

# Excess weight and eating disorders

Seminar with Béatrice Bourau-Glisia



## The weight of our hidden emotions

The first question of the original approach known as the Emotional Decoding of Symptoms, is not to know how to lose those embarrassing pounds, but rather to **know why they are there**. The body doesn't do anything by chance. It follows a logic; it responds to needs and imbalances. Excess weight is sometimes a response to an emotional shock, and if the body makes more fat, it is not a haphazard response. Simply ridding oneself of the rounded edges with a drastic diet does not resolve the basic problem over the long term.

The same principle applies to anorexia or bulimia; we can question the "interest" or "necessity" of the excessive symptoms of these disorders.

## Looking for the root of the problem

This seminar is an opportunity to look for the cause of excess weight or EDs\* (Eating Disorders) with an in-depth, tangible and practical program, in order to improve the quality of life. What feelings and emotions are related to these physical or behavioral imbalances?

Like the flashing red light signaling a problem with the motor of car, turning off the light doesn't fix the problem.

## This training offers a precise and original perspective on :

- The biological imbalances, emotions and feelings linked to excess weight.
- The internal mechanisms that limit weight loss.
- The "false ideas" about nutrition, unconscious messages, and limiting convictions.



## The goal of this training seminar is to acquire "a biological and emotional understanding" of weight gain and eating disorders by discovering and improving your knowledge about :

- The functions and biological motives of excess weight.
- The importance of personality types and their impact.
- The specific techniques for finding the emotional origin and freeing oneself from it.
- the behavior and logic associated with the body's efforts at adaptation.

## You will also learn how to :

- Recognize and deal with certain biological conflicts.
- Find the deep-rooted convictions that inhibit returning to a biological equilibrium.
- develop a global, and individualized, therapeutic strategy.

Finding the origin and cause of weight gain, delving into emotions, accepting and transforming those emotions, changing your perspective... these are the tasks undertaken in the Emotional Decoding of Symptoms. Improved self-knowledge, and understanding why the body reacts in a certain way enables a new, personal approach to the way you eat.

## THIS TRAINING SEMINAR IS OPEN TO ALL



*Béatrice Bourau-Glisia has been a therapist, instructor and international speaker for over 15 years. She is passionately involved in this subject which has been intimately associated with her own personal and family history for many years.*

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