

TRIED EVERY DIET, ONLY TO END UP  
BACK WHERE YOU STARTED?

# Weight Loss

Beyond the Scales

BREAK FREE FROM THE  
YO-YO DIET AND STEP  
INTO LASTING  
TRANSFORMATION



Starlah Rose



Welcome!

I'm so glad you've found your way to ***Weight Loss Beyond the Scale***, where we'll dive into all the psychological and somatic reasons behind weight gain and explore a holistic approach to healing and transformation.

**If you're finally ready to ditch the yo-yo—you're in the right place!**

I've put this together not as some rulebook or strict set of instructions—seriously, who am I to tell you what you should or shouldn't do?—but as a gentle invitation to look at weight loss from a fresh angle. It's all about how our minds, bodies, and even the experiences we've had can shape our journey. Instead of stressing over numbers or getting caught up in diet fads, I want to encourage you to tune in and trust the wisdom you already have inside you. Let's step back from the pressure and start reconnecting with ourselves in a kinder, more real way.

Everything I've shared in these pages comes not just from research or expertise, but from my own story too. Trust me, I've been stuck in that exhausting cycle of chasing a lower number on the scales, only to end up feeling even more out of touch with myself. My big shift didn't happen with some dramatic makeover—it came quietly, when I realised real, lasting change starts with connection, not self-criticism.

When I finally started treating my body as a partner rather than the enemy, things really changed. It wasn't just about losing weight; I gained so much more—kindness towards myself, strength to keep going, and a better sense of who I am deep down. Have I reached the magical number on the scales that I want? Not yet... Do I love myself anyway? Heck yes!

Throughout this eBook, I'm going to **challenge you to dig deep** into how your thoughts, feelings, and body perceptions are all interconnected in creating overall health and well-being. I'm driven to support you to look past the usual stuff and see weight loss as more about reconnecting with yourself and looking after your well-being, and not just fighting with the scales. I'll be real with you; at times, I'll share my own ups and downs, so you know you're not doing this alone.

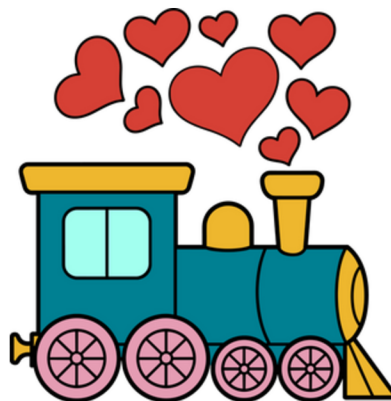




Thanks for letting me tag along for the ride. I hope these chapters encourage you to check in with yourself, show yourself some love, and celebrate every little win along the way. This life of ours is about so much more than just the number that shows up on a scale.

With warmth and understanding,

*Starlah Rose*



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## **Additional:**

Printable Resources and Cheat Sheets/Easy Swap Recipes (Separate attached file)

# Disclaimer

Before we begin, please keep in mind that the content in this eBook is designed for educational purposes and personal growth through self-exploration. It is not intended to replace professional therapy, medical advice, or mental health treatment. If you are experiencing overwhelming emotions, distress, or symptoms of a mental/physical health condition, **please consult a licensed therapist, counsellor, or healthcare professional.**

While the content within can be beneficial for emotional exploration, some activities may evoke unexpected emotions. Please proceed with care and take breaks when needed. If difficult feelings arise that feel unmanageable, we encourage you to seek additional support from a qualified mental health professional.

This eBook is a guide, not a substitute for professional services and does not constitute a therapeutic relationship between the reader and Starlah Rose. Results may vary, and the activities provided are meant to complement your journey towards self-awareness and healing, not replace individualised care.

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# The Journey to Reconnection

The concept of **shedding/attacking/losing/battling** weight is a billion-dollar industry (notice the powerful negative words associated with it — like you have to go to war with your body, forcing it to bend to your willpower). You can't watch or engage with social media/ adverts without being slapped in the eyeballs with all the amazing ways you can “finally get the body you want.” And they would have you believe that it all starts with them saving you from yourself and your ‘bad’ habits.

