

Stop Dieting for Life in Tennie McCarty's
Shades of Hope: The Program of Stop Dieting and Start Living

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Food is the dominant material in this cosmos. It is consumed for the nutritional support of one's own personal body. Each and every living creature knows the prominence of food. It is the most important reason for all the individuals to stay alive because only through this everyone gains energy throughout the lifespan and motivate growth. Food, in the beginning, was consumed by the tribes by hunting and will not cook instead they consume as raw food. Later the food was consumed by the gathering of agriculture. In day to day life, since the population of the world increased the food is supplied by the food industries and food factories. The intake of food varies based on the ages. Mother's milk is for the infant. The solid food like cereals, meat which contains protein, fruits, vegetables, grains and more.

Food has both helpful and harmful facets. It is all in the hands of people to take personal care of their own health. Food will not only help to survive but also cause threat. Food is mainly linked with the brain that is the human mind. People with anxiety will choose food for easing. The invention on a variety of food is all considered to be accidental. The worth of food has been developed. People started to study the elements of food family like vitamins, minerals, fat, calories, carbohydrates and other nutrients. Over and done with these elements the food can be restrained. Starvation can be only won over by food. The ability to taste rises only through hunger. According to Guy Fieri, "Cooking is all about people. Food is maybe the only universal thing that really has the power to bring everyone together. No matter what culture, everywhere around the world, people get together to eat."

The culture, eating habits, rituals are the main components that can be identified by food. People usually lack in choosing good food. Currently, people are paying attention to food by its colour and garnish style. People drive behind it even though they are not ambitious because of its appeal. In the early days people consume for constant health but now food is considered as the fun element. The importance of food starts to shade away. Following a proper diet has become jock.

Eating too much or too less will affect human life. Each and every one should know the limitation of consuming food. People who work hard in the fields for example farmers will mainly consume organic food and will not be affected much but those who sit simply without any work and consume food which is rich in carbohydrates and fats will surely take them to some life-threatening situation. There are different types of people who consume food based on their emotions. A joyful person will consume more food even though they are not hungry, similarly, a person who is depressed will prefer to intake food without limitations.

Food is the main disadvantage which has an emotional impact on everyone both physically and mentally. People who are not hungry will be attracted also by the visual factors like plate size and spoons which also stands as a barrier for intake. People should be aware of food which contains fat content and carbohydrate only then we can maintain our own body. Each and every person will wish to sit together and have food with family or friends which help the relationship to get healthier. According to Steve Maraboli, “By choosing healthy over skinny you are choosing self-love over self-judgment.”

People can be easily differentiated by the choice of food. If there is a plate of chicken or veggies placed in front of a person who is in proper diet will obviously choose veggies and will not choose chicken because they will be very conscious about their body and health by calculating the fat and carbohydrate in it. But their vision will be on colorful food and the food they like but since that particular person is in diet will avoid consuming it. A vegetarian will favor only veggies and will run away if they see a plate of meat which they think unpleasant. A non-vegetarian will obviously prefer meat and will be very happy if they have a plate of meal in front of them.

An athlete will choose a food which contains protein so that they can gain muscle. The responses of the people towards food show the thoughts and psychology of the people. The relationship with people and food is equal. Any emotions and expressions can be easily changed by the food. Similarly, intake of food should depend on the people mentality to choose whether that particular food is permissible for their body. Nowadays the food products from the food store are distributed among the people in which a chemical is added which urge people to consume that food.

These chemicals are added based on the psychology of human mind which should be avoided; they are Monosodium Glutamate a chemical used to enhance the flavor of spicy dishes. Artificial food coloring which is used to brighten and change the appearance of the food. Sodium Nitrite a chemical which is added to prevent food from bacteria, Guar Gum is added to solidify and muddle foods and is added in ice creams, salad dressing, sauces, and soups. High-Fructose

corn syrup is added for sweetness and can be frequently found in soda, juice, candy and so many snack foods. Artificial sweeteners which are also added for sweetness and can be found in beverages in which the sweetness has reducing calorie content.

Carrageenan also used to preserve food products like milk, cheese, coffee creamers and so on. Sodium benzoate is a chemical used to preserve food like pickles, fruit juice, salad dressing which are all the acidic foods. Trans fat is a type of fat which is unsaturated which helps in increasing the shelf life and consistency of the food product. Xanthan Gum is also used in thickening and stabilizes few types of food. Artificial Flavoring is a chemical which is invented in such a way it imitates the taste of other food ingredients. Yeast Extract is added to boost the flavor in products like cheese, soy sauce, and salty snacks. And hence the food should be chosen by reading the ingredient labels for a healthy diet.

Being in a diet has become common at the present time. People are much concerned about their own health because they themselves wanted to show how confident they are both mentally and physically. Not following the proper diet will not only cause weight gain but will also result in some sort of disease and health issues. People are very conscious about their physical appearance.

In the book *Shades of Hope: The Program of Stop Dieting and Start Living* by Tinnie McCarty predominantly talk about health and wellness, disease and disorder. She came up with her own inspiring story. She is one of the leading experts who is also addicted particularly in an eating disorder. She was under treatment for this addictive disease nearly thirty years. She lives in Buffalo Gap, Texas. She was suffering from this disease since her age of 13 which was undiagnosed and untreated for decades. As the result of her recovery from bulimia and compulsive overeating and a survivor from abuse, she is now an internationally esteemed therapist and the CEO of the residential treatment center, shades of hope which is a hospital. It was co-founded in the year 1987 which recovers from the addiction of eating disorder.

She believes that eating disorder like chemical dependencies, physical and mental problems can be sorted out by the spiritual solution. Meals provided in that hospital for the patients are ultra-healthy. Sugar and white flour are strictly banned. She also gives some step by step program that teaches how to let go of bad feelings, negative behavior and never ending diet.

It is not about the food which is the addictive property it is all because of the chemical which is added the food. People should know how to eat properly to stay healthy without any disease. Should study about the food family and should avoid hazardous food. That addictive person should have a proper meal plan which should be limited but also feel satisfied so there

will be no psychological need for undesirable food apart from the meal plan. To recover from food addiction, one must consult the food therapist. Should take healthy organic food instead of being in diet which paves the way to deficiency. Accept what you have don't go in search of stand-ins. Live life without complications.

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