



# Whispered Weight Loss Secrets

(How Grandma Kept Her High School  
Weight & Figure for almost 75 Years)

# Lesson One:

## Grandma whispered in my ear.

I couldn't believe what I was hearing. This 91 year old woman - we'll call her "Grandma" (like the rest of the small town that we live in does) was actually opening up to me as if I was her own daughter.

Grandma was known around town for her energetic manner and lively wit. And, she was envied by everyone for the way she kept her weight the same for as long as anyone could remember. And as it turns out, it was the same weight she was in high school almost 75 years ago!

For years, people had been asking her the secret to her remarkable weight management techniques. She would just smile and reply, "Honey, it's a secret. If I told you, I'd have to tell everyone." It was cute — but very annoying.

A few months ago, Grandma's health took a little turn for the worse. Nothing serious - it's just that at her age, the doctors wanted her at the hospital where they could monitor her vitals.

Grandma and I became friendly as I delivered her meals and brought her mail and flowers. I would always spend a few extra minutes with her chatting about the local politics or the weather — small talk.

It wasn't long before Grandma and I started to talk about our families and getting more friendly. I was truly enjoying her company, and she mine.

One day, out of the blue, Grandma said to me, "Sweetie, you're a beautiful girl, but you could stand to lose a little weight." Since I knew Grandma shot from the hip, I wasn't offended.

I said, "I know. It's just tough to do. I've got two kids, I do volunteer work here at the hospital, and I work part-time at the grocery store. There's no time to exercise, and I don't feel like dieting when I finally drag myself home after work."

What she said next literally blew me away. She said, "Shhhh... come closer, darling. A little closer, dear. Closer still. I've got to tell you something..."

She whispered, "You're looking at this all the wrong way. You shouldn't be worrying about exercise and diet. You should do what I do."

"Oh my God!" I thought to myself. She's going to tell me her secrets.

Grandma continued...

"What you need to work on is your head, not your stomach. The secret to losing weight, and keeping it off, is to get in the right frame of mind. If you can do that, you can use any kind of weight loss or exercise program you want to lose the weight and keep it off for a lifetime."

"But Grandma," I asked. "How do I get into the right frame of mind for controlling my weight?"

"That's the secret," Grandma said smiling. "And here it is..."



## Lesson Two:

# Think your way to thin.

**T**he secret to maintaining your weight,” Grandma said slowly, “is knowing in your head that you can control your body.”

She let this sink in a bit, then continued, “Almost any fool weight loss scheme can help you lose some weight. Some are safer than others, and anyone who’s not an idiot knows what’s what.”

“But the problem is, once the short-term becomes boring, you’re left with the same set of ideas about who you are and what kind of body you should have.”

“The trick,” she said, “is to change your mind to match the body you’re looking for. And to do it in a way that is going to last longer than swimsuit season.”

I thought about it a bit and replied, “That’s all well and good, Grandma, but how do I do it? I’ve tried losing weight dozens of times, and I always end up back in my old habits, and in my fat clothes.”

Grandma answered, “Two simple words — just decide. Decide that you’ve had enough, and you’re going to be the person you want to be. That’s how I did it.”

“I was lucky. Back when I was in high school, I was a little plump in the rump. I would

look at all the pretty girls in school and wish I was them. I got sick of being the ‘friend’ at the local dances.”

“Finally, I decided that I’d had enough. I just knew I could be as thin as the other girls, so I went out and found the most beautiful woman in town. Her name was Mrs. Dalton, and I asked her how she kept so thin.”

She told me the following:

1. She ate only enough so that she didn’t feel hungry, but not so much as to feel full.
2. She stuck with good, wholesome foods, and
3. she took an evening walk every day, regardless of the weather.

“So, I decided right there and then that I’d do what Mrs. Dalton did. In six months I was 52kgs - a size 6, and have been ever since,” finished Grandma.

“But Grandma,” I said, “it’s not that easy. I just don’t think I can do it. I get so discouraged when things go wrong.”

“Everyone does, honey,” answered Grandma.

