

## Menu

[Skip to content](#)

[Menu +](#)

- [Meet Kris](#)
  - [My Story](#)
  - [Wellness Shop](#)
- [Blog](#)
  - [Nourish & Heal Your Body](#)
  - [Restore Your Mind & Spirit](#)
  - [Empower Your Lifestyle](#)
  - [Align Your Work & Passion](#)
  - [All Blog & Video](#)
- [Recipes](#)
  - [Juices & Smoothies](#)
  - [Salads](#)
  - [Soups](#)
  - [Mains](#)
  - [Desserts](#)
  - [All Recipes](#)
- [Press & Praise](#)
  - [Press](#)
  - [Praise](#)
- [Shop](#)
  - [Books](#)
  - [Card Deck](#)
  - [Film](#)
  - [Program](#)
  - [All Wellness Products](#)
- [Freebies](#)





### Want to feel better and look your best?

Get your FREE Starter Kit & 3-day meal plan, plus weekly motivation straight to your inbox!



First Name
Email

HOOK ME UP!



## Will Feeding Your Spirit Release Excess Pounds?

By Guest Blogger | [42Comments](#) | Like Share 0 | Tweet | Google + | Pinterest | Email

by Ali Shapiro

Weight loss for the chronic dieter is not about willpower. It's a wake-up call. It's your body's way of literally grounding you, often to a standstill. Those stubborn pounds are delivering a message: A lighter life is waiting.

Spirituality and its relationship to weight loss don't often get discussed. Why? Partly because spirituality is hard to define, but mostly because it doesn't offer a profitable quick fix. Let's start with a working definition. In many ways, spirituality is the opposite of blind faith. It's an inner knowing that comes from evidence: your experience. It starts by welcoming the unknown to a seat at the table of your life. Think "Wonder" Woman; embodying spirituality means wondering and then having the strength to live your questions. Over time, an inner authority develops based on what's possible, not our doubts.

When we familiarize ourselves with this voice, we make choices that reflect our best, non-insecure selves. And most importantly, we stop listening to the other supposedly authoritative voices in our lives that shout things like, "Happiness only comes wrapped in a size two dress!"

My own weight loss success and years of client work have led me to discover the two principal areas where divine authority is knocking on the door:

**Career.** With all of us spending most of our time at work, it's the most significant relationship we have. And yet, most of my clients find it the least meaningful. A job that reflects your values is a way to bring your spirit to life. When your core values are alive, you're committed to being fully present. In this scenario, your work speaks directly to who you are, and you're able to weather the inevitable highs and lows that come with any worthwhile endeavor. You feel substantial, so your body doesn't have to be.

For example, one of my client's weight loss efforts were thwarted by her bingeing. I explained that bingeing was power; it was her body asserting itself. After some digging, it was clear her work life needed attention: Was it a corner office or her life back that she craved? She found a company culture that would allow a work-life balance, and a position within this company that played to her values: learning, leadership and being creative. Her bingeing stopped and she dropped five pounds. Most importantly, she stopped obsessing about her weight and continues to be happier than she's been in years.

**Relationships.** If we don't have strong boundaries or support, we won't succeed in any of our goals. Developing nourishing relationships, including with ourselves, gives life the buoyancy your spirit craves. It's a high that cannot be extracted from even the most sugary cookies.

Another client of mine felt she couldn't start dating until she reached her goal weight. It was only then that men would find her attractive. Or in other words, she would feel confident enough to feel vulnerable. I asked her, "What is the benefit of your weight?" After some coaching, we figured out her excess weight was serving as a shield. It was much easier to blame dateless nights on her weight rather than having to work within the boundaries of a healthy relationship where she would inevitably air her dirty laundry. With this acknowledgment, she slowly started dating again and – without changing her diet and exercise – lost four pounds.

So where to begin? With the questions. Ask yourself, "If I wasn't so focused on my weight, what would I have to address?" And start to make small changes. With the momentum of each "small" success, you'll be better equipped for bigger, sweeping changes.

The 1 percent of dieters who succeed have one thing in common: They all made major life changes.

For example, at the age of 26, I found myself deeply depressed and 30 pounds overweight. This wouldn't sound so abnormal if it wasn't for the fact that 13 years prior, I was diagnosed with Hodgkin's disease. I spent a year of chemo and radiation fighting for my life. Having faced death, why wasn't I living each day appreciating my second chance? I blamed it all on my weight. This led to more weight and waiting; my weight served to procrastinate living.

