



Wave away food Cravings

By Doris Litz

First trauma patients benefited from the Trauma patients first benefited from the method, then executives had their anger waved away. More and more frequently, however, people people with a more serious problem are trying to bring their brains into harmony with the help of "Wingwave": Because if in the head first once harmony the pounds will soon fall off.

The walls are painted a delicate yellow, the dainty leather armchairs wear the same shade. A wine-red carpet covers most of the light wooden floorboards, the huge oil painting on the wall shows a lush green spring meadow. No doubt about it: this is a room to feel good in. And she can feel good too, Beate Schaeidt assures her visitor with an encouraging smile. But Greta (name changed) is nervous. After all, she doesn't really know what will happen in the next hour and a half. And it's about a topic that makes her more than uncomfortable: her weight. The 52-year-old from the Westerwald weighs 90 kilos - and she is ashamed of it. For years she has avoided any mirror that could reveal more than her face. When she does have to look at herself in full, it is a shock that sometimes ends in tears. Greta suffers from her figure. She used to be slim, she says. "And inside I still am. I can't believe how I changed so much. That I am so weak." Greta's problem is no accident. It is true that she eats no more during meals than other people do.

But there there is there this
binge eating: Especially when she's alone at home and the TV is on, the craving for heavy food is indomitable. It has to be fat, preferably with mayonnaise. And a lot of it. Once she starts eating, it's hard to stop herself. "Sometimes I don't stop until I feel really bad." Of course, she has tried all kinds of diets - always unsuccessfully. "It was always torture, and after a short time I weighed as much as I did before fasting - sometimes even more." What was even worse than the unsuccessful fight against the fat pads: with every failure, Greta lost a bit more of her self-confidence. Nevertheless, she now wants to try again - with Wingwave. To do so, she travelled from the Westerwald to Trier, where Beate Schaeidt and Hans-Josef Schmitt incorporated the method into their coaching programmes three years ago with great success. Although the couple actually helps the management of large companies and banks to a sense of achievement, but in recent Recently, more and more people like Greta have become interested in this way of overcoming inner barriers. Those who want to achieve this inevitably encounter feelings that have often lain dormant deep within them for a long time. "When tears flow, that is quite normal. That's why there are always handkerchiefs ready." Beate Schaeidt does her best to ease Greta's tension. Because trust between coach and client is an indispensable prerequisite for success. With the help of the so-called O-ring test, in which Greta holds her index finger and thumb together with all her strength for various questions, the most serious problems are first revealed:



The Symbol of the Wingwave is the butterfly. Loosely translated, the term means "wing beat that sets a wave in motion". Photos: Doris Litz

The more stressful a topic is, the easier it is for the coach to open the O-ring. Once a particularly tricky point has been circled in this way, it is "winked at": By following her coach's fingers with her eyes, Greta simulates the REM phase known from dream research.

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"In very simplified terms, this is how the right and left hemispheres of the brain are brought into harmony," explains Beate Schaeidt. Because here, in the limbic system, lies the cause of binge eating, because this is where the emotions are located. Usually it is age-old "beliefs" or profound experiences that drive people to hold on to obviously wrong actions. This can be the banal phrase heard over and over again in childhood: Eat your plate. Or the experience of having found comfort in food in a difficult life situation. "Classic diets appeal to the mind and willpower. But those who are addicted usually know very well what they are doing wrong.

makes. But he still cannot change his behaviour. That's why the goal of Wingwave is not to lose weight, but to change bad eating habits. People like Greta need to find a healthy balance again - literally." However, Beate Schaeidt makes one thing clear: even though inner resistance can often be detected and overcome amazingly quickly during the work - it is not a problem.

The method does not replace psychotherapy. Greta needs six sessions in order to "re-polarise". At first, she says five months after her first meeting with Beate Schaeidt, it was hard for her to even notice the change. "I didn't trust myself. Above all, I couldn't believe that it would be so easy after all I had tried to do in the past years. Things didn't fit together in my head for a long time." But at some point the ice broke. Greta says she was very conscious of that. And when she walked past the shelf with the meat salads in the supermarket without thinking to stow a supply in her shopping trolley, it was clear to the 52-year-old: something had changed inside her. Food has become "disenchanted".

In the meantime, normality has taken hold in Greta's kitchen. She looks forward to dinner with her husband, lonely orgies in front of the TV are a thing of the past. She has not become an ascetic because of this - she now knows that this was one of her fears. "I am a pleasure seeker, and I want to stay that way. If I eat a little more, that's okay. But it's a wonderful feeling to be in control again." Today, Greta weighs a modest five kilos less. But finding her way back to her dream figure in record time is no longer important to her. "I know now that I will make it." This new self-confidence also shapes her dealings with other people, she says: "I go through life smiling again."

Method for the brain

The connection between certain eye movements and the "harmonisation" of the hemispheres of the brain has long been known thanks to brain and dream research: In the REM phase (rapid eye movement), people process during sleep what they have encountered while awake. In the 1980s, the US psychologist Francine Shapiro took advantage of this to treat trauma patients by simulating the REM phase and thus influencing the processing mechanisms of the limbic system - the place where emotions are located. The method was further developed and expanded by Cora and Harry Besser-Siegmund for use in the coaching process, in which managers or politicians are accompanied by a coach through difficult phases. The exchange between the brain hemispheres - called bilateral hemisphere stimulation by experts - is combined with the O-ring test from kinesiology, the science of movement. It shows the coach which of the client's issues are occupied by blockages that inhibit the flow of energy. The whole thing is supplemented with techniques that come from NLP (neuro-linguistic programming). As the method is protected, it may only be used by trained trainers. The symbol of Wingwave is the butterfly. Freely translated, the term means "the beat of a wing that sets a wave in motion". More information on the internet: www.rondotrier.de or www.wingwave.com