

THE FIVE GAME CHANGERS

that will transform your ability to lose weight,
keep it off and stop obsessing about it!





1

Cut Way Back on Sugar and Processed Carbs!

Sound impossible? It's not. Did you know that studies show that on average we consume 146 pounds of flour and 152 pounds of sugar every year? By continuing to eat sugar and processed foods that also turn to sugar in the body you continue to crave sugar. We all have felt that uncontrollable urge for something sweet—right now! Have you ever felt like sugar has control over you? You know it isn't good for you and you feel guilty after you eat it—yet you still eat it. Why does it seem to have so much control over you? It's because **sugar is addictive**. In fact, animal studies show that sugar is eight times more addictive than cocaine.

Excess sugar causes cravings, binge eating, and weight gain. Have you experienced any of this? It also reduces hormones that affect sex drive, can cause skin problems, depression, and serious health conditions like heart disease and diabetes. Not only that, did you know that sugar attaches to protein molecules collagen and elastin. It turns your supple, lovely skin cells into rigid cells that cause sagging and wrinkling. Are you by chance eating ice cream as you read this? Oh boy...

The thing is sugar isn't only in foods like cookies, soda, and donuts. It's lurking in yogurt, ketchup, crackers, barbeque sauce, marinades, salad dressing, sports drinks and more. Foods like bread (even whole grain), tortillas, bagels, orange juice, and potatoes also turn into sugar in the body and have the same effect. Your body doesn't know the difference.



1

So where do you begin?

Read Labels! Sugar goes by many names...rice syrup, honey, organic dehydrated cane juice and many more. The list goes on...

Eat Whole Foods. If your diet is made up mostly of whole foods that haven't been processed you're way ahead of the game. Get ample protein from meat, eggs, and fish, carbohydrates from vegetables, legumes, and some fruit, and good fats from olive oil, coconut oil, nuts and seeds, and avocado.

Always include Protein. If you do eat processed carbs and foods containing sugar, always eat plenty of protein and good fat with it. This will help prevent a spike in your blood sugar. Blood sugar spikes are always followed by a drop in your blood sugar levels which is where the cravings begin all over again. Eating sufficient protein can help to control this maddening cycle.

Go Cold Turkey? Try taking sugar completely out of your diet for four days. The first three days can be tough (with symptoms such as headaches, irritability, and cravings) but you'll notice a huge improvement by about the fourth day. Keep in mind though that if you begin eating sugar again the cravings will start all over again.



2

Eat when you Eat! Or Slow Down and Relax!

Are you always in a hurry? I know, you've got things to do and places to go. Do you ever find yourself eating while you're standing in the kitchen cooking or looking for something to eat? Or maybe while you're driving your car, talking on the phone, or working at your desk?

Do you ever look at your empty plate and don't even remember eating...and especially enjoying the food? When you don't slow down and pay attention to what you're eating, you miss the whole tactile, enjoyable experience. This can leave you unsatisfied and wanting more. Your stomach may be full but your brain and senses missed the whole darn thing.

These are some of the reasons we overeat. Of course we've all heard that it actually takes about 20 minutes to signal the stomach that we're full. That's why we tend to overeat when we eat quickly.



2

But it's so much more than that. Try this.

Next time you eat something, consider eating mindfully. Begin by taking a couple of deep, slow breaths. Bring the breath all the way down into your belly, and then let it fill your chest. If you breathe in to the count of five, breathe out to the count of five. Take two or three of these slow, relaxed, breaths.

Now notice how you feel? This will help you sink into your body and become present—bringing your full attention out of your head and into your body. Can you feel the difference? It's like instant relaxation.

Look at the food on your plate—the presentation. Now take a bite of your food. Notice how it looks and fully take in the aroma. Is it sharp, aromatic, or strong? When you take your first bite start to chew it and pay attention to how it feels in your mouth. Is it warm, cold, smooth, crunchy, creamy, or crisp? Observe the flavors that are released as you chew and break it down. Is it salty, sweet, spicy, or savory?

