nurture yourself, you can do little simple things, like don't eat in the car. Don't eat your meal in the car. Sit down at the table. Get a fork and a knife and a napkin and sit down. Get a plate - don't eat out of a box. Just do really self-caring, nurturing things. Nurturing things you do for your kids. I mean, we treat our kids a lot better than we treat ourselves, and how would you treat yourself as you were your precious child? Get enough water each day - so important. Don't skip meals. I mean, so many emotional eaters are trying to beat the game, try to rig the system by skipping meals, and that's like the meanest thing you could do to your body, and our bodies will get pissed off. They're like, "Yeah, we're not going to have any of it," and they're going to get the food they need in a binge later at night, so we have to treat our bodies with respect. And I find that the more I treat me with respect, the more I do settle down, the more I do realize there's enough time. Everything will happen in good time, because I've taken the time. I've affirmed to the universe, hey, if I actually make a salad for myself by cutting the vegetables and getting them all in the bowl instead of running to get some fast food, the act of actually putting effort and care into that meal is putting care and effort into myself and that message is coming through and it's building my own sense of self-worth, which is going to reverberate into my world.

DR. KEESHA: That's really, really essential. So, the name of this summit is The Woman's Vitality Summit, and I always ask my expert speakers who are guests on this program, what's your definition of vitality?

TRICIA NELSON: Oh, wow. What comes to mind for me, I mean, vitality life, right? But I think the most important thing for me personally is to be alive in every way that I can be - emotionally and spiritually and physically. And so I think spiritually is probably the most important for me. What I've found, and I'm sure you will agree, is that the more awake I am spiritually, the more awake I am sexually, which they're very connected.

DR. KEESHA: They are.

TRICIA NELSON: Right? And the more awake I am sexually doesn't mean I'm going out and having a bunch of sex, it just means I'm letting the flow happen. When I can flow spiritually and sexually and emotionally, when I'm not blocking emotions either and everything's flowing, I am completely alert and alive and present for my life and for other people, and that's when people are most drawn to me.

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That's when my energy is the best. People always comment, "Oh, you have such good energy." That's because I'm letting it flow. I'm letting everything flow and I'm alive, and that's how we're meant to be. That's how God made us to be, and so any blocks to that, as you said, become sickness and illness and unhappiness and unworthiness and chaos and problems. I mean, it really is so simple. The minute I just start flowing with the universe and what is, the minute things start going well and I don't have so many problems or worries or fears, or anything like that.

DR. KEESHA: You're speaking my language. So, you know my doctorate is in sexology.

TRICIA NELSON: Right.

DR. KEESHA: And my doctoral research was in the impact that held-onto hurt has on female sexual desire.

TRICIA NELSON: Oh, wow.

DR. KEESHA: And so one of the things I studied was libido in women, because I would have all these women coming in to me asking for hormones, and it turns out that maybe they've never had any libido their whole lives, or that someone had had an affair in the relationship or someone had gotten a promotion or someone had lost a job or someone had had a baby, and so all these things actually impact our vitality level. So, I actually say vitality and libido are the same thing, and libido is like a gauge on the dashboard of your car - it's like the gas gauge - and if it's low, women don't really pay attention to that. I can't even tell you how many women will say, "Well, I don't really care. I haven't had libido for years and I don't really care." And I say the same thing that you do and I say, "I don't care if you're not having a ton of sex - that's not the idea. That you have a choice about how you're going to use your energy is what I really want. It's actually an indicator of how much vitality that you have." And I couldn't call this a libido summit, because Facebook won't run it; they don't like the word libido.

TRICIA NELSON: Oh, okay. Interesting.

DR. KEESHA: And I couldn't use the word Ojas, which is the one that is from Ayurvedic medicine. Ojas is actually your life force; it's your essence. I call it your o-juice. So, if you have enough Ojas, you're fully awake and you're lit up and you're alive and you're juicy and people comment on your energy. So, that's what I want for women is to have that choice: do you want to use this to have sex or do you

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want to use it to write a book or create your masterwork or to be an amazing parent, or whatever you do for your life purpose? What is it, and can you get into the flow of that life purpose? And all the renunciates of all the religious traditions, they have all these different exercises that they do to channel their sexual energy toward enlightenment, but first they start with the energy to begin with, right? So, again, it's that choice point. How do I want to use this Shakti the way Eastern philosophy calls it? So, I just want everybody to be Shakti-fied. So, that's really wonderful what you're saying, and of course, if you have an emotional eating issue, you're blocked in what Ayurveda calls one of your five bodies. So, that emotional layer of you is one of your bodies, and if you've got a blockage in it, then you're not going to get to that ultimate place of bliss that you find when you have all of that Shakti and Ojas that's just flowing.

