

90 Days to Amazing!

Holistic Weight Loss
Coaching Program

www.90DaysToAmazing.com

Check Ins!

- Gratitudes and/or Successes
- Did you take a Before Picture and Measurements?
- FB Polls
- Questions
 - Detox
 - Food
 - Checklist
- Challenges

Mindset

- Positive Mindset
- Reframing
- Tapping
- Meditation
- Visualization
- Behavior Modifications
- Remedies

90 Days to Amazing! Mindset Is Based From

- *Freedom from Fibromyalgia: 7 Steps to Complete Recovery* by Leah McCullough
- The Emotional Freedom Technique (EFT) or Meridian Tapping
- *Die Fat or Get Tough* by Steve Siebold
- The work of Abraham-Hicks (Esther Hicks)
- Behavior Modification information from UCSF Weight Mgmt
- Clinical and Healing Experiences
- Bach Flower Remedies

Positive Mindset

- Treat yourself like you are someone you dearly love
- You are responsible for your life and your health, not anyone else, especially not health practitioners
- Make the decision for you
- Chinese have two definitions of selfish
- Your good mood can be maintained despite external realities – it's your choice
- You can train your subconscious mind! It believes anything you tell it.
- Protect yourself from negativity

Homework

- Create a crystal clear vision of what your life would be like as a healthy, fit person
- Describe what it feels like as though it has already happened
- Write this “script” as detailed as possible – what clothes do you wear now, what do you do for fun, what do you enjoy eating?

Reframing

“The human brain’s primary purpose is the preservation of the mind and body. When an event occurs, the brain asks three questions: 1. What is it? 2. What does it mean? 3. What do I do? If you can reframe the meaning of the event, you can later the response that’s sent back from the brain. Example: The event is someone offering you a hot fudge sundae. You interpret the sundae as something that will give you massive pleasure. As a result, you eat it. All you have to do is change what the sundae represents and you will change your behavior. If the sundae means you’re on your way to getting even fatter and unhealthier, you will not eat the sundae. Representations are one of the secrets of successful behavior change.” - Steve Siebold

Tapping

- Cravings
- Reframing
- Emotional Eating
- Free floating anxiety
- ANYTHING
- YouTube, Brad Yates, any topic (800 videos)

Meditation and Visualization

- Many ways to meditate, including with or without visualization
- First thing in the morning – mind clearing meditation (ocean waves)
- Later in the day – visualization
- Evening – gratitude and pre-paving
- *Body Recasting* and *Restorative Sleep* Guided Meditations

Behavior Modification

Control Your Home Environment

- Eat only while sitting down at the kitchen or dining room table. Do not eat while watching television, reading, cooking, talking on the phone, standing at the refrigerator or working on the computer.
- Keep tempting foods out of the house — don't buy them.
- Keep tempting foods out of sight.
- Unless you are preparing a meal, stay out of the kitchen.
- Have healthy snacks for “just in case” at your disposal in your purse, such as small bag of nuts – just enough to tide you over until you can get your meal.

What are your best tips???

Behavior Modification

Control Your Work Environment

- Do not eat at your desk or keep tempting snacks at your desk.
- If you get hungry between meals, plan healthy snacks and bring them with you to work.
- During your breaks, go for a walk instead of eating.
- If you work around food, plan in advance the one item you will eat at mealtime.
- Make it inconvenient to nibble on food by drinking water or another low-calorie beverage.
- Do not work through meals. Skipping meals slows down metabolism and may result in overeating at the next meal.
- If food is available for special occasions, either pick the healthiest item, nibble on a snack brought from home, don't have anything offered, choose one option and have a small amount, or have only a beverage.

Behavior Modification

Control Your Mealtime Environment

- Serve your plate of food at the stove or kitchen counter. Do not put the serving dishes on the table. If you do put dishes on the table, remove them immediately when finished eating.
- Use smaller plates, bowls and glasses. A smaller portion will look large when it is in a little dish.
- Politely refuse second helpings.
- When fixing your plate, limit portions of food to one scoop/serving or less.

Behavior Modification

Daily Food Management

- Replace eating with another activity that you will not associate with food.
- Wait 20 minutes before eating something you are craving. (Tapping!)
- Drink a mug of broth before eating.
- Always have a big glass or bottle of water, or hot tea, to drink throughout the day (except 20 minutes before a meal, or 45 minutes after.)

