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FITNESS

Our Lady of Weight Loss
Appears at The Crossings

FINDING Fitness Salvation

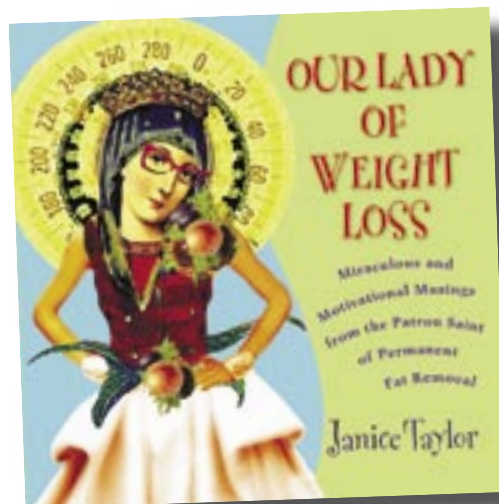
Story by Autumn Rhea Carpenter
Photos by Janice Taylor

DIVINE INTERVENTION OCCURS EVERYDAY – even in the weight loss industry. Janice Taylor, weight loss coach, artist, motivational speaker, and author of *Our Lady of Weight Loss* was struck by creative genius in 2001 while attending a weight loss meeting. It was this epiphany that spurred Taylor's creative approach to making losing pounds a fun experience, deeply connected to listening to her inner voice.

"I weighed myself and nearly keeled over after realizing that my fat roll had grown a fat roll," said Taylor. "I felt so depressed and started thinking I would never lose the weight. Then I heard The Voice (later named Our Lady of Weight Loss) tell me that if I thought I would never make it, then I never would. She encouraged me to use my artistic talents to make weight loss a creative project."

The Long Island native was no stranger to the weight loss battle, as she weighed 112 pounds at eight

This artist and weight loss expert has successfully maintained a 55-pound weight loss for the past five years and loves to share her insight with others. Below: Her premier book on losing weight shares the Ten Commandments of Permanent Fat Removal, includes an Our Lady Cut-Out Doll and even explains how feng shui affects weight loss.



years old. Her father owned a small-town pharmacy, and Taylor and her mother often shuttled his deliveries. "We lived near the Convent of Our Lady of Snow in Blue Point, New York," said Taylor. "The nuns were always so endearing and never made mention of my size, unlike everyone else in my life. They saw me as a person, not as the fat kid; when I started making my first weight loss collage, I remembered the beautiful statue of Our Lady of Snow that stood at the convent's entrance and thought that there must be a

patron saint for permanent fat removal. Our Lady of Weight Loss was born."

Taylor has a childlike spirit and is able to tap into that creative energy effortlessly. "I discovered my connection to art when I was nine years old," she said. "I loved to rubber stamp and sticker everything and was fearless about spreading that artistic joy. I love to experiment with many types of mediums, and this book has been the place where all of those projects came together."

Women aged 9 to 90 are Taylor's demographic and she credits her method's success to a positive out-
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FINDING FITNESS SALVATION from page 16
 look. "Women are incredibly brutal on themselves when it comes to losing weight," said Taylor. "We treat weight loss in such a serious manner and view it with such struggle - when you are positioned in such a negative place, you are inevitably set up for failure. I encourage clients to go into the light, and learn to laugh, trust their inner voice, and know that it can be a fulfill-

ing, healthy lifestyle change."

Once this weight loss artist began listening to her instincts, her transformation was imminent. "During that particular weight loss meeting, the speaker was talking about the benefits of red peppers and described them as juice, refreshing and colorful," she said. "Inspiration struck, and I went home afterwards and began creating a new art series that I

fondly named the 'Sexy Vegetables Series.' I crocheted, sewed, collaged and designed art that depicted cakes, cookies, candies and fries, instead of eating the tempting treats."