TRICIA NELSON: Well, it's true. And I find that emotional eaters are really terrified of that energy because it is sexual energy and we do have such baggage around feeling sexual, because usually we had some experiences as children that were inappropriate, so we equate feeling good and sexual is feeling bad somehow, so we've got all these mixed-up messages.

DR. KEESHA: Or religion if you're raised inside of a stricter--

TRICIA NELSON: Exactly. Exactly.

DR. KEESHA: --that said desire is a sin and sex is bad.

TRICIA NELSON: Yep, yep. We're going to go to hell. So, it's just really-- I know for myself I definitely overate to just kill the feelings. Again, anything I could do to just kill the pain, anesthetize the pain, that's why I was so drawn to the sugar, starch, and fatty foods. I mean, I wasn't bingeing on salads, I was bingeing on doughnuts and cakes and cookies and things that were heavy.

DR. KEESHA: Quick energy, too.

TRICIA NELSON: Yeah, quick energy and then feel no pain; deaden everything down there. Not feel anything. And that's really so much of what that weight was about. And people always think they want to just lose weight like it's just a simple thing, "I'll go on this diet and I'll lose weight," but if they're really emotional eaters eating for emotional reasons, they will lose weight and completely flip out because they can't handle being in a thin body. I mean, I would obsess about being thin forever; it's all I wanted, and yet I had no idea I was ill equipped to even be able

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to survive in a thin body, because I had all this baggage that I hadn't dealt with. So, in my opinion, that's why people put the weight back on so quickly, is because they don't realize that they need the emotional structure underneath needs to be able to handle that thinner body in that un-anesthetized self.

DR. KEESHA: That's great. So, Heal Your Hunger, yes?

TRICIA NELSON: Yes.

DR. KEESHA: Okay. And you have a free gift that you've offered for our viewers of the summit, and that is in our bonus section. And how do people reach out to you?

TRICIA NELSON: They can go to our website, HealYourHunger.com and there's lots of goodies on there. There's a free quiz they can take. There's a special link, though, I want to offer as well, which is HealYourHunger.com/free, and what they'll get is a digital printout that they can print that has all the amazing-- well, the title of this gift is Three Health Mistakes Smart Women Make That Keep Them Overweight, Stressed Out, and Unhappy, so it answers that and gives lots of different tips on self-care and dealing with the stress, dealing with the unconscious eating, and dealing with the spiritual sustenance that we need. So, anything we didn't cover today, they can get at HealYourHunger.com/free and go ahead and download that.

DR. KEESHA: All right. And one final question - actually two. So, I always ask everybody, what do you see as the largest problem with women's vitality in our era - the biggest thing that's draining it?

TRICIA NELSON: What we've just talked about is being sexually shut down. I mean, literally being terrified of ourselves, and not just sexually, but our emotions as well. I think that we are more and more in this distracted age. We're not acquainted with ourselves and our emotions and our sexual feelings and our good feelings as well as our bad feelings, and so we're just trying to get away as fast as possible, and that shuts us down. We've got no energy because we're not connected to source.

DR. KEESHA: So, this summit is called Woman's Vitality Summit: Caring For Yourself Body and Soul, so what do you do, Tricia, for self-care? You've already mentioned many things.

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TRICIA NELSON: Yeah, lots of things. I mean, I pray every day. I'm not religious, but I believe in prayer and connecting with source, so I pray on my knees every day, which I like; just for my own benefit, it helps me connect. I walk every day and I talk to God, so I have some prayers that I say and I walk. It helps me to walk and say it, because I get exercise and it helps with the rhythm. Just praying I get very distracted very easily, so the walking helps me, and just talk to God like God's my best friend. I do that, I meditate twice a day, I write, I eat three meals a day - nothing in between, hopefully. It's not a guarantee, but that's what I strive for just so I can be clear in between my meals - that's what I recommend other people as well - just so I can be in touch with my emotions more. And then I have a support system that I connect with every day. My mentor and my husband, Roy, who I talked about, we have a little powwow every day where we talk out our feelings and what happened for the day. That keeps us connected to each other, but also keeps us current emotionally so that we're not blocking emotions or stuffing emotions. There are other things as well, but that keeps me pretty busy and connected.

DR. KEESHA: Beautiful. All right, well, thank you so much for sharing so much of yourself and your wisdom, and I so appreciate it.

TRICIA NELSON: Thank you. It's lovely to be here. I really appreciate you.