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DEDICATION

For My Aunt Mary - The North Star a Guiding Light For My Life.

For Vern and Cash Dog; The Special Lights in My Life.

For Our Children, Whom Will See Clearly in their own time.

Remembering those who transitioned in tragedy, remembering that no one truly dies.

For all my readers, written from the heart because I don't know any other way to do it.

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THE TWISTED LOVE OF
FOOD ADDICTION

Releasing Your Pounds of Pain

Echo Laymon Pelster

ABOUT THE AUTHOR



Echo Laymon Pelster is an International Best-Selling Amazon Author, Keynote Speaker, and Certified Methodology Transformational Trainer, Barrett Values Certified Leadership Coach, she successfully helps clients in every culture breakthrough business & personal weight-loss barriers, self-imposed limitations by inspiring self-care, masterful methodology, self-confidence, with consciousness in spiritual health.

Echo knows that obesity has less to do with what people are eating and more to do with what is eating them.

Through education and inspiration, she brings value to individuals, organizations, institutions, patient aftercare corporate and medical organizations in support of their procedures and practices.

She is also aware that how a person does one thing they likely do everything. There are 7 core areas in life, and she knows the value of tying it all together. Grounding the individual in all areas of life.

Aware of how obese people cope, isolate, and hide out, Echo knows that the weight is only a mere distraction, I help them get out of the obesity trap, most obese people likely use food as their source of love and protection, buffering the real issues and creating the burial of the truest desires and emotions, this false appetite leaves the obese person and the binge eater compulsively hungry,

sometimes food addicted and personally lost.

It is the same thread that pulls the workaholic, over-enthusiastic exercise enthusiast, or anyone else who is compulsively obsessed and acting out to avoid emotions. From food addictions to gambling the principles she teaches work, privately and without judgment.

Obesity is a health concern behind the desk, further stress slows release. My interest peaked when I discovered colleagues were uninsurable because of height and build issues.

Her professional experience includes over 41 years in direct sales, including financial services with Thrivent, Principal & New York Life. Echo is certified in several areas in Financial Services including RICP, CTLC, FIC, and CDFA, and is currently finishing her ChFC.

Echo is Certified in several breakthrough modalities and coaching methods to get the highest results. With over 41 years in sales with accolades that include Pinnacle Performance 2017, Balanced Practice 2021, and Coaching others to success, and now Echo shares what she has learned, how the learning has brought insight into her life, and how she knows anyone can thrive no matter what has happened to them, what others have done to them, or how they coped and abused themselves.

Echo lives in the heart of the Sandhills of Nebraska with her husband LaVern of 25 years and enjoys writing, live and virtual speaking events, one-on-one coaching, and walking their dog, Cash.

“When I had my first gastric bypass, I believed it would make me thin forever. Afterward, I weighed over 357 pounds, so I had another, lost 203 pounds, and made the local paper...only to gain back more than 114 pounds. Ashamed, isolated, and hiding out, I

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discovered principles to lose and keep the weight off.”

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Echo is an International Best-Selling Amazon Author and one of America's Most Sought After Keynote Speakers Internationally offering only 40 dates each Year in *The Book on Transformation* available on www.EchoPelsterSpeaks.com Email Echo at EchoPelster@EchoPelsterSpeaks.com

The Twisted Love Of Food Addiction

THE TWISTED LOVE OF
FOOD ADDICTION

Echo Laymon Pelster

Author, Keynote Speaker, Business Coach & Trainer

"I am in your presence as proof that no matter what happens to you, no matter what has been done to you by someone else, no matter what you have done to yourself, you can overcome the worst possible circumstances and thrive in amazing financial success, personal fulfillment, incredible business results and live a life of happiness and gratitude in all relationships." With Special Knowledge in Several Areas.

Echo lives in the heart of the Sandhills of Nebraska with her husband LaVern of 25 years and their dog Cash.

As an International speaker, Best Selling Author, Professional Business Coach, Trainer, and CEO of [ENNERCOURSE](#), with experience of over 40 years in direct sales, (10 of them in financial services.) and retail service business ownership Echo brings tried and true business principles and practice management tools to the table for your business organization to breakthrough to next level of success.

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HOW TO USE THIS BOOK

Every Chapter has stories reactions and solutions that the Author used to overcome food addiction, every chapter end has questions to ask yourself, don't hurry through, answer, and write about every question that resonates with you or that you identify with.

Maybe you will treat yourself to a new journal as you celebrate the fact that you are not alone and the feeling that other people feel just like you, you just haven't met these new friends yet.

The author started her recovery story in her early 20s and overcame addictive eating after even two gastric bariatric surgeries did not solve her problem.

There is hope for you too! You are not alone, I am here! Right with you on every page, the good news is today I have a choice, and you can too.