After all, weight loss is simply a numbers game—a simple matter of calories in versus calories out...right? But anyone who has ever struggled with their weight knows it's so much more than that. **It's about the relationship we have with ourselves, our emotions, and the stories we carry within us.** It's about understanding what's going on inside our bodies—with our hormones, thoughts, beliefs, and even our microbiome (gut flora). And healing and moving beyond the scales require a holistic approach of self-understanding and self-care.



You won't find any quick diet fixes or short-term results within these pages (Although I have linked a few products that certainly may help kick-start things a bit quicker, back on my funnel page.- [starlahrose.com/weightloss-beyond-scales](https://starlahrose.com/weightloss-beyond-scales)). What you will find is how to create a meaningful and lasting shift in the way you view your body, your mind, and your life. It's about healing from within, transforming the way you feel in your skin, and creating sustainable habits that nourish both your body and soul.



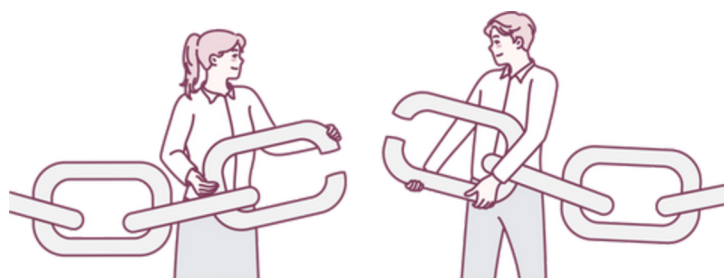
*True transformation begins not with a rigid diet or exercise plan, but by reconnecting with our bodies and learning to listen to what they truly need.*

# Why Reconnection is the Missing Link

Have you ever felt like your body is working against you—like when it decides to gift you with stubborn weight gain, lumpy bits where you don't want them, food cravings, or exhaustion? Welcome to the club. Many of us live disconnected from our bodies, seeing them as the enemy or an afterthought rather than an ally. Sad, but true!

This disconnect often stems from emotional wounds, societal pressures, or years of unkind self-talk. When we are out of touch with our body's true needs and signals, it becomes easier to fall into patterns that sabotage our health and make sustainable weight loss feel impossible.

Honestly, this part hits too close to home for me. For so many years—more than I'd like to admit—I really struggled with my body and sometimes even felt betrayed by it. That sense of being disconnected just made everything harder: my health, my weight, you name it. It took me a long time to realise that it wasn't my body betraying me—I was the one who needed to make peace, forgive myself, and start fresh. Once I began to let go of that old hurt and treated myself with kindness, that's when the real healing started.



Starlah Rose

By reconnecting with your body, you'll gain valuable insights into the "why" behind your struggles and learn how to rebuild a relationship of trust and care with yourself.

**Without trust, any change may feel like a threat to survival, prompting your body to 'rebel' and defend you, even against your own desires.**

#### **Here's how this approach is different:**

- Instead of focusing solely on external results, we'll dive into the inner transformation that drives sustainable change.
- You'll explore the connection between your mind, body, and emotions—and why addressing all three is essential for true healing.
- This journey isn't about losing weight to feel better about yourself; ***it's about feeling better about yourself so you can naturally shed what no longer serves you***—be it weight, emotional baggage, or limiting beliefs.

# The Mind-Body-Emotion Connection

Our bodies are incredibly intelligent. Honestly, I'm blown away at how perfect and magnificent our bodies truly are. Every cell, tissue and organ works in this beautiful, orchestrated dance to keep us alive, no matter what we throw at them...until they can't cope with the load and succumb to illness, weight gain or breakdown, and then we hate our body for betraying us.