Chew it well and really taste it. Don't rush the experience. Now swallow it. Take another bite but don't be in a hurry. **Savor it. Enjoy it.** Allow it to be a sensual experience. Put your fork down between bites. There's no hurry—and no one is going to take away or eat your food. (If somebody attempts to take your food just jab them with your fork).

When you finish eating you'll know you just ate—or rather, that you just dined! You will have been truly present for the experience. And guess what? You won't be nearly as tempted to overeat. You'll be satisfied and satiated with smaller portions. You can eat a smaller amount—knowing that if you'd like, you can eat more later. There's no need to worry about a lack of food. Take a breath and know that you'll always get what you need. This is what mindful eating looks and feels like.

3

Intermittent Fasting

Does fasting sound unpleasant... a bit like starving? I promise, it isn't. Think of it more like choosing to eat within a certain window of time... such as finishing dinner at 7:00pm and not eating again until 8:00am. That's a 13 hour fast and most of the fasting takes place while you're asleep. There are many ways to do intermittent fasting but they are all based on choosing regular time periods to eat and fast. I like fasting in the evening because after-dinner snacking inevitably leads to extra pounds. If you're fasting after dinner, you can have drinks without calories like sparkling water, tea or coffee (just be careful with caffeine if it disturbs your sleep).

Once you are used to a 12 or 13 hour fast, try putting off eating for another hour or so. I like to fast for 16 to 17 hours when I'm able to. If I start getting hungry, I'll distract myself by diving into a project or running an errand. If your morning ritual is to have coffee with frothed cream, know that you can have it just the way you like it when you break your fast. In the meantime, have your coffee black or with a little sweetener like stevia. Just make sure you aren't adding any calories or you will break your fast.

So, what are the benefits anyway?

- **Weight Loss.** During fasting the body has burned through its sugar stores and begins burning fat.
- **Lower Insulin Levels.** Blood levels of insulin drop, which helps with blood sugar balance as well as fat burning.

3



- **Memory.** Studies have shown that intermittent fasting boosts verbal memory in adult humans.
- **Heart Health.** Intermittent fasting improves resting heart rate and regulates blood pressure.
- **Cellular Repair.** Autophagy is a process which removes waste material from cells resulting in better energy and slower aging.

Some things to keep in mind...

Make your eating window count! Eat nutritious, whole foods with plenty of clean protein, healthy fats, and complex carbohydrates. Avoid overly processed and sugary foods.

Start with a 12 or 13 hour fast and slowly increase. Your body will get used to going longer without food, and symptoms such as headaches will subside. Experiment and see what works for you. Even fasting a few days a week will be beneficial.

And remember... it's okay to feel hungry! Take some deep breaths and know you are doing good things for your body!

4

Set Yourself Up For Success by Being Prepared

Eating healthy isn't going to magically happen by luck or by chance. You have to put some thought into it and be prepared. I know that you may already feel overwhelmed by everything you have going on in your life—but eating healthfully doesn't have to take a huge amount of effort and time. All you have to do is make a few small changes; and over time, they will become habits—habits that will result in you having a healthy, lean, body.