Much love, Echo

CHAPTER ONE

**We can only learn what we are taught, by
circumstances or others.**

*The unexpected is the great teacher of flexibility, adaptability, and trust.
- Gary Zukav*

Perception is everything, this book is written from my perception, I expect that other family members would see this differently or remember it differently, but that truly does not matter, often two people can be at the same event and have a different experience.

This book is about my emotional journey, how I felt, what happened, the words I heard with my ears, what happened and how I perceived the events that lead to devastation, grief, and obesity.

This book is also about my own recovery from compulsive overeating and has lots of tips, tricks, and thought nuggets that will allow you to overcome eating what you don't want to eat also. I know that people know what to eat. But imagine, what if it's not what you are eating, but what is eating you?

My perception is not debatable or wrong not even less real, it's just my perception, what I saw, heard, and felt, and what happened to my own inner voice of knowing who I was in the process.

How I Packed on over 200 pounds that I didn't need in a desperate lifestyle of compulsive eating and was frozen into an existence where all I really wanted was to feel love, be loved.

How it benefited and kept me safe until it no longer worked and held me back until I could sort out my own truth with my own intuition, spiritually, and DNA.

How I discovered the defining moments that brought me to the realization that I must be the master of my own fate and guide my ship to my life's port, happiness, and purposeful destiny.

It's easy to imagine things as a child when adults are not truthful when you are a smart little kid and can identify a lie quickly you lose trust in those who are supposed to love you and care for you most, I did.

It's easy to be afraid as a child when the rules change each day, and actions that were okay yesterday are a crime today, my childhood was unpredictable, chaotic, and often confusing.

I remember myself as a lonely, unwanted child, unloved child, I didn't have a lot of friends and my one true friend moved away when we were in the first grade, but she is still a dear friend, we got together from time to time in life, and we always remember how happy we were when we were together back in the 1960s.

My Feelings were always the first thing that was undermined at our house, I was not to have feelings, express feelings, or show feelings, and Lord knows I was not allowed to tell anyone about my feelings that was a never rule. So, I never told my feelings to anyone, they were a part of my family's secret-keeping, we pretend everything is wonderful no matter what, we didn't want the neighbors or the world to know the truth, not our teachers or the people at church.

It's easy to justify your choices when they are designed to benefit yourself and not the greater good of all household members.

I felt like a little slave at a young age and I didn't even know it, I worked hard and did a good job cleaning the living room so hopefully, mom would love me, if I didn't she didn't, her approval was my reward for a job well done, I thought every child worked hard to get to eat, have a place to sleep, and be warm, I didn't know other parents provided that, and their kids did chores because it was a part of being a family and cleaning up together, I was just given work to do, never shown how to do anything, and if it wasn't right I got to do it over till it was perfect enough for that day, other day's it may have never been perfect enough. And other days it may not have even been required.

What I learned is what others accused me of is what they were doing themselves, there was always a double standard and a double rule for everything. Even different rules for different kids.

Chaos and confusion were the norms for me. How I perceived the actions of those around me had everything to do with everything. Our perception has everything to do with everyone.

I discovered that the only one who ever needed to keep promises was me. I'm glad I learned that, and today I am keeping my promise to myself by writing to you and the rest of the world, so you can know you are not alone, and all suffering can be overcome.

Did you ever get to the end of your day and wonder, where did the day go, and then realize you had not kept your word in so many areas that it was overwhelming to think about what you were behind on? Me too.

When I made a promise to myself and did not keep it when I said I would do something for someone else, I am agreeing with myself first before I was agreeing with others, first with myself, and then with others.

When I commit to something with someone else, I make the agreement with myself first. I decide I am going to do something, then I speak it aloud with a yes to someone else.

And when I don't keep my promise, my commitments, or my word, I lose face with others, myself, and with my own soul, when I no longer trust myself to follow through with things I no longer participate in life, I become isolated, I had lost my trust in myself and I no longer believed in myself, I become embarrassed, I was ashamed, I hid out and I emotionally disappeared from myself. And I really did not know why, and then I found out.

Just as the phoenix rises out of the ashes and has new birth, so can you and I, the ashes keep our skin young and vibrant, they remind us we are alive, in all pain, discomfort, and simple pleasures, as we rise out of the ashes, we take our life back.

When we do not keep our promises to our children, we lose credibility with our children and it costs us their respect, when we fail to keep our promises to ourselves, we lose our self-confidence in every area of our life. We lose faith in many people, places things, and ideas. We lose our emotional mastery, of knowing ourselves, and the truth, the truth of our birthright, whom we were intended to become and born to be.

I often hear people say, my kids are a handful, and I just can't handle them. Often my response is how often do you keep your word and follow through? When we don't follow through with our children, we lose their trust and respect.

Children believe there is something wrong with them and you don't love them if you don't take your time to be with them, or chose to spend time with them, kids don't need a phone, tv, or game box, they need a tackle box, conversation, family fun, meals

where parents sit down with them and take time to talk to them, and only you can make time for them.

