

JENNIFER  
JACKSON ●

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# ***RAPID*** Weight *LOSS* **MEDITATION**

LOVE AND HEAL YOUR BODY. MINDFULNESS  
MEDITATION AND AFFIRMATIONS FOR BEGINNERS  
TO LOSE WEIGHT RAPIDLY AND NATURALLY.



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# **RAPID WEIGHT LOSS MEDITATION**

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Love And Heal Your Body. Mindfulness  
Meditation And Affirmations For  
Beginners To Lose Weight Rapidly And  
Naturally

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**JENNIFER JACKSON**

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# Introduction

## Why Can't I Lose Weight?

**R**educing extra pounds is the problem, perhaps, of every woman who requires a lot of work, courage, patience, and willpower. But often the hours spent on the simulator, strenuous exercises, exhausting hunger strikes do not give the desired result; weight loss does not occur. But many people do not even realize that you can lose weight using a simple and enjoyable way. This slimming meditation is a simple and natural tool that will help promote progress in weight loss.

Meditation is often seen as a relaxing practice, but one that benefits the mind only, not the body. Indeed, when you think "I have to lose weight," you will tend to see yourself exercising more and dieting. However, the first step in these two methods is basically going through your head. So, we will see how we can effectively practice meditation to lose weight.

# How Meditation Helps Lose Weight

It would seem that how meditation can help women lose weight? But in fact, meditation practice has many advantages:

- **Metabolism regulation.** With regular practice, the human body restores its biological functions, including metabolism. This contributes to the fact that weight loss occurs naturally, fat deposits go away. A good metabolism in the body also causes a decrease in appetite, which is why a person eats less.
- **Digestion.** Meditation helps to improve the absorption of food. Hormonal imbalances in the female body and stress lead to overeating and indigestion. Regular exercise helps relax your nerves and balance hormones. This has a long-term impact on efforts to reduce extra pounds.
- **Legibility in food.** One of the greatest hindrances to weight loss is the craving for unhealthy and unhealthy foods. Slimming meditation eliminates these unhealthy urges. A person becomes more attentive to what he eats, as he takes care of his own body and therefore loses weight.
- **Stress resistance.** Very often, overeating occurs due to stress. Experiencing, a person himself does not notice the growth of his appetite. This leads to a set of extra pounds. That is why meditation is essential for losing weight because it eliminates the primary source of the problem — reduces stress.
- **Discipline.** Uncontrolled meals and snacks are associated with the fact that a person cannot refuse his favorite food. The only way to perfection is faith in oneself, willpower, clarity of mind, and discipline. By meditating regularly, all these qualities can be developed and strengthened in oneself.

- **Self-hypnosis.** Much is known about the power of thought — they materialize and become a reality if efforts are made. In this case, meditation works like hypnosis — a person programs himself for the result.



# How to Lose Weight While Meditating

Meditation on harmony should be a daily practice. For effectiveness, it is recommended to meditate daily for at least 20 minutes.

Slimming meditation does not have to be difficult. If you're a beginner, try starting five minutes in the morning to clear your mind before confronting a busy day and five minutes before going to bed. Yoga instructors note that, in principle, the time of classes does not matter if you meditate regularly and correctly. According to reviews, you can see the results of losing weight only if meditation becomes a habit.

## The rules of meditation if you want to lose weight

- **Use a mantra to help you lose weight.** A mantra is a saying or motto that you repeat to yourself in order to focus on the goal when your mind wanders. These are words that can eventually enter into meditative hypnosis.
- **Watch your breath.** Just close your eyes and focus on your breath without trying to change it. If your mind wanders — and it will be so at first — just direct it back to your breath.
- **Meditation for excellence in losing weight should not be stressful.** In the process, a person should feel comfortable, and this applies to everything: Clothing, posture, environment, well-being.

## Step-by-step instruction

Anyone who wants to lose weight can meditate. To exercise, there is no need for special equipment or expensive classes. For many, the hardest part is finding the time to do so. But on the road to your goal, you can do it.

- Make sure you have the opportunity to create silence for the time you need.
- When you find yourself in a quiet place, calm yourself, relax. You can lie down in any convenient position.
- Start by focusing on your breath, observing your chest or stomach when it rises and falls. Feel the air as it moves and exits your mouth or nose. Listen to the sounds that the atmosphere makes. Do this for one minute or two until you begin to feel more relaxed.
- Then, with your eyes open or closed, do the following: Take a deep breath. Hold it for a few seconds. Exhale slowly and repeat. Inhale naturally. Observe your breathing when it enters your nostrils, raise your chest, or moves to your stomach, but keep it in that way. Keep focusing your breath for 5-10 minutes.
- Start to visualize. Imagine how you are slim and beautiful, put on your favorite dress, how you walk along the catwalk, how men turn around after you. In weight loss meditation, it is important for women to increase their self-esteem, to understand that change is necessary for the perfection of themselves.