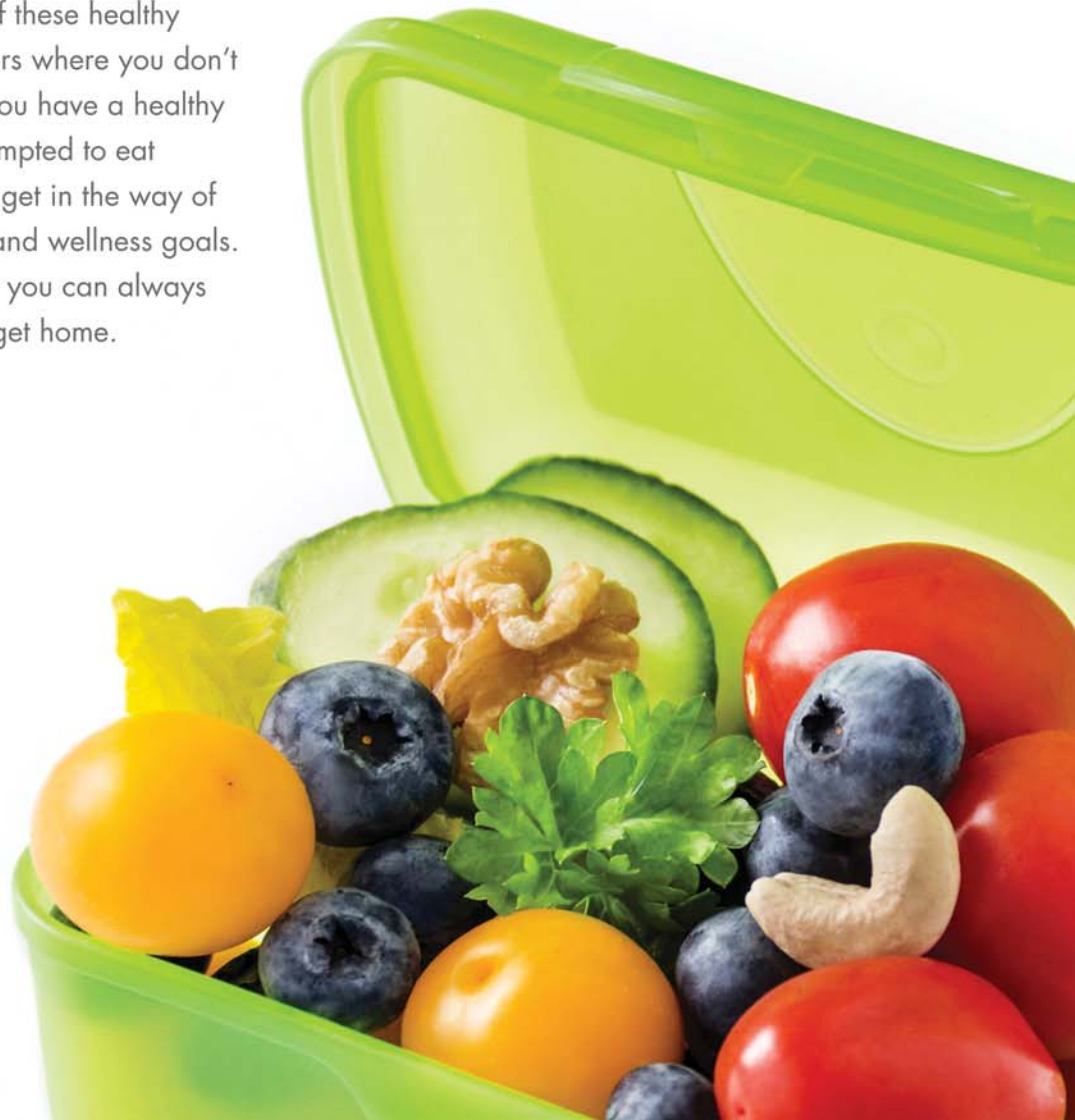


4

Carry Healthy Snacks With You—Always!

You can't ever count on finding healthy food when you want or need it so you have to keep it with you at all times. Keep healthy snacks in your purse or briefcase, in your car, and at your office. If you need to keep something cold you can pick up a small cooler or insulated cooler bag with some blue ice blocks. Buy several ice blocks so you always have some in the freezer that you can switch out with the used ones. This is like being a girl scout—you have to be prepared. If you suddenly find yourself hungry you're going to grab whatever is in sight—which may be cookies or candy from someone's desk or the office kitchen, something from the vending machine, or a quick drive-thru at McDonald's. Not good choices. However, if you have Greek yogurt, turkey jerky, fresh fruit and almond butter, nuts and seeds, hard-boiled eggs, leftover chicken from the night before, or some yummy healthy cookies made with nuts and coconut...that's what you can grab. But wait a minute—these aren't cookies you'll find even in a health food store. I have lots of yummy, recipes that are delicious and keep your blood sugar balanced.