After having cancer, I had internalized that life was a danger zone. To be safe, I hunkered down in a corporate cubicle. However, the real danger was continuing to live a half-assed life and missing out on the lessons that only a trauma like cancer can provide.

I slowly began to ask, "What if I go toward the fun, not the fear?" I gradually turned around my belief process through real world experiments. Over four years, I returned to nutrition school, traded in a cubicle for clients and a thriving health counseling practice and (most importantly) gave my spirit a chance to breathe, wonder and dance. Bit by bit, I've proven to myself that life isn't so scary. It's wild and wonderful. Being down 30 pounds without the old struggle is just the (organic) cherry on top.

The beauty in any transition is that you aren't alone. Your body is your teacher, best friend and cheerleader. Its highest expression is the lightness you desire to feel. When my clients start sinking into their bodies instead of the frustration of generic women's health magazines, they develop their inner heroine. Yes, they weigh less. But, they also discover the confidence, beauty and freedom they were ultimately trying to lasso. By the nature of our own spirits, no one can tell us who we are. We have to explore on our own. And, who would want to leave this world without the weight of that experience?

*[Ali Shapiro](#) is a regular NBC Philadelphia contributor and works with individuals and groups to show them how to design their nutrition and life to experience waitless living™.*

**If you liked this article, share it!**

## Leave a Reply

Your email address will not be published. Required fields are marked \*

Name\*

Email\*

Website

Comment

42 responses to *Will Feeding Your Spirit Release Excess Pounds?*

1. [Emilie Rose](#) said on [March 8, 2011](#)

Thank you so much for bringing this to the table. I keep doing that, waiting to be thinner to "start" my life. It's HERE! And all I want to do now is go live it. Thanks for showing us this vital connection in its fullness. There's more to be discussed, but I'm glad you got the conversational ball rolling. Many thanks to you.

[Reply](#)

2. [Karen Laura](#) said on [March 8, 2011](#)

I think this is such an important post. So many of us think that by beating ourselves up, we will accomplish our goals. However, I know this isn't true and until we can all be kind to ourself and accept who we are in this instant, we can't really do much. Thank you for bringing light to this.

[Reply](#)

3. [Marie Tartaglio](#) said on [March 8, 2011](#)

Ali – What a wonderful and clear picture this paints for all of us who struggle with weight!

[Reply](#)

4. [Ali](#) said on [March 8, 2011](#)

Starting to live really is the key. And it can be done in baby steps. But eventually, you'll want to skip! Thanks for reading.

[Reply](#)

5. [Hannah Marcotti](#) said on [March 8, 2011](#)

Beautiful wisdom.

[Reply](#)

6. [Adrienne S.](#) said on [March 8, 2011](#)

Inspiring! Thanks for writing!

[Reply](#)

7. [Terri](#) said on [March 8, 2011](#)

Great info...and yet so many of us are afraid to make the changes because we hold on to other people's paradigms of success. Congrats for making the big changes and sharing them with the world. Thanks for the reminder that letting go of that...lets go of other things like our weight!!!

[Reply](#)

8. [Cathy](#) said on [March 8, 2011](#)

So much to think about! Thanks for the reminder to chase those dreams of ours—not someone else's dream! We're never too old to heed your words and reach out for the things in our life which will help us to be fulfilled and happy and make that weight loss secondary to that.

[Reply](#)

9. [Stephanie f.](#) said on [March 8, 2011](#)

Thank you. This is so true. I changed my life dramatically, and my diet changed easily. The pounds just shed right off with no effort. Really. At least 15 pounds gone without any exercise. Now I'm exercising, and I feel great, happy, light, and free.

But the first changes I made were emotional and spiritual ones.

A green juice every day doesn't hurt, either!

[Reply](#)

10. [Glenna H.](#) said on [March 8, 2011](#)

Ali...love how you share your experience especially the statement, "What if I go toward the fun, not the fear?" Of course, you can ask the question "What if I don't go toward the fun"...how tragic would that be. Your cousin, Terri, passed your article on to me & her experience is what set the blazing path for me in my road to living life after breast cancer which I will forever be grateful. Let's not tiptoe through life...open those pretty eyes/mind/spirit and let's ROMP THROUGH LIFE!!!