## **Meditation Results for Weight Loss**

If you want to meditate specifically in order to lose weight, look for exercises focused on this. Losing weight meditation looks more like hypnosis or self-hypnosis. It is important to form the power of thought, the power of will. It is important to impress upon yourself that you really want something (to lose weight in this situation) and strive to fulfill your desire.

This can be a visualization of how you can look and feel after you have lost weight. You can imagine yourself slim and thin, mentally put on your favorite clothes.

But with all the benefits of meditation when losing weight, it is only one method in a set of actions for losing weight. It is impossible to lose weight, just meditating. If you eat kilograms of chips and buns and cannot reduce your appetite, then even many hours of meditation will not save you and will not help to reduce weight.

Proper nutrition and exercise are also important parts of the path to harmony. There will always be better results if you combine all these components into one and make them your way of life.

Meditative practice, first of all, changes the thinking, consciousness, attitude to the problem, helps to strengthen desire and desire for the goal. Studies show that these changes take only 21 days. It is in three weeks that a person's habits change and form, including eating right and eating little, refusing junk food, and drinking plenty of water — this also helps to lose weight.

As you can see, meditation is the key to harmony, an amazing technique in which there is not a single side effect. This practice can change a person, both internally and physically, for the better.

## CHAPTER 1:

# Emotion and Eating

**S**ince your childhood, you accumulate experiences, pleasant or not, sometimes traumatic... and you build the man and the woman that you are today. Your body is important since it is the one that protects you, the one that envelops you, the one that reflects your mood.

As a child, you were petite and over the years, you rounded yourself up, and you no longer recognize the girl or the boy you remember—a carnal memory—a memory filtered by years of battle against the events of life, against weight, against yourself.

As a teenager, you see yourself playing sports with your friends daily, overflowing with energy and joie de vivre, convinced that all your projects were going to come true and that you were going to remain this young athletic and dynamic man. What has happened in 20 years?

What are the mechanisms that play a role in gaining or losing weight over the years?

# **The Role of Emotions in the Transformation of the Body**

## **Heart and Brain Communication**

This communication is two-way.

The body receives messages from the outside (stimulus) and translates them into sensations, postures, languages, all these thoughts, emotions, decisions. Your brain simultaneously translates the sensations perceived by the body into emotions, thoughts, and languages.

If your brain is restless, so will your body. This can be positive because stress allows the body to be alerted to potential danger and allows it to mobilize the energy necessary for your safety. On the other hand, prolonged exposure in a state of stress has harmful effects on your body.

A good heart communication — brain results in a balance carefully between the body's ability to react, to mobilize energy for muscles but also to relax, to rebuild, to make energy available. This is the role of the autonomous nervous system: Allowing the body to adapt in real-time to its environment. Adaptation will be optimal if you can provide the necessary energy at an instant and replenish it in sufficient quantity.

Homeostasis or maintenance of internal stability (health) in an unstable environment is the scientific term defining this principle of balance between resources and energy expenditure.

When there is an imbalance of this internal state, the body weakens and develops diseases more or less dangerous for its survival.

## **Weight and Behavior**

Weight problems are not only due to an unbalanced lifestyle, emotions are more than likely a cause of your body

shape changes. It seems that negative feelings like anger, anxiety, depression, resentment, and sadness play a determining role and that very often, it is necessary to go to draw on events lived in childhood, which would have been associated with a felt and a food.

The heart is the center of emotions: It is directly connected to the limbic brain, an area dedicated to the emotional.

One theory defines the 6 basic emotions as being joy, sadness, fear, anger, disgust, surprise. Secondary or mixed emotions are then a mixture of basic emotions: For example, shame is a mixture of fear and anger.

Other theories, such as that of cognitive assessment, account for a wider spectrum of emotions having their sources in experience and others in the needs of man.

When a negative feeling overwhelms you, you tend to want to curl up to put yourself in safety or to act, fight or flee as dictated by your reptilian brain or primitive brain.

The Latin origin of the word “emotion” which is “ex-movere” or “to put in a movement towards outside” informs us of its meaning: The emotion would then involve a behavior. If the emotion is negative and continues over time, the behavior is likely to be disproportionate or ill-suited, or even inconsistent. Doesn't it seem surprising to you to eat certain unhealthy foods because you are sad?

