

## Notions abordées : « Espaces et échanges »

An interview with Sacha Jones by Shelly De Vito - Welsh and American Voices

Submitted by Shelly De Vito

# How to lose weight

**Shelly:** Sacha Jones is a Holistic Wellness Counsellor. Sacha, what would you say if a client came in for, let's say, the first consultation; I come in and I say, "Ms Jones, I would like to lose weight" how would you guide me towards weight loss?"

**Sacha:** One of the first things I like to look at is that very language of weight loss. When we lose things, like our keys, we hope that we'll find them again, and language is a very subtle thing, but a very important thing. So when I think about weight and people come to me and they want to lose it, I always wonder if they want to find it again, and so we start to switch the language to releasing weight or shedding weight. It seems simplistic but that's one of those really subtle things that's important. The messages that we feed ourselves are really important.

So that would be first off, and then I would really look at the individual, and want to get to know them, because there are many sort of fad diets, but none of them are really taking in account that individual's needs. Somebody may be doing everything; I've met so many people and they've said they've tried everything; what they haven't looked at is their job that they hate, or their abusive relationship, or their unfulfilling relationship, and until you can really look at the big picture, it's very easy to get stuck in emotional eating habits.

Everybody eats...