

# CONVERSATIONS

by Steven Libowitz

## Freedom From Food

**H**ere's a new prescription for controlling your weight: eat as much of whatever foods you want, and don't even think about it.

If that sounds more like a recipe for unchecked body disaster, then you're precisely the kind of person **Patricia Bisch** wrote her brand new book, "Freedom from Food," for. Subtitled "A Quantum Weight Loss Approach," the book approaches the relationship between food and weight from an entirely different point of view: that people need to experience food as "moving energy (quantum physics approach) instead of dense matter (Newtonian physics approach)," as Bisch writes in the introduction.

"The reason why most diets don't work is because they only temporarily change your behavior while you are on the diet, but they don't change how you think about food," says Bisch, who now lives in Summerland after moving to Santa Barbara about 10 years ago. "That's why it's such a roller-coaster of up and down for most people."

People who are "naturally" thin already have a more useful innate understanding of the relationship between food and their bodies, Bisch says.

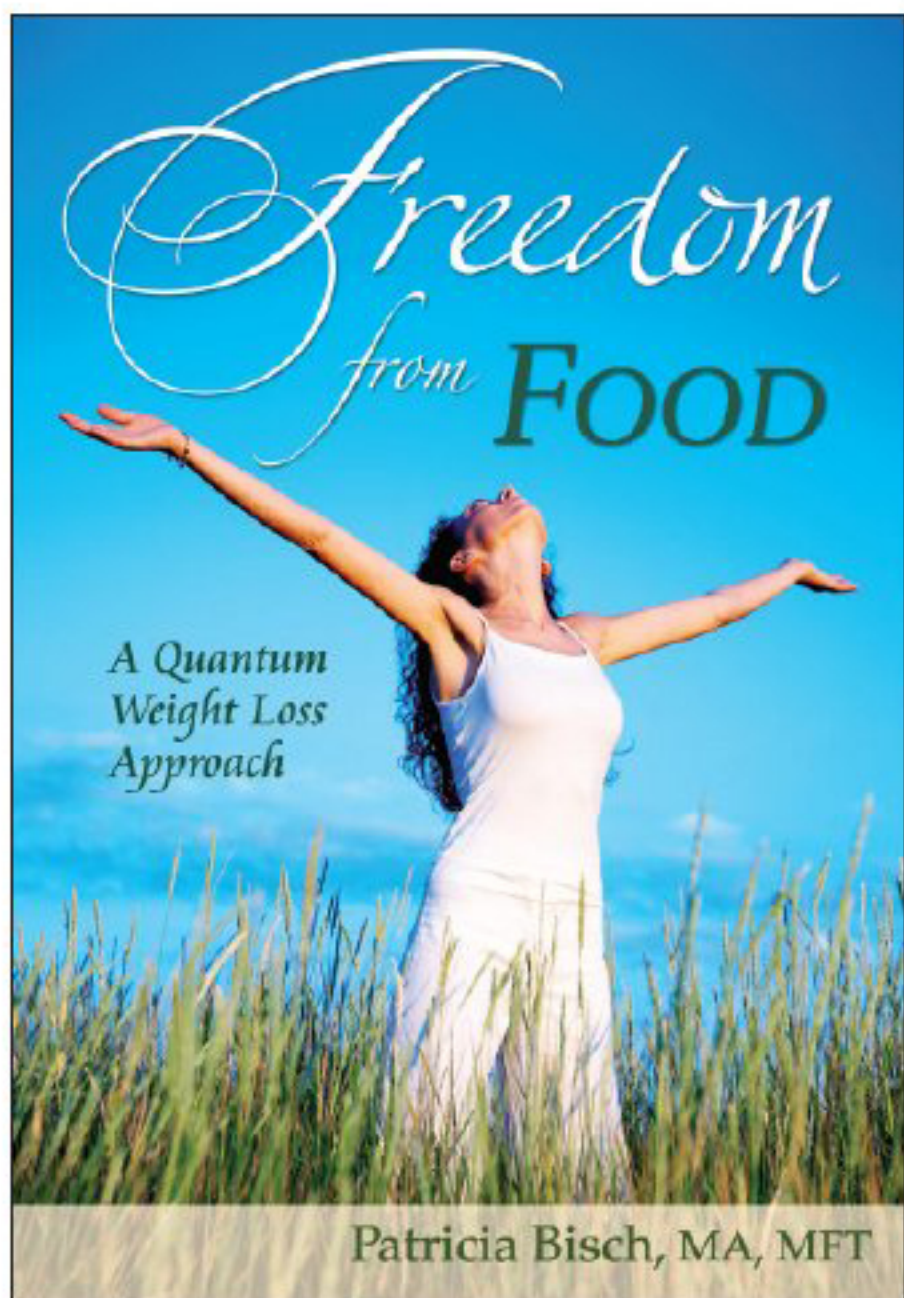
"They have one thought in common – that they can eat whatever they want whenever they want to and not gain weight. That knowing is stabilized in their bodies. They aren't trying, they don't even think about it, just like they don't think about breathing. But if you are obsessed with food and dieting and looking good, that clogs up the energy flow."

That's the main message of the book, that your mind can change your body, Bisch says. And it really is that simple. Once you master the concepts, you can eat what you want and not worry.

Here's the bad news: it's not an overnight process.

"You can't say I can eat whatever I want on Monday and then start out on a new diet on Tuesday. It's like becoming a black belt in karate – you don't start out by having someone hit you as hard as they can. You have to do the practices to make your consciousness strong enough to really affect your body."

That, Bisch says, is where the book most comes in handy, because it contains a series of practice sessions, exercises at the end of each chapter that help the reader employ the new concept taught. These fall under four



Summerland resident Patricia Bisch went from Overeaters Anonymous to "Freedom from Food" author

"Keys": The body heals itself; Mind creates matter; Emotions affect your body; and Food is energy.

"People, especially in Santa Barbara, have a tendency to think that if you have intellectual knowledge – OK, the mind can heal the body – that's all you need. But it really is a step-by-step process to change your concept in order for it to work. You have to be committed to change. It's not for the wishy-washy. It takes a long time to heal from life-long messages like 'One moment on your lips is forever on your hips.'"

Bisch describes herself as one of the formerly afflicted. "I was a junk-food junkie," she says of her youth and early adulthood. "I'd stop at the (convenience) store and buy cakes and candies and chips all the time. I was really addicted to food. I was using it to heal my pain, and sedate myself. So I gained lots of weight."

Bisch went so far as to join Overeaters Anonymous. But despite years of dieting, "I couldn't permanently heal my weight," she says.

Thirty years ago she came across the concepts that changed her way of thinking, and over the years she's refined the process to develop "Freedom From Food."

Bisch held a private celebratory luncheon for "Freedom From Food" at the San Ysidro Ranch in Montecito back in mid-November – several prominent "self-help" authors with connections to Bisch such as **Judith Orloff, M.D.** and **Barbara De Angelis** attended (planned introducer Barbara Marx-Hubbard had to cancel due to a personal matter at the last minute). She will also discuss the book and sign copies at a public event at 7 pm at Borders, 900 State Street, January 17.