## **Does Stress Make You Fat?**

We must differentiate stress chronic traumatic stress point or acute stress. The first would tend to get fat (increase in waist circumference) while the second would draw so much energy over a short period, that the body, by an adaptation mechanism, would become lighter by burning calories.

Anger, for example, sends so much cortisol, the stress hormone (adrenaline being its instant hormone), that its effects are felt for almost 4 hours in the body: Increased heart rate and

respiratory rate, blood pressure, clotting and vasoconstriction of blood vessels.

Cortisol is activated by the sympathetic “cardio-accelerating” branch of the autonomous nervous system, which manages all of the body’s automatic and involuntary regulations, such as breathing, digesting, making energy, etc.

Under permanent cortisol, the adrenal glands get tired and the body is exhausted, digestion is no longer done properly and the body stores in anticipation of a future episode of stress for fear of running out of energy to resist, fight or flee to find safety.

## **Emotional Food Intake**

During the first days of life, babies connect to the world through food, through the mouth.

Mommy takes such pleasure in breastfeeding babies that the flesh of the newborn will remember it years later! Dad likes to bottle feed baby so much that baby records the least of these emotional memories.

Likewise, when you have difficult experiences, recent or past, your body remembers them, so that when you encounter this same situation much later, the physical and psychological manifestations resurface and amplify. It is a way of the organism to protect itself which alerts the body that there is danger.

## **The Reward**

When you eat in response to an overly strong emotion: Why do you do it? What does this echo in you? Why the urge to fill you with something? And why would it be necessarily sweet or fatty, or both? Why not steamed broccoli?

The comfort experience can be carnal, olfactory, factual, or nutritional. If your mom comforted you with candy when you were a child, you certainly have this reflex today to throw yourself on this comfort food that will make you feel emotionally secure, in a bubble of reassuring sweetness.

## **Parents' Responsibility**

Knowing all this, each parent has a duty to be attentive to what he brings to life for his child, both through experience and through words, even those which are not intended for him.

I see so many moms or dads, raising their little bit of cabbage alone, talking to him out loud as to an adult, telling him about his worries, his changing emotions, his contradictions... it's not tolerable!

Ensure that the child stays away from your stories of the couple, work, your daily problems, your financial worries, your relationship conflicts with your parents (so his grandparents): He did not ask for anything, preserve it as much as possible.

## **The Importance of Words**

Be careful not to develop an emotional dependence between your child and you: The attachment is healthy and beneficial when it is reasonable, the little "too much" makes the child is put on the same level as an adult with whom he fills emptiness becomes unhealthy and dangerous for the child.

Do you have extra pounds? do you think they have their source in your emotional world? Do not have them carried by your child (ren).

Take care of yourself and consult so as not to transfer your negative emotions to a small being who does not yet have the tools or the experience to understand.

## **The Family Meal, a Privileged Moment of Exchange and Connection**

Privilege meal times at the table, with the family as much as possible, without distraction other than the gaze of the other.

Do not force a child who is no longer hungry: We are not in wartime in France, so make sure that he retains his natural



ability to say, “stop, I am no longer hungry!”

Take the time to eat, taste, and observe the food: Enjoy the moment.

## **Caring Listening**

Listen and observe your child, spot when something changes in his behavior, food, or otherwise, to offer him the possibility of discharging emotionally at each stage of life.

## **Tools Available to the Child**

Cardiac coherence is a respiratory practice that synchronizes the heart, the body, and the mind through a proven and playful protocol to develop attention, learning, calm, reduce stress and strengthen repair, healing, and the immune system.

There are no contraindications, even if your child has a medical condition.

Relaxation and sophrology will support your child in becoming aware of their body diagram as well as in managing stress, an ordeal (competition, exam, hearing, driving license, etc.) or even if he has a phobia.

# **Society pressure and overweight**

## **Self-Image...**

Modern society returns an unreal and stereotypical image of the body: It causes guilt, permanent dissatisfaction, and sometimes jealousy in many people. So many negative and destructive feelings over time taking patients into a vicious cycle that pursues them and blocks any attempt at personal and professional development.

The food industry has accentuated eating behavior disorders by easy access to food, whether in the city, the museum, on the street, at the station... it is easy to eat at any time of the day. It is, therefore, difficult to resist: Pulse consumption then becomes the norm.

And yet, human beings have never felt so empty, useless to society, and have, more than ever, a need to fill up with something: Self-service food compensates for this poorly identified need.