Hanging out with your kids will be one of the most important things you will do, if you didn't have that as a child you may be like I was and not know how, now with your own children, looking back however I realize it was not a skill I had to learn just something I needed to do.

It is the same with us, every time we tell ourselves we are going to eat right, and exercise and we don't do it we are breaking down our own self-respect subconsciously, and minimizing our own self-confidence a little bit more each time we do not follow through, or our actions are not in alignment with what we say we want, so we don't believe ourselves or take our dreams and goals seriously, or take the words we say to ourselves seriously, I didn't believe myself any longer.

I was exactly lost in how I looked and believed that my state of obesity was my value and my destiny; at 357.8 pounds I didn't even see myself as fat. I was not seeing myself in the mirror the way I looked, or as others saw me, people would say things like, she really has a beautiful face but...she really ought to do something with her weight.

I put on my oversized clothes and tried to hide myself and my body, as though something that large could be hidden, and make-up was a must, I couldn't be a messy or sloppy-looking fat person, but I was deep inside, that's how I felt about myself and I didn't even realize that was the message that I was giving to myself, and I remained hidden behind the mask and garb, never truly seeing my actual size and reality until one day I did.

When I finally faced the number on the scale it was devastating, I

had done all the right things, read all the right books, tried all the popular diets, read all the food information, macronutrients, sugar busters, you name it, I had gone to overeaters anonymous only to not identify with eating M&M's off the floor or stealing someone else's lunch, I didn't fit in anywhere, my conditioning was such that I decided to look outside of myself for the answers and I found out the answers were not there either.

I had the first gastric bypass at age 24 when I was only 224 pounds so my weight would not skyrocket out of control, no one ever talked to me about holistic nutrition, realistic expectations, or aftercare for myself other than seeing a gastric specialist once each year, so the bypass didn't solve my weight problem, and here I was 357.8 pounds at 37 years old, with congestive heart failure symptoms and pulmonary hypertension.

Desperately looking for a solution, taking on the guilt of managing my own self-care, deep-down knowing I was not really in alignment with what needed to be done, what did I do?

I did what I thought would be the easiest softest way and realistically thought it was a silver bullet cure to my weight and eating issues, I took the doctor's suggestion to have a second gastric bypass, the first one just wasn't the right type for my body type, that's why it wasn't successful, or so I thought at the time, so I chose to have a new gastric Roux, and Y gastric procedure that would almost kill me.

I truly believed the first time as well as the second time that the gastric bypass would make me thin forever, it would stop me from eating and be the cure of all cures. I really was not telling myself the truth that my eating was how I was coping with what was happening in my past subconscious childhood life, or in the failure to align my thoughts, words, deeds, and actions here and now.

Insanity is doing the same thing repeatedly expecting a different outcome.

With the second gastric bypass, this time I lost 203 pounds in about 2 years, was a local celebrity, inspired others to have the procedure due to the article in our local paper, spent over \$20,000 on plastic surgery to remove the skin, felt great, and gained back over 114 pounds only to become lost again.

It wasn't what I was eating it was what was eating me, it was my family's rejection, emotionally devastating hurts, the death of four of my siblings and two failed marriages, unfaithful spouses', personal losses, and the promises to myself that remained undone that were incompletes in my life like the homework a child fails to turn in.

If you are ready to change your life you will find my story helpful, my story will resonate with you whether you are currently thick or thin.

And I will love and accept you through your process of finding out how you will lose your pounds of pain whether they are physical or emotional.

I will help you rethink your beliefs and get in touch with your personal self-value, worthiness, and your emotional higher self and real values.

I will challenge you to think, about the stories you were told and the stories you have told yourself, on your own terms, we are going for the gold.

We are working to find out who you are in this book. Find out who you want to be, and who you can be! Finding out for yourself once and for all, the treasures that you hold within yourself, that

make you who you are and who you were truly born to be, and the only permission you will ever need is your own.

Who are you? What were you put on earth for? And where are you going from here? I know you want to know. I did.

And it changed my life and brought me to my natural weight. Where the mind goes the body follows, today I am grateful for all the discomfort, sadness, grief, and unhappiness I came through, it makes me who I am, and I have an awesome life and truly enjoy happiness. With a vibrant life, lots of friends, travel, joy, love, and abundance, I love living today.

QUESTIONS TO ASK YOURSELF & Journal About:

Do I remember the “first time” of realizing that eating felt good, not because I am hungry, but because I was hurt? Who was involved in the event?

Was it something I told myself, or did someone else tell me? Is it true?

Did I hide it or keep it a secret? Why did I do that? Have you ever eaten in secret?

Why did you hide eating?

Did someone make you feel shame for eating? Who?

Why did it hurt you?