*That was me! After I ended up paralysed and in hospital for six months postnatally, with an autoimmune condition, which came on the heels of a whirlwind of stress, cPTSD, perinatal hormonal shifts, weight gain, and, to be honest, a pretty crappy diet, I turned against my body. Looking back, it's no wonder my body just hit the brakes.*

*But instead of taking accountability for what I put my body through, I hated it even more, feeling completely betrayed and disconnected from it—literally, being completely numb, not able to feel that I had a body. When I closed my eyes, I couldn't sense my body in time and space (proprioception), such an odd and scary feeling. It finally matched the emotional numbness I had been experiencing for decades. Let's just say, this was my breaking point—back to myself and learning to forgive and heal... body, mind and heart.*

Our bodies are the true story keepers of our lives—the joyful moments, the painful ones, and everything in between. When we experience stress, trauma, or unprocessed emotions, they often can manifest physically. This doesn't have to show up to the dramatic degree mine did, but might show up as fatigue, cravings, or difficulty losing weight, despite your best efforts.

Weight gain, for instance, can sometimes be a protective mechanism, a way your body shields itself from perceived threats or unresolved pain. Emotional eating can be a way of self-soothing or filling a void that feels overwhelming. But the good news is, these patterns can be unlearned.

By addressing the root causes of these behaviours and reconnecting with your body, you can move from a place of struggle to a place of harmony. It's not about controlling your body—it's about listening to it.

***And that's where the power to change can be nurtured.***



## The Ripple Effect of Reconnection

When you begin this journey, you may notice benefits far beyond weight loss:

- Improved mental clarity and emotional stability.
- Greater energy and a deeper sense of self-worth.
- The ability to make decisions that align with your values and long-term goals.
- A renewed sense of joy in nourishing and moving your body.



# Setting Your Intention

Before diving into the chapters ahead, take a moment to reflect on why you've picked this eBook.

What do you hope to gain from this journey?

This isn't about setting a numbers-based goal (please, for now, forget the scales and the number you want to achieve). It's about envisioning how you want to feel in your body and your life. Do you want to feel lighter—not just physically, but emotionally? Do you want to feel stronger, calmer, and more at peace? Do you want to reap the health benefits of moving more freely with a well-nourished body?



# Prompt

## Reflecting on Your Intention



Let's get practical about setting your intention.

Find a quiet spot and sit comfortably. Close your eyes for a minute and take a few deep breaths, then ask yourself: **“What do I really want from this journey?”**

Now, grab a notebook—or your phone—and write down your honest answer. Don't worry about making it perfect. Focus on how you want to feel every day. Maybe you want to wake up with more energy, feel less anxious around food, or simply move through your day with more confidence and ease.

Once you've written your intention, keep it somewhere handy—maybe on your bedside table or as a note on your fridge. Whenever you feel stuck or discouraged, read it again to remind yourself why you started.

**Remember:** Your intention is your anchor. Come back to it whenever you need a nudge to keep going.

*My anchor: “To have a better relationship with my body.”*

# Chapter 1

## Exploring the Roots of Disconnection

### Emotional and Physical Barriers to Weight Loss

If you've struggled for years to get to your ideal weight, it's easy to fall into the trap of blaming yourself: *"Why can't I stick to a diet?"* *"Why do I always fall off the wagon?"* And the classic... *"What's wrong with me?"*

The truth is, the barriers to weight loss are rarely just about willpower or discipline. Many of us carry deep-seated emotional and physical patterns that make it feel impossible to break free. Understanding these patterns is the first step towards true transformation.



# Let's Take a Look at Emotional Barriers

## What's Weighing You Down?

Ah, emotions—those vibrant, sometimes tumultuous experiences that remind us we're alive and beautifully human.

Have you ever noticed how your emotions affect your eating habits? How stress, sadness, boredom, or even happiness can drive you to reach for food as a source of comfort or celebration. This isn't just a matter of habit—it's how our brains are wired.

*Now, don't go start hating on your beautiful brain.*



Food often becomes a stand-in for emotional needs. It soothes us when we're stressed, distracts us when we're overwhelmed, and fills a void when we're feeling lonely. However, when we rely on food to cope, we lose touch with our body's natural hunger cues, creating a disconnect between what we feel and what we truly need.