## **... And Eating Disorders**

Some people set up meticulous schemes to avoid these temptations, adopting strict regimes: This is called cognitive restriction. Food becomes “good” or “bad” for you.

Others, obsessed with healthy eating, want to control everything and food becomes the main subject of their lives. They are supplied by meticulously studied producers, remove many foods considered as poisons, are obsessed with the quality of the products, their mode of conservation... the food is medicine “I eat healthily; therefore, I will never die.” Without leaving room for pleasure or discovery!

This eating behavior disorder diagnosed only by a doctor is called orthorexia. These people isolate themselves socially, feel guilty at the slightest difference, and fall into depression in the worst case. 3% of the French population is affected.

## **Release Your Negative Emotions**

An overweight person is by no means a person without a will: Quite the contrary because it takes a will to keep all these restrictive diets except that this will may not be put to good use.

Know yourself better to identify the eating behaviors that cause this weight imbalance.

What emotions are causing your excess or cognitive restrictions? What makes you rush in the evening on cold meats and bread after a day of work? Why should you eat the chocolate bar as soon as you are upset? What you do sometimes... why do you skip so many meals when your body is hungry? What did this body do to you so that you martyred it so much? What does this refer to in you?

# **Welcoming Your Emotions by Practicing Mindful Eating**

This approach is very effective in transforming your eating habits and losing weight without depriving yourself! It consists of:

- Learn to recognize who is hungry in you?
- Accept emotions as they arise
- Observe your sensations in the presence
- Take the time to provide your body with the nutrients it really needs.

## CHAPTER 2:

# Physical Hunger

## Recognizing Physical Hunger

### Step 1: Identify Starvation for the Situation

Five types of triggers instigate current overeating programming. All of them are explained below:

- **Social Incentives:**

They eat to avoid feelings of inadequacy or to share a common experience, hoping that it connects them to the others. There is scientific evidence that we eat quite a lot when we eat in a social environment.

- **Sensual Trigger:**

Eat for Opportunity, Eat Donuts at Work, Advertise Food for Food on TV, or Pass by the Bakery. I didn't feel the need to nourish my body, but I had the opportunity to experience joy and suddenly felt hungry. In these cases, the desire to eat is an opportunity to experience the learned reaction, a pleasure to external triggers. We weren't hungry until we saw the visual food.

- **The Motivation for Thought:**

Eating as a result of internal dialogue that condemns oneself. We offend ourselves, and ironically, succumbing to overeating usually reprimands us for lack of willpower.

- **Physiological Trigger:**

Eating in response to a physical effect (e.g., headache or other pain).

- **Emotional Triggers:**

Eating in response to boredom, stress, fatigue, tension, depression, anger, fear, and loneliness. These triggers are as simple as a lack of cognition in the body (I need a physical break) or as complex as suppressed emotions (I'm a member of a toxic family).

## **Step 2: Break the Obsession**

My brain is crazy about food. I'm hungry and wired to make me feel obsessive about responding to food. This is my current wiring that uses food depending on different situational triggers.

## **Step 3: Name and Address Your actual Needs**

Depending on the situation, you have the option of how to respond effectively to the trigger.

- **Social Trigger:** To fulfill the desire to connect with others, I can try a few small bites and rave about the food. Even better, you can start an exciting conversation about something other than food.
- **TCB Answer:** This is not a pang of physical hunger. This is my desire to adapt to society.
- **Sensual Trigger:** Recognizing my usual reaction to the visual appeal of food. I admit I wasn't hungry before I saw the food. We must admit that this is not physical hunger; it is an automated response to the unexpected.
- **TCB Answer:** This is not a pang of physical hunger. This is my Pavlov's response to a highly charged stimulus. I want to enjoy the pleasure that food presents. If I eat this sweet, I will feel better.
- **Motivation:** Recognizing the usual reaction to negative thoughts, pain, and discomfort. Ending

emotional stress is a normal human reaction. I have alternative and meaningful ways to deal with feelings of inadequacy.

- **TCB Answer:** This is not a pang of physical hunger. Eating is a way for me to calm down and how I weaken my painful thoughts. I have the tools or can get the help I need to deal with the painful dialogue inside.
- **Physiological Triggers:** There are more effective tools (medication as needed) to deal with physical complaints.
- **TCB Answer:** This is not a pang of physical hunger. This is a learned response to physical illness.
- **Emotional triggers:** You can identify what triggers your emotional hunger and choose to act effectively.
- **TCB Answer:** This is not physical hunger. That is my standard coping mechanism and current wiring.

## Step 4: Measure Progress

What about after performing steps 1-3? The scales in the Step 4-Measures of Progress and Experience of Success section help you measure progress as you adopt individual characteristics. The greater you practice, the easier it will be.