[Reply](#)

11. [Laura Jacobs](#) said on [March 8, 2011](#)

Wow, It is wonderful to read a refreshing deep approach to life and weight loss as opposed to the quick non fixes. Your clarity is much appreciated to those of us who have tried and tried and tried the quick fix without going inside and listening to the best advisor we have— ourselves.

[Reply](#)

12. [Athena Mannings](#) said on [March 8, 2011](#)

Great post: well written, informative, inspiring. I'm a devoted Ali Shapiro fan who has watched her excellent segments on NBC and eagerly await her monthly newsletter in my inbox. I always walk away feeling instilled with wisdom and inspired to take the next steps. I hope she becomes a regular on this blog!

[Reply](#)

13. [Kathryn](#) said on [March 8, 2011](#)

AMAZAING – Ask yourself, "If I wasn't so focused on my weight, what would I have to address?" And start to make small changes.

I feel like this is life changing! Thank you!

[Reply](#)

14. [Gina](#) said on [March 8, 2011](#)

What a moving and insightful piece.

I danced classical ballet from age 5 to 21, exercised pretty regularly into my 30's, and was blessed with the ease of staying slim and fit until life threw me the blessing and the challenge of being a full-time working mother and wife at age 40. I just started to exercise and focus on me again, post-partum (4+ years ago). I feel like Ali was speaking directly to me. I'm encouraged to keep it up, armed with this broader view of the issues.

[Reply](#)

15. [Andres](#) said on [March 8, 2011](#)

Ali thanks for sharing your story and those simple and powerful tips on living a fuller life. We should all listen to our bodies, minds – never shrink as a person, live life with inspiration, free of fear.

I hope you continue to share. We need sage advice that fits into our own unique circumstances.

[Reply](#)

16. [Athena Mannings](#) said on [March 8, 2011](#)

I love the dialogue that is starting here on this sensitive, yet necessary topic. It probably isn't covered so often in the glossies because it takes a skillful writer to be able to articulate this approach as it's not a quick fix. In my experience, the quick fixes never work and hence are a misnomer. Gina, I love to dance to and think you may want to reconnect with that part of you to stay fit and have fun 😊

[Reply](#)

17. [Matthew S.](#) said on [March 8, 2011](#)

Very thoughtful, inspiring post . This led me to check out some of your other work online, which was more of the same 😊

[Reply](#)

18. [Jaime K](#) said on [March 8, 2011](#)

A few weeks ago I quit my fulltime to focus on vegan nutritional counseling and personal chef services. I started a veg-focused blog last year, and it has been so well-received by the community (there's not a lot of that here), I feel like I found my little niche and the support and response has been amazing. It's all still never new – don't know how much money I'll make (hopefully enough to pay the bills), but I wake up every day and feel grateful, and like I have a truly worthwhile place. This has also lead to me getting in better shape.

[Reply](#)

19. [Ali](#) said on [March 8, 2011](#)

@Jamie — feeling the fear and then working through it is what makes us feel free, strong. It doesn't surprise me your body reflects your new found strength. Congrats on taking the plunge.

I really appreciate everyone's comments. I know when I first started on this path, and my clients feel this way too, many times its hard to openly discuss emotional eating and its connection to the rest of your life. But as Athena mentions, if we start the dialogue, this darkness can come into the light.

Looking at our relationship to food and weight as a rich experience filled with possibility changes the game. It's not longer one...it's an adventure.

[Reply](#)

20. [Christa](#) said on [March 8, 2011](#)

Wonderful post on an important topic.

[Reply](#)

21. [Bryant](#) said on [March 8, 2011](#)

Fantastic!

[Reply](#)

22. [Stacey](#) said on [March 8, 2011](#)

Thanks so much for this thoughtful and thought-provoking post! I love that you wrote, "Your body is your teacher, best friend and cheerleader. Its highest expression is the lightness you desire to feel." It's so true! More and more I've learned to ask, "What are you here to teach me?" when I experience a health crisis. And more and more I find myself drawn to creating thoughts and taking actions that are aligned with vibrant health and vitality. Success definitely begets success! Thanks again for this great post!

[Reply](#)

23. [Tony](#) said on [March 8, 2011](#)

Really nice and inspiring post, I think you are totally right here.