And remember to bring some of these healthy treats to parties and get-togethers where you don't know what's being served. If you have a healthy snack to eat you won't be as tempted to eat something unhealthy that could get in the way of you reaching your weight loss and wellness goals. If you eat enough to get you by you can always eat something more when you get home.



4

Take a Little Time to Cook On the Weekend or Another Day Off.

If you spend just an hour or two cooking once a week, you'll set yourself up for success for the entire week. You can throw some meat in the crockpot, some yams in the oven, and make a big pot of soup. While that's all cooking you can make some healthy, nutrient-dense nut balls or cookies that will be handy for those times you're craving something sweet. These healthy treats won't create blood sugar fluctuations so won't set you up for further cravings, and will leave you feeling satisfied and satiated.

You may want to put everything in individual serving size containers and freeze some of them. That way you won't get sick of eating the same foods all week long. The next week you can prepare a couple of different dishes and freeze some of those. By doing this you're creating a freezer full of grab and go meals and snacks that will get you through those weeks when you have absolutely no time or energy to prepare anything. Don't like to cook or don't really know how to? No worries. I'll share really simple recipes that will take as few as five or ten minutes of prep time. Eating healthfully doesn't have to be time consuming. I promise.





5

Hide the Bathroom Scale!

What?! I know...it sounds scary, doesn't it? Like the bathroom scale is some kind of life jacket that will save you from eating into oblivion and floating away to the place of no return.

Regularly standing on the scale keeps you constantly thinking and often obsessing about your weight. Don't give that little device so much power over how you feel about yourself. Standing on the scale and seeing a two pound loss equals happy. Yippee! But if the scale reveals an added pound or two it equals disappointment, failure, despair, being trapped in an overweight body, and feeling like you will never able to break free of the prison you're in and reach your desired weight goal. Does this sound like you?

That's certainly not a good way to embrace the day. Giving all of that power to a number on a scale?



5

So here's the deal.

So here's the deal. Scales are fallible and are not always accurate. You may get a false loss—or a false gain. But more than that there are many different reasons why you may temporarily gain a few pounds. If you're adding more healthy protein to your diet, and/or are lifting weights, you may have gained some muscle weight. That's a good thing and guess what? Muscle weighs more than fat and it also takes more calories to maintain. So with added muscle you'll be burning more calories on a consistent basis, losing inches, and will more easily be able to reach your weight loss goals—AND be able to easily sustain the loss once you get there.

You may be temporarily holding onto some extra water weight because you've been eating extra sodium, are constipated, or maybe you haven't been drinking enough water. It could be due to a hormonal change, and sometimes right before we're ready to drop a pound or so our cells temporarily hold onto water.

So, you may be getting upset and ruining a perfect day for no reason at all. Have you ever stood on the scale after trying very hard to eat well and felt so discouraged when you see the numbers have gone up instead of down that you say the heck with it and go eat everything in sight? Yeah, so, then the numbers on the scale may legitimately go up—but if you'd have stayed off the darn thing in the first place you wouldn't have gotten off track.

I encourage you to remove the scale from your bathroom. Give it to a friend or have your partner hide it. Now that doesn't mean you can weigh yourself when you get to the gym either! Just let it go for a while. Try getting on the scale only once a month. Trust in the process, relax, and give yourself a little freedom!

I believe that these Five Game Changers are the foundation of successful weight loss and in developing a healthy relationship with food and your body. Of course there is much, much, more. I know it can all feel overwhelming. If you find yourself in a place where you want support to guide you through the process, know that I would be honored to walk with you on your path and guide you in reaching your weight loss and wellness goals. If you feel ready to do it on your own, I wish you patience and success on your journey.

With love and respect,

Debbie



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