Is it possible for you to respond to each signal in an appropriate manner? If your response is no, what is your stress level? Need to reduce stress first? What are the wise decisions to meet your actual needs?

## **Take Time to Prepare a Healthy Meal**

Home cooking has many advantages because it's a form of mindfulness. You personally choose high quality and nutritious ingredients. Keep in mind that grocery stores are based on cheap fats and cheap carbohydrates, not your nutritional value. You are controlling where your calories come from: they come from trans fats, additional sugars, well! They ensure that there are no flavor enhancers like MSG or other brain-disrupting substances. As mentioned earlier, the net effect of these addictive substances is that you eat more. Creating a healthy diet is expressing your love for yourself and your family. It's a creative achievement. Save money with this exciting vacation-like activity in Tahiti, Paris, and the Galapagos Islands. You can spend all of the time you want. You can come up with several tricks and shortcuts to save time in the kitchen. It is honest and to recover your cooking skills. It only takes a few hours to revive the master chef inside. While to go somewhere to pick up food. Clarify the facts, go there, park, get food, eat there, or take it home. Based on the Center for Disease Control (CDC), cases of more than 76,000,000 people who suffered from food poisoning annually due to bacteria, viruses, and parasites that lead to food contamination.

Think about it; you have to eat carefully. The only area that affects 95% of this possibility is the quality of the food you eat. If you don't know who cooks or exactly what ingredients they use, are they cheap trans-fat oils, lots of extra sodium, extra sugar? How can you manage yourself?



## **Sitting in Beauty**

Establish a simple and beautiful environment, especially if you eat alone. Even if you're hungry, it can take a few minutes to reach an attractive setting. If you don't have the time, are in a hurry, and want to eat directly from the fridge, this is a big sign that you're usually absorbed in foods that are perceived as high levels of anxiety. This may feel irresistible while restoring a naturally lean female neural network. This heals the "hungry brain," so it is important to calm before eating. There are several ways to reduce high levels of anxiety. Deep breathing, meditation, journaling, active jogging, and anything else that seems personally effective in reaching a place of peace. Remember to measure your progress. Can you set up the table without fear? If not, could you be wise to identify the cause of anxiety and address it?

## Eating Experience

In a culture that emphasizes multitasking, eating is a secondary activity. We do not combine food with the nutrition of our bodies. Eating is what we do without attention while doing more meaningful work.

Have you automatically turned off your car radio while looking for a new address? I instinctively know that removing a voice stimulus increases your ability to focus on finding its address. Silence also allows us to pay attention only to food and to be fully present for a dining experience. Watching TV, interacting with computers, talking on the phone, reading books, and doing other activities is not a supplement to a careful diet. Mindful meals require indiscriminate attention, so it's a great way to overeat.

If you have resistance to silent hoods, rewiring can help you recognize that you ate for the first time when you had another activity. It is a custom that has been cultivated for many years. You rarely eat the main focus.

When you sit quietly and eat, you can hear inner conversations such as how to enjoy the meal and subtle messages from the body when you are satisfied. If turning off competing stimuli creates fear, inhale, and note the cause of the anxiety.

If you are dining with your family, invite them to participate in the careful process of eating. Trying to turn off as many distractions as you can during your meal is better than overeating during multitasking. Discuss your senses and taste of food. Slow food does not have to be extreme. Though it is a good idea to remind the family that eating is not a race. Encourage the family to chew on every slice of food, examining the taste, texture, and odor in detail. Ask them about their feelings, thank them for collecting brownie points, and thank them for their blessings and share their meals with their families.

Remember to measure your progress: How do you feel in silence after a meal? Can you eliminate all distractions and eat quietly without fear? Is practicing this property easier to eat silently?

## **Enjoy Your Meal**

Of course, the thin women have an internal dialogue of appreciation and appreciation and joy: “This is delicious. And it saturates. Shoveling food not only misses every bite of taste, but the entertainment center is in place. You’ll need more food to meet gourmet merchants because you’re not inspired by it.

We acknowledge that this resistance to internal dialogue is the current practice of not attending for the pleasure of eating. Usually, our conversation feeds on something other than our body, so it’s more relevant to issues, concerns, and current to-do lists.

If you pay 100% attention to eating and enjoy eating carefully, you will find that the restoration of naturally thin women’s wiring is approaching.

Remember to measure your progress. How do you feel after allowing an internal dialogue about the pleasure of eating? Do you enjoy this conversation without fear? If your response is no, what are the obstacles to achieving this trait?

