

"A practical, sustainable, and results-oriented approach."

-J. Ron Eaker, MD

Physician and author

Overcoming Overeating

It's Not What You Eat,
It's What's Eating You!



Lisa Morrone, PT

What's the Hidden Cost of Obesity?



According to the CDC, the estimated medical cost of obesity may be as high as \$147 billion annually. The cost—to patients, insurers, employers, and taxpayers—is staggering to look at on paper. But according to author and healthcare practitioner Lisa Morrone, the hidden cost of obesity can't be measured in dollars and cents. The *real* cost, she says, is the social, emotional, and physical pain experienced by people who are overweight or obese.

Morrone differs from many in the healthcare field in a significant way: she says dieting *isn't* the solution to America's obesity epidemic. She asserts that three-quarters of people who struggle with chronic overeating and overweight issues use food as a pain-killer, mood-elevator, or time-filler. Without first addressing the core issues of the heart and mind which compel overeating, attempts at dieting will fail time and time again.

Now, based upon her own emotional challenges and victories, and her success in helping clients overcome their weight issues, Morrone provides hope and healing to those struggling with the emotional pain that fuels overeating. "Emotionally hurting people fill their stomachs instead of their hearts," she explains. "When food is misused in this way, it can easily become an addiction—something we become enslaved to, even though we are fully aware of the harmful consequences."

Morrone reveals...

- How overeating plays a part of the larger cycle of food addiction
- How to go on a "thought diet" to help break the cycle of overeating
- Why *feeling* pain is essential to *healing* from pain



LISA MORRONE is a physical therapist, author, professor, and speaker. In addition, she is the president and founder of Restoring Your Temple, LLC, a company dedicated to restoring people's physical health and wellness. Her message of healing has been developed through 20+ years of experience in the field of orthopedic physical rehabilitation. The author of *Overcoming Back and Neck Pain* and *Overcoming Headaches and Migraines*, Morrone graduated her university PT training magna cum laude and now practices in New York State.

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Interview Questions

1. Almost everyone I know has been on a diet—or multiple diets, but they just seem to gain the weight right back again! Why is it that diets fail to produce lasting results?
2. Lisa, you are a physical therapist by profession, and your first two books are self-help guides to curing *physical* pain—back and neck pain, and headaches and migraines. Why did you choose to write this book on the *emotional* topic of overcoming overeating?
3. You suggest that 75% of overeating is emotionally-based. How exactly does a person discover their own reasons for overusing food?
4. Obviously people know that they should lose weight for health reasons, yet you believe there is an even more important spiritual reason for losing weight. What is it?
5. Speaking of longevity, you say people can add 7-15 years to their lives. Please, do tell!
6. We are all familiar with drug and alcohol addiction, but you talk about the cycle of food addiction. What do you mean by that, and what does that cycle look like?
7. OK, so if we are trapped in this cycle of food addition, tell us, how can we jump off this, as you say in your book, “Not-So-Merry Go Round” of emotional overeating?
8. You state that before beginning a food-based diet, people first need to go on a different sort of diet. I am curious. What is that diet all about?
9. Once a person heals from their emotional pain and retrains their mind, how do they then go about filling their heart instead of their stomach?
10. What are some practical tips that can help a person to achieve their goal of weight loss and maintenance?

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