“but there’s a way to stack the odds in your favour...”



## Lesson Three:

# You don't have to go it alone.

“Once you’ve decided to make the change to a positive mind-set about your weight, the hardest part is done,” continued Grandma. “But your work isn’t over by a long shot.”

“Some people can go it alone and lose the weight by themselves. But it’s a heck of a lot easier to lose the weight — and keep it off — if you’ve got some support,” said Grandma.

“I can’t talk about my weight problems with anyone,” I said. “I’m too embarrassed. I don’t want people to think I’m some weak fool who can’t control herself.”

“Get over yourself,” Grandma responded.

“How many people do you know who are in the same boat as you are? That need to lose a few pounds and feel good about themselves?”

“A lot... most of my friends and family, I guess.”

“That’s right,” said Grandma. “And do you think that maybe they could use a little support and understanding from someone they love and respect?”

“You’ll be surprised how open, honest, and willing to help people are when you just ask. Everyone needs a little help, and

everyone feels better about themselves if they help someone else out.” explained Grandma.

“Just go up to your closest friend or your own family and tell them what you’re going through, and that you’ve decided to lose the weight. All of them will want to help.”

“And the best way they can help is for them to offer their love, courage, and support - along with a swift kick in the rear and a helping hand when you take a step back... because no matter how much your mind is set on it, you can still make some bad choices.”

“Let’s say you don’t eat right one day or you don’t do any kind of physical activity for a week, your support group is there to encourage you when you need, and give you a kick in the pants when it’s deserved,” said Grandma.

“So once you’ve got your mind made up, a support group in place, and you’re ready to go, it’s time to get to it. And the first place to start is at the dinner table.”



# Lesson Four:

## Listen to your heartburn.

“**W**hen I first started losing weight, I thought I was going to die,” said Grandma. “I was trying to cut out everything that I loved - cake, cookies, pork chops, bacon, and butter.”

“I was ready to chuck the whole weight loss thing out the window and just accept myself as chubby, but before I did anything rash, I wanted to talk to Mrs. Dalton about how to handle these cravings.”

“When I asked her, Mrs. Dalton said that I was being too hard on myself. She told me not to be so drastic in my methods. In everything, moderation,” Grandma explained.

“I thought about what she said, and I started to put it into practice. Instead of filling my plate up right away, I just took a little bit of everything and tried to really enjoy it.”

“After a few weeks, my stomach got used to eating just a little less, and I was enjoying meals a lot more. I didn’t feel like a bloated pig when I left the table,” laughed Grandma.

“I was starting to lose weight, and I didn’t feel like I was depriving myself, and the best part was that when I talked to my parents about what I was doing, they jumped right in with me. They thought it was a great idea, and figured they could stand to drop a couple of kilos.”

“Grandma,” I said, “that just sounds way too simple. There’s no way that strategy will work nowa-days.”

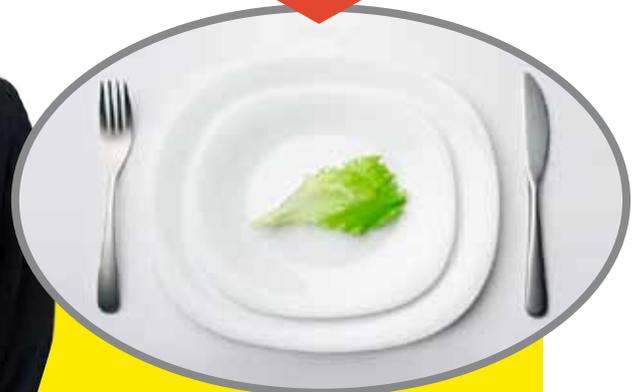
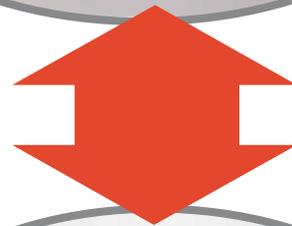
This was the only time I had seen Grandma get a little angry.

“What do you mean?” she almost shouted.

“Does it look like it didn’t work with me? ...of course it will work.”