# Examples of emotional barriers

## Stress Eating

Stress eating—sound familiar? Reaching for food becomes a go-to way to cope with anxiety, pressure, or those big, overwhelming feelings. For a lot of us, tucking into something sweet or greasy gives us a quick hit of relief, maybe even a sense of control when life's gone a bit haywire. That's because these comfort foods can actually kick off a rush of those feel-good brain chemicals, like serotonin and dopamine, so you feel better for a little while. The tricky part is that, after a while, grabbing a snack whenever you're stressed out can turn into a habit. Before you know it, you're reaching for food every time things get a bit much—even when you're not actually hungry.



## Self-sabotage

Ever notice how you sometimes get in your own way, just as things are starting to go well? That's self-sabotage sneaking in. It can look like ditching your healthy habits right when you're seeing progress, or convincing yourself that you're not cut out for lasting change—so what's the point in trying? Usually, this comes from those old feelings of not being good enough, feeling shame, or even being scared of what success could mean. Deep down, it can be tough to truly believe you deserve good things or that you're capable of sticking with them, and that can make embracing positive changes feel like a real challenge.



## Emotional wounds

Yep, we're talking about those old hurts: past trauma, grief that hasn't quite healed, or emotional pain that just keeps hanging about. It's no wonder patterns of overeating or picking up unhealthy habits can show up. Food sort of turns into this protective shield, doesn't it? It helps numb those tough feelings or gives us a bit of safety when things get rough. Take someone who's been bullied or rejected, for example—they might not even realise they're using weight as a barrier, or reaching for food to get that sense of nurture and care that's missing elsewhere.

## Negative self-talk

And then there's negative self-talk. You know those nagging thoughts that pop up—*"I'll never lose the weight," "I always mess this up,"* or *"Why bother, I'm just not meant to be healthy"*? It's like your own inner critic is on repeat, chipping away at motivation and making it hard to feel good about yourself. These harsh messages often come from past experiences or the stuff society throws at us. If we don't challenge them, it's easy to lose hope and just give up, letting those words turn into self-fulfilling prophecies.

## Survival Instincts

Let's not forget about survival instincts. Sometimes, that urge to eat for comfort and a bit of security is actually your body's way of looking out for you, especially when life's feeling shaky or emotions are all over the place. For some, maintaining a larger body or eating in excess can feel like a subconscious way of guarding against vulnerability, either physically or emotionally, offering a sense of control or safety.

***By becoming aware of these emotional barriers in greater detail, you can begin to approach your relationship with food with more understanding and compassion, paving the way for true and lasting change.***



### **Quick Self-Check:**

Discover Your Strongest Emotional Barrier

Take a few quiet minutes to reflect and jot down your responses to the questions below.

This self-reflection exercise is all about helping you figure out which emotional barrier might be showing up most in your relationship with food.

### **Think about your recent eating habits. Which situation sounds most familiar?**

- Eating to cope with stress or difficult feelings (stress eating)?
- Finding yourself abandoning healthy routines just as you start seeing progress (self-sabotage)?
- Turning to food for comfort when past hurts, or emotional pain resurface (emotional wounds)?
- Feeling discouraged by a constant stream of negative self-talk (negative self-talk)?
- Eating for a sense of security or protection, especially during times of change or uncertainty (survival instincts)?

**Take a moment to look over the situations and choose one or two that feel most true for you right now.** It's totally okay if more than one fits—just go with whatever feels the most present today.

Now, **pause and notice any patterns that come up.** You don't need to figure out the “why” behind them yet. Just let yourself become aware of what's showing up.

**How does it feel to recognise these barriers in yourself?**

What's one small, kind action you could take this week to support yourself around it? Maybe it's checking in with yourself before reaching for a snack, or gently replacing a negative thought with something more compassionate.



## What You Can Do



If you're open and honest with yourself while answering these and the upcoming questions, you'll start to spot which emotional barrier is having the biggest impact on how you eat.

Just noticing this is a seriously powerful step—it means you're already on your way to making choices that actually support you and feel good. If you're keen to figure out what's really behind your eating habits, you might find tools like breathwork, mindfulness, journaling, or even a bit of art therapy helpful.

These can help you get to the heart of what's driving your relationship with food, and start building healthier ways to cope. Up ahead in this guide, I've popped in some fun art therapy ideas, journaling prompts, and mindfulness tips so you can have a go at exploring what's really going on for you.