

## Which is the best way to lose weight?

Which is the best way to lose weight? Ask ten different people and you will get ten different answers. I say the best way to lose weight is to not find it in the first place.

We find weight everywhere and for every reason. It may be genetic or medical through no fault of your own. It may be because of extra poundage gained during pregnancy. Snacking too often or unwise food choices contribute to increasing our waistlines (and butts and hips and upper arms and double chins). Addiction to food, or breaking an addiction like smoking and replacing it with food, will cause you to balloon.

Depression is also related to obesity. Even doctors have a hard time discerning whether patients eat because they are depressed, or are depressed because they're obese. It's when they do lose weight that the picture becomes clearer. If they are depressed because of their weight, then when the weight is gone, the depression goes, too. But if they eat because of pre-existing issues which caused them to be depressed, then when they lose weight, the issues are still there, as is their coping mechanism. . .and they gain the weight right back.

Dieting is a vicious circle, with or without depression issues. That is why a diet should be more than just a temporary change of eating habits. A diet should be a lifestyle, a life-long commitment to eating right, staying active and fit, and taking care of emotional baggage which we all have at some time of another. It's a never-ending workout of right thoughts, right speech, and right actions.

And when we strive to make ourselves right, those around us benefit, too. So, what is the best way to lose weight? Love yourself enough to take care of yourself.