“Listen, all you need to do is to eat just a little less and try to make better choices to start with - and with all of the great tasting, healthy foods available today it really won't be that hard.”

“And when you combine that with some exercise, you’ve got yourself a very effective plan...and the best way to get some physical activity is...”



*Eating right means giving up junk food... but it doesn't mean that you have to starve or that your diet needs to be boring.*

# Lesson Five:

## Don't be a couch potato.

**T**he best way to kick start your weight loss, and to maintain your ideal weight, is to make sure you're moving every single day," explained Grandma.

"You have it so much easier in some ways now, but in a lot of ways, you young folk make it more difficult than it needs to be."

"I see those TV commercials with all the bun-burning contraptions and fancy rubber band muscle machines. Back in my day, exercise was your daily chores and a stroll down to the local store instead of driving."

"Listen," continued Grandma. "You don't need to invest in a bunch of fancy equipment unless you think it will help. What you really need to do is get off your backside and get your body moving."

"Some of those exercise machine thingys look downright dangerous. I'm sure a lot of them work really well, but to start off, why not try what my Grandpa called his 'evening constitutional.'"

Just take a quick walk around the block," said Grandma.

"But who has the time," I asked. "I'm always so tired when I get home from work that all I want to do is sit in front of the TV after dinner."

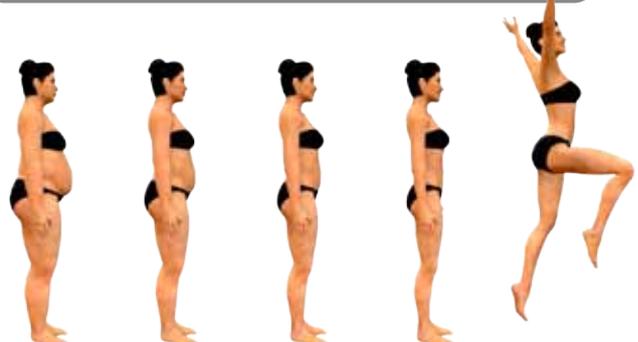
"That's the best reason to get a little exercise. When I first started taking my little walks, I couldn't believe how energised I felt after. Just getting out in the fresh air cleared my head and gave me time to think," said Grandma.

"Trust me," continued Grandma. "If you get up and start moving around, you're going to feel 100% better about what you're doing. You'll also lose the weight faster, plus it's the only way that I know of to keep the weight off..."

"...and remember, you don't need to do it alone.

Enlist some of your support group to walk with you. It's a great way to keep in touch while you keep up-to-date with the local gossip," added Grandma with a wink.

"This all makes great sense," I said, "but what if I fall off the wagon?"



## Lesson Six:

# It's not the end of the world.

I started to make some progress with my weight using Grandma's secrets. People were starting to notice my new look, and I was feeling a lot better about myself. I even had more energy for the kids and my husband.

But I saw impending disaster on the horizon. It was getting into the silly season of the year for people to be concerned about their weight

Christmas and New Year with just about every single tempting treat known to man. I just knew I couldn't hold out against this kind of temptation.

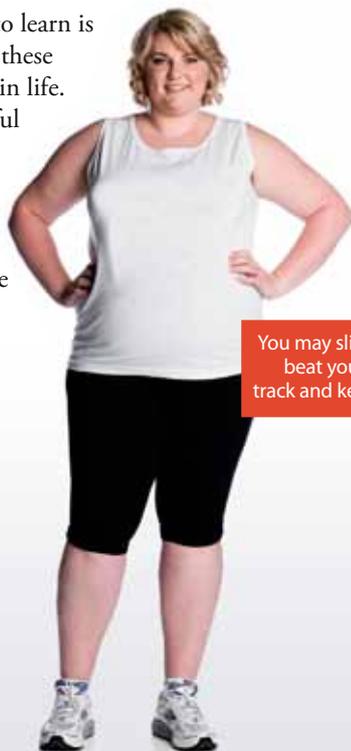
So I decided to talk to Grandma.

