

Happy Weight

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HAPPY WEIGHT

UNLOCKING BODY CONFIDENCE THROUGH BIOINDIVIDUAL NUTRITION AND MINDFULNESS



“To Love yourself is
to be released from the
judgement of others”

-Happy Weight

The philosophy of Happy Weight

- “Happy Weight is a state of being, the consciousness of a world without living as a prisoner to our own bodies. It is a pathway of living as our true self and not being categorized as a “thing” that has to fit into an inhuman mold.”

The weight loss Obsession

- As women we fight almost from birth to live without flaws
- We let the scale determine how our day will go, and push that agenda on clients as practitioners
- We determine worth of others and identify our personal achievements by our body image



Eating Disorders on the Rise

“Anorexia nervosa is the highest mortality rate amongst all mental illnesses. Between 5-20% of people who develop the disease eventually die from it.”

Americans with eating disorders

13 million binge eat



10 million women battle anorexia or bulimia



1 million men battle anorexia or bulimia



Body sizes

Average American woman



140 lbs.

Skinny Doesn't Mean Healthy



Numbers are not our friend

- Women are so quick to identify with their weight, pant size, shoe size, height, bank account....
- Numbers have become our measure of worth
- When did it become the norm to gauge your worth based on a number and not your non weight/size related accomplishments?

Perfection Addiction

- Society tells us that we are not enough.
- Truth bomb: You are never going to be pretty enough to fit the airbrushed and CGI'd non-existent super women on magazine covers and billboards
- Because they are not REAL.
- Society tells us that we need to buy more because we will never be pretty enough, skinny enough, have a perfect complexion, have perfect hair- but what we forget is that “perfect” is created by designers to sell you more crap you don't need!
- Women have been fighting since antiquity to fit into a mold created by men
- Aren't you tired of it? I AM!

Imagine a world without body image

- Can you?
- What does it look like?
- Is it positive or negative?
- Do you define your life by your body image?
- Do you judge your clients', friends, sisters, mother's worth by their body image?

Do you love your body?

- What kind of relationship do you have with your body?
- Have you thanked your body recently for giving you life?
- Have you admired the imperfections that make you uniquely beautiful?
- Do you give your body the ability to be appreciated during the healing process?
- And as a practitioner, are you giving your clients permission to not be perfect?

Advocating for change

The power of positivity, optimism, and suggestion all help us to have a clearer mind when making decisions, it helps us to be more vulnerable to open up and make the right choices for our health

Are you changing the narrative?

- How can we as practitioners or women guide the narrative to a positive outcome?
- When you greet another woman are you greeting her with positivity or negativity? Ex: You look tired or Have you gained weight?
- These are shaming conversations, rarely do women greet each other with positivity and a smile, we live in a negative loop of our creation.
- Life is about choices, what choice do you want to make?

Bioindividuality

“Happy Weight is not a DIET; it is an idea that we as individuals are the only ones that hold the key to our health”

- I believe that, if we use weight loss as the catalyst of our health education we are not very good practitioners
- We must respect the bioindividuality of the body and investigate from a foundational perspective

A Happy Mind is a Happy Body

- Body Positivity
- Emotional Freedom
- Food Freedom/Intuitive eating – truly getting to know your body in a healthy un-obsessive way
- Healing loving relationships- removing toxic relationships
- Vulnerability
- Finding your tribe and your true self

Body Positivity

- Being comfortable enough in our own skin to make choices that are best for us as an individual
- When we love our bodies fully we respect its processes more and understand that it is as important as any relationship

Emotional Freedom

Not denying yourself the right to feel everything
you are feeling and to recognize that YOUR
feelings are valid and true

Bioindividual Nutrition

- Genetic makeup (eating according to your ancestral background)
- Genetic Mutations (MTHFR)
- Microbiome (Digestive disorders, malabsorption)

- Environmental exposure to chemicals and stress destroys the cell (heavy metal/mineral toxicity) *Chlorine example
- Your endocrine system (Do you know your Free T3 & T4 numbers)
- Financial ability (How can you eat a wholes foods budget with a Trader Joes Pay Check)
- Geographical access to food (Mid western/Desert regions don't have access to clean sustainable foods)

Removing Toxic Relationships

- Any single person in your life that negates your growth or holds you back is a toxic relationship and needs to be ended or boundaries need to be set
- The fear of losing relationships or friendships stems from the fear that you are incomplete without the presence of others, when we are truly strong in our own path we don't need or rely on others for safety or balance
- Once we are free from external toxic narratives we will finally be free to hear our own thoughts of positivity

Vulnerability

If we cannot share our truth, we will not be able to release the trauma of our past and begin the healing process

- Vulnerability helps us to become more secure with ourselves and opens us up to being firmer in our identity and confidence
- Vulnerability is about asking for help and humbling women that feel the need to do everything, start delegating, take on less, love yourself
- Being emotional is never a weakness, it is the opposite! All feelings are valid and the rationale is left up to the person with the emotions.
- Bringing awareness to our vulnerability helps us to fall in love with ourselves

Being Selfish can save you

- Boundaries are very difficult for most people and that leaves us with emotional burnout, we are yes people that want to please everyone, right?!
- What happens with emotional burnout as the result of energy vampires? Your health will suffer! Cortisol is your worst enemy!

- What does being selfish sound like: Say YES (maybe you are living a cautious life) , Say NO (maybe you live your life for others or do too much)
- When you set boundaries, YOU are in control of everything (food, life, happiness)
- Boundaries can help with toxic relationships or environments

Find your tribe find yourself

- Do you feel connected to your community? Have you thought of trying out a different one?
- Do you feel supported if you decided to make changes in your life? Support in change is important, whether it be friends, family, or online groups- feeling connected makes us more successful in our endeavors.

- If you don't have a tribe, think about what it is you like to do, what are you passionate about, what makes you feel happiest? Join a local group of like minded people so that you can feel a sense of belonging. We are a communal species, we need connection to thrive.
- If you have been feeling a missing link on your path to wellness, maybe its time to reach out and find your kind <3

Thank You!

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