

My Story - Part 4: Injury = Opportunity in Disguise

In June 2014, I had shoulder surgery where the bone was shaved down to make room for the tendon, which was reattached with a screw. My initial recovery progressed well. My recovery nutrition was on point and I was back in the gym 6 days post-op, with my arm in a sling. I worked closely with my physical therapist and sports medicine doctor to regain mobility in my shoulder. Unfortunately, I developed frozen shoulder and was limited much more than I wanted to be.

I was invited back for another year of Mentoring, and decided to use some of my down time to further my studies. I had earned my first Nutrition Certification the previous year, was working toward my Personal Training Certification, and found myself struggling with my new normal.

I felt there was a piece of the puzzle missing. I'd heard of the Institute for the Psychology of Eating and found the curriculum fascinating. Many of the topics resonated with me. Because I wasn't able to train my body the way I wanted to, I embraced the opportunity to train my mind, expand my knowledge, and begin the inner work of becoming a better version of me, from the inside out.

This recovery period is where I began putting the pieces together to develop my multi-faceted approach to wellness. I knew my body needed rest and recovery.

What I had learned up to this point was this:

- Exercise alone will not get me where I wanted to be
- There is no "perfect diet," it's about learning what works best for MY BODY
- Many "health foods" were actually causing me more harm than good, and I was determined to find out WHY.
- Having a Coach and support community are powerful assets.
- I sometimes felt like food was the enemy.
- I knew what I should be eating, but still battled wicked cravings.
- Binge eating behaviors led to feelings of guilt and shame, which led to more binge eating behaviors.
- There was a gap between knowing and doing

Have you ever felt like your eating was out of control? Or thought, just tell me what to eat already! What have you found that works for you? Please share in the comments.

In the next segment, I'll touch on some of the key items that connected the dots for me.