[Reply](#)

24. [Melomeals: Vegan for \\$3.33 a Day](#) said on [March 8, 2011](#)

I think this is brilliant.. I really appreciate your perspective as a cancer survivor.

What you said about if you weren't focusing on weight, what would we change. That really hit me hard, having struggled for so long with my weight.

I am on the verge of making a HUGE life change and choosing to live my life full force with gusto and go way out of my comfort zone.. weight be damned!

[Reply](#)

25. [Joe](#) said on [March 8, 2011](#)

The idea of welcoming the unknown to a seat at the table of one's life is a powerful notion. So many of us allow unhealthy persons, thoughts, and habits to simply push their way to our "life table" and ruin so much good. Yet, we would not sit through an actual dinner beside a rude or insulting person, nor suffer through a long flight beside one. Why then do we not challenge the more consequential and potentially damaging elements invading our lives that can ruin much more than a meal or plane trip?

[Reply](#)

26. [Leslie Sands](#) said on [March 8, 2011](#)

Great advice and beautifully written. Thanks for sharing your story, Ali.

[Reply](#)

27. [Ali](#) said on [March 8, 2011](#)

Great analogy @Joe. I think it's because a lot of us, and I was in this camp before these lessons, would rather be right than happy. Plus, we are taught that fear and conflict are bad when often times, they can produce rather transformational results. We'll always have to fight human nature and our adversity towards the unknown but with practice, it feels more familiar.

@Melomeals. It's interesting because many adult cancer survivors go in the opposite direction I did. But having cancer as a teenager really changes things. Especially as you have to be cautious of the effects of your treatment. Either way, as Kris and I say, cancer is a catalyst.

[Reply](#)

28. [Mary F](#) said on [March 9, 2011](#)

Such wisdom in your words, Ali! I have only recently, later in life, discovered the "inner authority" that comes with choosing fun and possibilities rather than fear. However, I am happy that I found it before "leaving the table". Thanks for spreading the word that expression of one's unique talents is a gift to one's self as well as to the world!

[Reply](#)

29. [Erin](#) said on [March 9, 2011](#)

OMG!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!! I literally had just written in my journal this evening asking myself these very questions!!! I recently... well 3 months ago began a new job. It is by no means the job of my dreams but it happened to be the first job that offered me a position after graduating in May. So of course I took it. Since starting the job i've packed on a lot of weight. I couldn't figure out why I was always stuffing my face with food... as if I was starving!! Just have this constant need to have food in my mouth. I started really looking closer and then reading this post the lights turned on!! So THANK YOU!!!!!!!!!!!!!!!!!!!! I wish I had the money so that I could have an actual session with you! So much more I need help on!!!

[Reply](#)

30. [marathongal](#) said on [March 9, 2011](#)

Had tears from this article because it was exactly what I needed to hear at just the right time. Wow. Awesome. Thank you!!!

[Reply](#)

31. [Casey Thomas](#) said on [March 9, 2011](#)

This is such a truthful and fantastic post. Loved it, it is so spot on. I ask these tough questions to my clients when coaching through these issues too and the revelations that occur are so transformative. It's never just a case of "oh oops I overate again today", there's always emotions and fears behind it.

[Reply](#)

32. [Larry](#) said on [March 9, 2011](#)

A really unique perception of a very real crisis.

[Reply](#)

33. [Elite Nutrition](#) said on [March 9, 2011](#)

There are quite a few things people don't realize that could be holding back their weight loss goals. This sums it up!

[Reply](#)

34. [Get Skinny. Go Vegan.](#) said on [March 10, 2011](#)

It's very difficult to live an "authentic" life when there are so few of us doing it. That's why this blog is such a great thing, and the internet, as it allows us to connect with other people living aspiring lives. While change is possible, you have to see other people doing it sometimes, in order to muster up the courage to do it yourself.

[Reply](#)

35. [Karissa](#) said on [March 12, 2011](#)

I read this just after finishing off a few bars of chocolate. Tying together cancer and overeating really hit home. I was diagnosed with brain cancer last year and know the importance of sticking to a healthy diet and lifestyle. During the day, I stick to an organic vegetarian diet, but come the night time, I feel like giving up on life and often give in to my sugar cravings. This was just the push I needed to get out of my rut.