In addition to recipes, nutrition advice, factoids, musings, assignments and guidance, *Our Lady of Weight Loss* also offers numerous craft projects. Some fun ideas include decorating a purse, prayer place cards, a pendant,

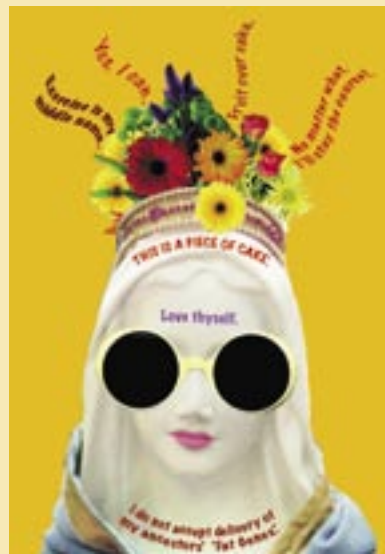
picture frame, jewel box, lamp, tape measure bracelet, homemade buttons, beauty treatments, a photo journal, light plates and napkin rings.

Textile, floral and jewelry design and fine art have always been included in Taylor's repertoire. When *Our Lady of Weight Loss* entered Taylor's psyche, a new set of inspiration found her. "Prior to this book, I created a set of plates called 'Mad Cow Dinnerware' that I liked to call stunningly beautiful, but could kill you. It reminds me of enduring some family meals." The art series continues, as Taylor has recently begun sewing aprons, greeting cards, pillows, and mugs.

Our Lady of Weight Loss has succeeded in presenting a different point of view to its readers by sharing typical suggestions in creative ways. Taylor addresses how to handle cravings, the importance of eating breakfast, exercising, establishing a proper sleep regime, deep breathing and eating proper foods. She illustrates each of these points with a different patron saint, including Our Lady of the Third Eye, Our Lady of the Good Morning Meal, Our Lady of the Evelyn Wood



Other books by Janice Taylor include *Turn a Deaf Ear to Cake*, which describes saints who illustrate Taylor's unique approach of creating food art without actually eating it. *Love Thyself* teaches you how to attain a healthy lifestyle with positive thinking, and by never accepting your ancestors' fat genes. Both books will be featured at Taylor's upcoming workshop at The Crossings.





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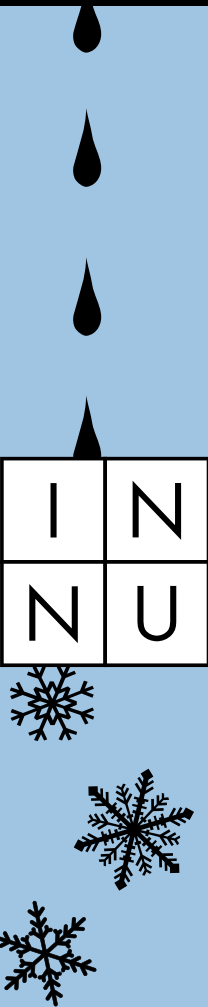
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Our Lady of Weight Loss has succeeded in presenting a different point of view to its readers by sharing typical suggestions in creative ways (like this crafty macaroni altar). Taylor addresses how to handle cravings, the importance of eating breakfast, exercising, establishing a proper sleep regime, deep breathing and eating proper foods.



School of Label Reading, Our Lady Has a Hair Trigger, and Our Lady Suffers Constant Cravings. There are a total of 42 saints who make an appearance throughout the book. She also offers clients various tools for successful weight loss, such as learning to connect with the thinner core, ending emotional eating, changing the relationship with food and taking control of one's weight.

Taylor has maintained a 55-pound weight loss for the last five years, making her highly skilled in the art of weight maintenance. "For me, the food was the last frontier in the whole weight loss issue," said Taylor. "I learned that living in a happy state of mind was key in a successful weight loss program. I think my approach is different in that I give strategies to put in place before challenges occur. Also, I have lived and breathed the yo-yo dieting experience and understand how frustrating it can all be.

This is not rocket science - I prescribe a low-calorie, low-fat diet and an exercise regime. *Our Lady's* basic philosophy is that all diets work, if they are properly followed. My true goal is to show clients that losing the weight is a subset of finding peace with oneself."

In a world looking for the quick fix, Taylor preaches that there is no magic bullet in constructing a healthy lifestyle. "I want people to realize that they are in charge of their minds," she said. "They must take responsibility for their own creation."

The Crossings of Austin will be hosting Taylor's *Our Lady of Weight Loss: On the Rocky Road to Sveltville (where weight loss is fun and vegetables are sexy)* workshop January 12-14. "Sometimes it's easier to learn these concepts in person, rather from a book," said Taylor. "I promise my undivided attention, as well as 35,000 barrels of laughs." ★

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January 12th - 14th, 2007