Grandma was out of the hospital and back to her old self. I went to her little, neat as a pin home and sat down for some tea.

"What am I going to do? I don't think I'm ready for this time of year. Maybe I should just wait until New Year's Day and start then," I told her.

"Poppycock," exclaimed Grandma. "That's about the dumbest thing you can do at this point."

"What you need to learn is that everyone has these little temptations in life. What the successful people do is learn how to pick themselves up after they've fallen for one," she explained.



You may slip-up, but if you do, don't beat yourself up - get back on track and keep your eye on your goal.



"Do you think that Christmas and New Year didn't exist when I was trying to lose weight?"

Remember, I was only a teenager, and candy still meant quite a bit to me at that point."

**"What I found out is that sometimes you make mistakes. The person who can admit that mistake, realise that it was a learning experience and not a failure, and then go back to what was working the next day is the one who's going to get what they want in life,"** stated Grandma.

"You just have to realise that no matter what you're trying to accomplish - weight loss, a good marriage, success in life - it's going to take some work," added Grandma.

"There's no such thing as a free lunch so just make sure you've got your mind straight on your ultimate goal - a sensible lifestyle that will allow you to be your ideal weight."

I thanked Grandma once again for her good, honest advice. And you know what - it worked.

Sure I ate a couple more Snickers than I wanted at Halloween, and the pumpkin pie didn't finish itself, but all in all, I went back to what was working because I kept my mind on the prize - a slim, trim healthy body.

# Lesson Seven:

## What I learned from Grandma.

**G**randma first told me her secrets about five years ago. Since then I have been able to reach my ideal weight of 59 kgs and keep it within a kilogram ever since.

I wanted to make sure you got all of Grandma's secrets on one page. It also helps to hear things over and over again to make sure you really take them to heart.

So, in a nutshell, here are Grandma's Whispered Weight Loss Secrets:

Whispered  
Secret

1

### *Decide That You Want To Be Thin.*

If you don't get your mind to accept that you can do it, you'll never be able to keep the weight off. You may lose some weight in the short term, but it will always come back [and then some] if you haven't really decided that you deserve to be thin.

Whispered  
Secret

2

### *Don't Go It Alone.*

Everyone needs help from time to time, and when you're trying to lose weight, you're in good company. Make use of family, friends, or even internet chat boards, but don't try to do all by yourself. Everyone wants to help, and to be helped. There's more people looking to lose a few kilos than there are people who are happy with their current body.

Whispered  
Secret

3

### *Eat in Moderation.*

Listen, this is NOT rocket science. In order to move down from your present weight, you're going to have to eat less but it doesn't have to be a grim experience. Put less on your plate - Enjoy your food more. Take some time with your meals and really appreciate the whole experience. Cut down on the foods you KNOW are not that great for you without trying to eliminate everything bad at one time. Everything in moderation.

Whispered  
Secret

4

### *Get Up and Move.*

Accept that you need to do some form of exercise to get the weight off and to maintain that ideal weight. You don't have to live at the gym and pump iron, just move your body and don't become a couch potato. Likewise, don't try to run a marathon the first day - slow and steady wins the race - remember Mr. Tortoise!

Whispered  
Secret

5

### *Keep Your Eye on the Prize.*

The people who take the weight off and keep it off are those who realise that they are making a lifestyle choice. Fad diets and gimmick exercise routines might work in the short term, but if you want to keep the weight off you will want a routine you can live with, and love - for a long time. If you stumble, just remember that you can do it, and you're going to have that body you always dreamed of if you stick with it.

# Final thoughts...

The nice thing about Grandma's Whispered Weight Loss Secrets is that they work and because we live in an age where we've learned a great deal more about the body AND the mind, we can take advantage of some of the tools and techniques that weren't around when Grandma was just starting out as that plump teenager.

Oh, by the way...

Grandma is still alive and kicking and she's still the same weight and size as she was when she left high school.

I hope you got as much out of these secrets as I did when Grandma first told them to me and that you discover how to enjoy a healthier and more active lifestyle.

Remember...

**It's your future...be there healthy.**



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