## **Small Bites**

If you overeat food, you will burn more calories and experience the same amount of pleasure. We must recognize that we have made significant efforts in the past. The wise action is to eat some meals with a small spoon like a wheel while we learn to take smaller bites. However, once you measure progress in this area, it is essential to make the scoop larger. The reason is that if you take a small bite just because the spoon is low, the neural network won't be restored, and you are entirely dependent on the tool.

Don't forget to check for your progress. How does it feel like after eating the whole meal with just a few bites? How was your fear? Did you experience the fun with such a small morsel? Did you have to hit the kitchen and get a more oversized spoon? Or did you just start eating with your fingers?

## **Fork Down**

Whatever your fork or tableware is placed in a bite, you are encouraged to eat wholeheartedly. We are ready to enjoy every bite, every bite, every subtlety, every spice, every texture. Eating is foreplay, not a race. It's a sensual experience. Arashi defeats the purpose.

Remember to measure your progress: How do you feel after eating a complete meal and placing a fork in a bite? What is your fear level? Would you like to enjoy the delicacy of food?

## CHAPTER 3:

# Physical Hunger vs. Emotional Hunger

**H**unger is a feeling when one has a desire to eat. It originates in the hypothalamus and is released through receptors in the liver.” This is what Wikipedia describes. Will this definition really help us to grasp starvation?

Yes, it does, but the emotional or sensory aspects which many of us regularly experience with eating are not part of or considered from a physiological perspective. Cautious food will help us understand the different hunger we feel.

# Can Food Satisfy All Kinds of Hunger?

While the five senses are the key reasons, we feel hungry, it is worth remembering that our hunger habits can also occur for other reasons.

- **Real Hunger:** It's true to your stomach's physiological hunger.

Careful food helps us to appreciate this completely. When you are hungry, your belly feels hollow and makes rumbling and gurgling noises. Extreme hunger can often make you feel light-headed, irritable, or exhausted and difficult to focus. Here the necessity is to feed and nurture the body.

- **Emotional Hunger:** When you eat, you feel better.

The need to feel better here, take the pain away, or even want to feel something. People also eat chocolates or candy while they feel lonely, upset, depressed, etc. Many of us don't eat well, so when we consume food without any thought, they explain a feeling of discomfort within, and this sometimes can be mistaken with physical hunger.

Such hunger can also be felt as an urge and can be much greater than actual physical hunger. It focuses on just a single type of food and occurs more in the mouth than in the stomach, and it never goes away no matter how much we eat vacuum.

The following lists demonstrate some physical and emotional hunger signs.

- **Clear symptoms of starvation:**
  - Stomach gurgling
  - Failure
  - Energy shortage



- Gnawing stomach feeling
- Empty stomach feeling
- Headache
- **Emotional signs of starvation:**
- Eating in an emotional situation
- Monitor what you feed, feed less or deprive yourself of a certain amount
- Too little food and hunger when done
- Go to the refrigerator, open the door, and don't know why you're there
- Be mentally hungry, but fail to eat
- No matter how much you eat, never feel satisfied
- Using autopilot food
- Eat when you're excited or good at yourself

Being aware of the difference between physical and emotional hunger will help to minimize weight. When you start to understand various forms of hunger, you only feed when you are physically hungry. It is a suggestion, take a break every time you eat something and ask yourself, "What hunger do I feel?"

If you are mentally hungry, then go straight ahead and eat something. If not, try to sort out your feelings and deal with them by taking the necessary steps. If you are exhausted, take a nap and then sit down and meditate for 10 minutes when you feel nervous or restless.

To achieve your weight loss target includes full cooperation between your conscious and subconscious mind. Transition is not necessary or does not last otherwise, and this is definitely the case where appetite management is concerned.

Let me offer a little history to you. Your conscious mind is all about your will, while it's the safety, confidence, and comfort of your subconscious mind. You are headed for

disappointment if your conscious mind wants one thing, but your subconscious mind wants another.

So, what would you do if you disagree with your conscious and subconscious mind?

So, if they are, how can you say?

Okay, you need a better emotional resource than food, because food is the problem that you seek to solve. There are many approaches, and one that works for you can be found.

Personally, I like EFT to break emotional barriers and to remove incomprehension within the conscious and subconscious mind. When your conscious and subconscious mind discovers an emotional coping device that works for you, it will create a balance or congruency with your positive weight loss.

Now, if you try to force a diet on your mind and body, they can revolt and fight back. They resist a food restriction because they protect you in a time of danger and see a diet as a threat to your well-being. Yet how do you regulate what you want to do with your mind and body? Will you definitely use willpower to regulate your starvation? Oh, no, not exactly, not necessarily.

