



Living with Doubt and Killing Your Dream

Dr. Charles Shaffer

Doubt has killed more dreams than failure ever will. The biggest reason we have bad experiences and failures in any area of our life is because we doubt. Doubt begins when we worry and begin to fear. These two emotions are the beginnings of our failures, whether it be in our work, relationships, or health.

Our behavior is influenced by what we think, say, and do. If you entertain negative emotions, you will slowly begin to act upon them. For some, this manifests itself as overeating and slipping into unhealthy habits. Ultimately, these negative emotions are why people often fail to manifest their dreams.

Sometimes, a new patient will come to us almost begrudgingly and with a lot of doubt. They'll say, "I doubt this will work, but I'm willing to try it for a month". We've all faced doubt from time to time, and that's perfectly normal.

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However, starting with doubt almost never goes well. The feeling of discomfort, brought on by your doubt, comes from the path you've chosen and your decisions. Of you're not careful, doubt can become a chronic illness in your life, debilitating you each and every day.

Focusing on what you desire, as far as losing weight, is critical. Take the focus off of the fear of not reaching your goal. If you believe that something will not work, then you will subconsciously push the things you want away from yourself. Some patients do affirmations and visualize their goals for a moment or two. They take time to change their thought pattern and stop focusing on doubt, and that it is okay if they haven't lost their weight as quickly as they wanted. The belief that you must meet goals within a specific time parameter will only make things more difficult.

Too much doubt can stop us from living our lives to the fullest potentials. Some patients never make up their minds about their weight loss or their health. Unfortunately, they sense they're not quite ready to make the final decision and never take the last step to make it into the maintenance stage.

Psychiatrists have found that people who doubt themselves often engage in excessive information processing. This leads to procrastination and self-handicapping thoughts. Self-doubters are more likely to suffer from depression and social anxiety. Soul-searching and self-analysis can be useful at times, but too much is a recipe for stagnation in your life. So, stay focused and centered on your goal. Acknowledge your strengths and abilities to achieve your aspirations. Then, engage in activities that will move you forward, not backwards or sideways.

Below are a few quotes on doubt:

“Our doubts are traders and make us lose the good we often might win, by fearing to attempt”.

- William Shakespeare

“The worst enemy to creativity is self-doubt”.

- Sylvia Path

“If you hear a voice within you saying you cannot paint, then by all means paint and that voice will be silenced”.

- Vincent Van Gogh

“And he said to them, ‘Why are you afraid, O you of little faith?’ Then he rose and rebukes the winds and the sea, and there was a great calm.”

- Matthew 8:26

Doubt is one area that we all struggle with at times. Doubt seems to be apart of faith though. Pail Tillich one said, “Doubt isn’t the opposite of faith; it is an element of faith”. I think Tillich is right. If we never have any doubts, then maybe we are not being tested in our faith. Don’t listen to those who doubt you, either. If someone doubts your weight loss or your journey, turn the other cheek and remind yourself they are projecting their own doubt and feelings of themselves.

Give up walking in doubt and unbelief. Stay faithful to what you know is right, and you will reap the benefits in life and in your weight loss journey.

Blessings,

Chuck Shaffer MD

The Recipe of the Month

Greek Style Grass Fed Lamb Shanks

Ingredients - Serves 4 with 4.5 ounces protein/portion

- *4 grass fed lamb shanks*
- *4 garlic cloves*
- *4 tbsp coconut oil*
- *1 tbsp oregano*
- *Sea Salt to taste*
- *Black pepper to taste*
- *1 cup water*



Directions

Preheat oven to 350 degrees. Cut 1/2 inch slits in several places on both sides of the shank. Stuff garlic silvers into slits, lengthening or deepening as needed. Add coconut oil to the bottom of a deep, lidded, 12 inch heavy roasting pan and heat on medium high heat.

Brown all sides of shanks. Sprinkle with oregano, salt and pepper on both sides, then pour water in-between shanks. Cover pan and bake for 30 minutes .

Once removed from the oven, remove the lid and flip the shanks. Cover the pan and bake for 2 more hours, making sure to flip the shanks every 30 minutes.

Check meat for tenderness. It should be easy to pull off the bone and have a Nic aroma. Remove from the oven, season with salt and pepper as needed. Serve with cooked veggies.