Behavior Modification

Shopping:

- Do not shop when hungry or tired.
- Shop from a list and avoid buying anything that is not on your list.
- Don't taste test in the store.
- Read food labels. Compare products to help you make the healthiest choices.
- Make a meal plan for the week

Meal Planning

Grocery List

Asparagus
Cod
parsnips
Salad stuff
green beans
steaks
Carrots
celery
onions
parsley
provolone cheese
beets
baking soda
vinegar
lemon juice
quilt batteries
Anchovies

Baked Cod
Wk Asparagus
Thaw Chicken + ground pork

Th - Playgroup
Lunch: Tuna Salad
Crockpot Chicken
Asparagus
marinate pork

Wk - Lunch out
Pruvian Meatballs
~~(from frozen)~~
green beans

Th
Steak
Salad
broccoli

Fr
Hunters
Chicken
+ potatoes
make HB Eggs
+ Chicken soup

Sa - Dinner out
Lodi Chicken Salad
+ soup

Su
Lorraine
+ Salad
make Beet
Kraut
Thaw
Cod

Behavior Modification

Preparation:

- Use a quarter teaspoon if you taste test your food.
- If you have prepared more food than you need, portion it into individual containers and freeze or refrigerate immediately.
- Don't snack while cooking meals.
- BROTH!!

Behavior Modification

Eating:

- Eat slowly. Remember it takes about 20 minutes for your stomach to send a message to your brain that it is full. Don't let fake hunger make you think you need more.
- The ideal way to eat is to take a bite, put your utensil down, *take a sip of water*, cut your next bite, take a bit, put your utensil down and so on.
- Do not cut your food all at one time. Cut only as needed.
- Take small bites and chew your food well.
- Stop eating for a minute or two at least once during a meal or snack. Take breaks to reflect and have conversation.
- Enjoy the sights and smells of your food. Enjoy the sound of the conversation or soothing music. ENJOY!

Behavior Modification

Cleanup and Leftovers:

- Label leftovers for a specific meal or snack.
- Freeze or refrigerate individual portions of leftovers.
- Do not clean up if you are still hungry.
- Leave some on the plate for your dog 😊

Behavior Modification

Eating Out and Social Eating

- Eat foods that you like, but choose small portions.
- If you want seconds, wait at least 20 minutes after you have eaten to see if you are actually hungry or if your eyes are bigger than your stomach.
- Limit alcoholic beverages. Try a soda water with a twist of lime.
- Do not skip other meals in the day to save room for the special event.

Behavior Modification

At Restaurants:

- Order à la carte rather than buffet style.
- Order some vegetables or a salad for an appetizer instead of eating bread.
- If you order a high-calorie dish, share it with someone.
- Try an after-dinner mint with your coffee. If you do have dessert, share it with two or more people.
- Don't overeat because you do not want to waste food. Ask for a doggie bag to take extra food home.
- Tell the server to put half of your entree in a to go bag before the meal is served to you.

Behavior Modification

At a Friend's House:

- Offer to bring a dish or appetizer.
- Serve yourself small portions or tell the host that you only want a small amount.
- Stand or sit away from the snack table. Stay away from the kitchen or stay busy if you are near the food.
- Limit your alcohol intake.

Behavior Modification

At Buffets and Cafeterias:

- Cover most of your plate with lettuce and/or vegetables.
- Use a salad plate instead of a dinner plate.
- After eating, clear away your dishes before having coffee or tea.

Behavior Modification

Entertaining at Home:

- Explore traditional food cookbooks.
- Prepare nutrient-dense appetizers and desserts that do not have refined sugar.

Behavior Modification

Holidays:

- Keep tempting foods out of sight.
- Decorate the house without using food.
- Have low-calorie beverages and foods on hand for guests.
- Allow yourself one planned treat a day.
- Don't skip meals to save up for the holiday feast. Eat regular, planned meals

Remedies

- Bach Flower Remedies
 - Rescue Remedy
- Agrimony

“The jovial, cheerful, humorous people who love peace and are distressed by argument or quarrel, to avoid which they will agree to give up much. Though generally they have troubles and are tormented and restless and worried in mind or in body, they hide their cares behind their humor and are considered very good friends to know. They often take alcohol or drugs in excess, to stimulate them and help themselves bear their trials with cheerfulness.” – **Dr. Edward Bach**

Keywords: Addiction, unhappy, anxiety, insomnia

Human Indication: Mental torment behind a brave face. Appear care-free and humorous in order to mask anxieties and unhappiness.

Resources

- Ripples' Health Shop www.RipplesHealthShop.com
- Amazon.com
- US Wellness Meats www.grasslandmeats.com
- Recordings and handouts at www.FibroClass.com
- Email Leah at Leah@TheFibroLady.com or text or call at 859-380-9737 (Eastern Time Zone)
- Next call is June 13th, 1 PM Eastern, 10 AM Pacific
- The Focus will be on Sleep plus your questions (then Exercise, then Busters, then pure Q & A)

Your Questions and Final Thoughts