Let me clarify.

The truth is, naturally slim people don't need to fight hunger or use it all the time. We do not necessarily feel starving, so that's the fascinating part-they understand the sensation as a true physical hunger when we start to experience the symptoms of a physically empty stomach.

Yet most people on a weight loss path have lost this ability or even their way of feeding them because childhood never helped grow this skill. It's like the normal ability to walk. You would not have developed the confidence to walk if you were little at all times tied to a chair.

- **The truth is, for the majority of dietitians:**

- Emotional depression and physical hunger are completely confused.
- The effect of hunger through diet is that the dietitian learns to ignore the signals of starvation in the body. Like the example above, if a person is bound to long enough to a chair, they may lose the ability to walk.
- It can completely confuse your ability to tell when you're hungry or full. But you can retrain to know if you really are hungry or not with this easy EFT tapping. Tap as follows when you think you are hungry.
- " While I don't know whether I am starving physically or emotionally, I allow my body and mind to lead me "

Tap on each point this whole sentence. Tap it very slowly. Tap it. Say the words and press as slowly as you can. We do it gradually because of the gradual EFT that Silvia Hartmann first discovered is a wonderful reference and a revelation.

Keep tapping the entire sentence on all of the points you usually use, for at least 5 minutes, over and over again. With the following sentence, you can repeat slow EFT.

" " Is my stomach completely empty, or do I need warmth, food, or protection? I allow my body and mind to direct me safely and calmly."

At least try 5 minutes and then reassess how you do. If you ever feel hungry mentally, get something to eat. Seek to sit down and slowly and deliberately eat it. Relax in the latest food journey for your mind and body.

Meanwhile, if you believe that you are emotionally hungry, wonder if you don't have food, ten is very bad, and 0 is good, just how bad you will feel. When there is something over a zero, press it like you usually do, until you have food peace at that moment.

# Emotional Emptiness as opposed to physical Hunger

The usual cause in my experience is emotional eating, either having or maintaining an excess of body fat. You used to use food in order to ease emotional distress, one way or another, and possibly in some way you do not know.

Yet, you may say, because of my diet, I am depressed. You don't feel glad or relaxed, but it upsets you. However, once I have released hidden emotional stress over and over again, the desire to eat decreases, disappearing for a whole day or even longer.

- **I consider two main types of emotional over-eaters:**
- The type you know is a survivor of emotions and can probably name some emotions behind your food.
- Those that are utterly perplexed and are compelled to do so and are not able to see how it soothes their emotions.

Let me show you something that can help if you're in the second category. Tell yourself that you will go without overeating for a whole day, and if you feel the urge, deny it completely to yourself. Sit down with paper and pen instead and write down some bad suggestions. Learn these reflections after a day. It's the emotions behind your emotional food!

- **What's an emotion, then?**

Okay, emotions can be said as a warning to the mind that we have to take care of something. For instance, when we are close to a fire and experience fear, the fear keeps us a healthy distance from the dangerous fire and keeps us safe by feeling the emotion.

When we've done the research required to respond to the emotion and what it tells us, it goes away safely.

But when we relax or divert food from it, the feeling comes back again. No food will ever satisfy emotional starvation since the trigger was not addressed. This is, therefore, crucial that you know how to say the difference between eating to relieve your anxiety and eating to fulfill your physical hunger.

One way to tell if you are emotionally or physically hungry is to use EFT to eat. When you regularly tap for about 10 minutes and feel starving, it's probably a physical deprivation. When the hunger dropped, it was an emotional deprivation.

- **The way hunger presents itself is another simple trick to use:**
- There is fast and urgent emotional hunger.

Physical malnutrition is gaining momentum as the food is digested. When you eat healthy meals, your physical hunger can slowly begin to develop a few hours after your last meal. For starters, you can predict more or less that you are ready for lunch for a certain number of hours after breakfast, just like for your afternoon snack and your dinner.

- So, how do you use this insightful information?

The next time you feel tired, just rest and watch the feeling for a moment. Sit back, calm down, and go inside yourself and watch. Is it fast arriving and generating a sudden and urgent need, or is it gradually entering and building awareness? If you are unexpectedly and desperately hungry, have the strength to sit with it, relax your mind, and watch the feeling.

- **How does it feel?**

Was it, for instance, a raging desire to feel something in your stomach, a deep rock in your throat, or something else?

- Where is the feeling, where does the texture or color come from? Or is it just stress you feel all over?
- How does that mean to you?

