

**“The cave that you fear to enter holds the treasure that you seek.”**

Today we are charging into the battle against food addictions, and learning how to get unstuck from the same old patterns! Seek with all of your heart, inside of you is something trying to keep you away from the truth. We can fool ourselves for a long time but eventually, the truth will come out!

We are unwilling to look for the truth because we are blinded by the addiction to food. Fighting it is going to be hard and painful, sometimes you will fail. But it's not about perfection, it is about perseverance.

**My name is Leanne Ely, AND I AM A FOOD ADDICT.**

The first step in fighting your addiction is to admit that you have one! I gave all my power to a bag of candy. Am I not worth more than that?

You are giving your power away to something that will never love you and just wants to take your power. When you are tempted to eat something, think “I know what that tastes like so I don't need to eat it.”

We want food to take away our pain, but food will never love you or say you are okay or wonderful. It gives you

momentary pleasure then fills you with regret. You have to take every single step by yourself, getting off of sugar and carbs is a hard fight but you have to do it. Food is like an abusive boyfriend, when is it time to say enough is enough and break up with your abuser?

We think we can go back to the way things were and eat like we used to once we've lost the weight. We call that "maintenance", don't we? But is it? My question is, does an alcoholic ask when he can have his vodka for maintenance? Does he get drunk as a reward for sobriety? Why do we see the very thing we are fighting as our reward?

The Hot Melt Sprint is designed to get you to the place of eating intuitively, to fight the addiction, and start healing. You begin the journey by following the guide, keeping a food journal (at least for a while), and being part of the community.

The Sprint will equip you with all of the tools you need to succeed. When you make the decision that you are in charge and not the food, not the M&Ms, you will make different decisions and it will change your whole way of life.

Perhaps there are things you should never eat again--especially if they have robbed you of the vibrant life you've always wanted. I know that feeling of defeat

because I have been there. The truth is this is an addiction and it's hard and it's heartbreaking.

We have a community that wants to see you every single day and will hold you up, and encourage and support you. They'll also hold you accountable.

The encouraging thing is the studies--they show when you keep a food diary, get an accountability partner (we call them Body Clutter buddies) your weight loss success goes up to 97% (compared to the 97% who gain the weight back!).

I have found to get past the food addiction, you must accept and love yourself right where you are, right now, TODAY. Love yourself with all the bumps, the stretch marks, and the pain and the pounds. Dear lovely, you're the apple of God's eye. God deliberately put you here on purpose and for purpose. You are an example to your children and grandchildren--think about that.

The moment you say I love myself as I am, and I am here and present. Maybe I don't know what I am doing, but I am ready, and I'm willing to step up and be vulnerable and honest. This will get you unstuck and on the path to a life of vibrancy and healing.

**Today is your moment. To change your mind, to take a different path, to live the life of your dreams.**