[Reply](#)

36. [Ali](#) said on [March 12, 2011](#)

@Karissa — cancer sends you into the deepest spiritual quest of your life so know that your chocolate bars help to numb out asking those deep, core issues—-they are tough, but eventually the most liberating answers.

I tell my clients that bingeing (not sure if you are doing that but overeating when you don't want to is the same thing) is a power. And it wants to be brought into the light. I found yoga and a like-minded community of people who see the world I do helped me with those philosophical questions.

[Reply](#)

37. [Glorinete](#) said on [March 12, 2011](#)

Beautifully written with so much soul and purpose. Fabuloso!!!!

[Reply](#)

38. [Jeanie](#) said on [March 13, 2011](#)

Loved your point of view. I've had this niggling thought, why am I putting so much energy into a new venture which takes most of my spare time and ignoring my health (& gaining weight). This thought visits me a few times each day. I think I've been scared to address it. I might have to get comfortable with some reflection time. Thanks.

[Reply](#)

39. [Marc](#) said on [March 14, 2011](#)

Great article and advice! Very interesting...

[Reply](#)

40. [chgirl](#) said on [March 15, 2011](#)

When I read the sentence, "After having cancer, I had internalized that life was a danger zone," I put my head in my hands, closed my eyes and cried. I realized that is exactly what I have done since my cancer almost 5 yrs ago. Thank you for these precious words and helping to take the covers off my eyes. I am inspired to stop feeding my fear and start living life again.

[Reply](#)

41. [Laura Anthony](#) said on [March 17, 2011](#)

I am prompted to put my two cents in:

Know that there is perfection inside of you. You are a spiritual being in a physical body. Enjoy living in your body with all your senses. Let us remember the inner child in all of us. Allow that child to take over your body and move with that careless freedom that children have. Skip down the hall when no-one is looking. Jump that last step down, or off the bus. Make up a childish sing-song in your mind to accompany your steps while walking: "dumpty dum kilos, dumpty dum kilos..." fill in the "dumpty dum" with your own perfect weight number, or create a rhyme about your health. After a while of doing this, you will find that rhyme playing automatically in your mind over and over again while walking. Sooner or later you will discover that there's a spring to your step and a smile on your face. People will smile at you. They don't know your secret that there's a perfect body in the process of emerging from inside of you. Celebrate these moments and remember them the next time that silly rhyme is going around in your head and allow your inner child to take over your stride. Thunder down the stairs with hoppety jumps. It won't take long and you'll start to race up the short ones. Sidetrack away from the path down to the river bank to watch the ducks. Take the joy of life with you as you climb back up the bank. Rediscover the seemingly endless amount of energy that truly exists inside of YOU.

One last thought: Bless your food and drink. Bless every cell of your body while eating. Take the time to enjoy your food. Remember that you are feeding the God or Goddess within you.

[Reply](#)

42. [none slacker](#) said on [March 24, 2011](#)

I wish I saw this article 8months ago. I was in an auto accident in July that drastically changed my life. I went from working out every day, hiking 10miles, being an active female in my mid-20's and enjoying her 132lbs frame, to not being able to work out anymore, having days I couldn't walk due to pain, not being able to work as a massage therapist and dropping 12lbs. One day I woke up and said "I have to look at this differently" I told myself "It's going to hurt and that's okay. If I keep pushing myself through the pain, it will get easier and easier" Slowly I started stretching(every single part of my body; fingers to toes) and slowly, I noticed a change. Started with squats(not too far down) and lunges while I was at work and slowly that got easier.

I have a long way to go physically but you can't live in a protective shell for the rest of your life, due to one event. I guess you really need to ask yourself "How strong is your will to live?".....take that how you want it. To me, it means multiple things.

.....one day at a time, one step at a time, one positive change at a time and you will SEE everything in a different way 😊

[Reply](#)

## **PRAISE FOR KRIS**

["Kris is the ray of light that is needed to raise awareness..."](#)

[Donna Karan](#)

["I love Kris, she glows. It's not just because of what she's done, which is extraordinary; it's who she is."](#)

[Dean Ormish, M.D.](#)

["Kris Carr's riveting journey started a revolution..."](#)

[Oprah Winfrey](#)

["Thank God Kris is one of those women who has the courage and generosity to share her experience."](#)

[Sheryl Crow](#)

["Kris Carr titillatingly turns a supermarket into a pharmacy."](#)

[Dr. Mehmet Oz](#)