What you come up with is a tapering emotion, you can only use EFT. For instance, if there is a need to feel anything in your mouth, just tap, “Even if I have to feel anything in my mouth ...”

## CHAPTER 4:

# Eating Disorders

## Binge Eating

**F**ood can start to become scary. How much you desire it is so challenging. Why does it taste so good to eat a loaf of bread? The amount of relief that comes along when you can hold an entire gallon of ice cream and eat it straight with a spoon is like the same comfort a warm blanket can bring. Binge eating can be defined as any period of time that is spent eating an excess of food. People will often binge unhealthy foods at first, though those in recovery might find that they end up bingeing “healthy” things like vegetables, tea, and water. It is a pattern of stuffing yourself to the point where you feel both physically and mentally ill. These periods are usually done alone, and always involve a level of shame and embarrassment.

Binging isn't enjoyable, or at least isn't the entire time. At first, there's the satisfaction of the taste, texture, and security in the amount of food you're consuming. Then, by the fourth or fifth burger, or taco, or a slice of pizza, it starts to set in that you shouldn't be doing that, and that you can stop at any moment. But we keep eating, hoping to numb that logical voice in our heads.

A recorded 3 to 5% of women and 2% of men suffer from a binge eating disorder. However, many more go undiagnosed because of the stigma that surrounds eating disorders. Those who have never suffered from an eating disorder won't be the most understanding about it, either. When you have bulimia, people might recognize that you are doing something unhealthy, and this is when people start to get serious. Throwing up over and over again can mess up your body on the inside, destroying your throat and liver. Anorexia and

binge eating are dangerous as well, but people won't always initially see these as dangerous acts, especially if you are over or underweight. Those who are underweight that binge eat don't seem like they have a problem. Some people might even look at you and make comments like, "you should gain weight," or "you are all skin and bones!" It also goes for those who are overweight and anorexic. If you go through periods of starvation as a person that's 275 pounds, people aren't going to be as concerned. Some might even encourage this behavior. Those statistics make up almost 1 out of 20 people you will meet, and yet we still have so many confused ideologies around binge eating, overeating, anorexia, and bulimia.

Many people with binge eating disorders might develop anorexia or bulimia in response to the binge periods, or they might have had them, first, which led to the binging. Either way, both are very unhealthy and can cause a person to live in shame and agony that only makes their condition worse. We do unhealthy things, and then try to do things we think are healthy to remedy them. But these are still unhealthy things. Those who suffer from anorexia and bulimia might do this because they think it is better for their bodies, as a way to respond to the overeating they put it through, first. In reality, though, it's just another unhealthy coping mechanism.



# Bulimia

Bulimia will usually start with periods of bingeing, though some people can develop bulimia without having a binge disorder first. Most diagnostics do involve individuals who go through binges of food that are in portions greater than what a normal person would eat. The bulimia is a response to make up for this binge, usually resulting in people purging themselves of the food they just ate.

Bulimia isn't just throwing up. Many people will buy laxatives and take them right after they binged in order to help move things through their bodies quickly enough that they don't gain weight. Bulimia will cause your body to lose weight, but in the process, it is an unhealthy habit that destroys many other parts of your body. First and foremost, it puts a lot of stress on your body and mind. Those who are bulimic are silent sufferers, keeping their actions hidden from other people.

It can also be very dangerous in your heart. Some people who are bulimic will even suffer a heart attack, though they may be dangerously underweight because our hearts weren't designed to take on unnecessary laxatives or the stress of throwing up on a regular basis. It can also result in stomach and intestinal issues, such as inflammation, gastric reflux, and gastroparesis, the time when your stomach muscles become partially paralyzed.

Some people might think you're doing it for attention. I've known individuals who have said their parents or siblings told them they just wanted attention when they were throwing up, especially those who weren't obviously underweight. People might think you can't be bulimic if you are not a size 0 with obvious bone shadows in your body or a gaunt-looking face. This disease is anything but an attempt at attention.

Excuses become a regular thing. You'll especially hear excuses from those who participate in athletic activities. Wrestlers trying to make weight will simply say they're only doing it while they wait to weigh-in. Those who participate in

beauty competitions or even brides about to get married will say they're just doing it until they can fit into a dress. People will say they're just trying to lose twenty pounds, and then they'll stop. These are all excuses, and many people who are bulimic have said them before.

There is so much shame involved in the process. Bulimia usually comes in response to mental illness, such as anxiety or depression. If there isn't one initially, one will likely develop. It is a process of hiding the binge period, and then the purge time, as well. Sometimes, these have to be separate occurrences, though there is anxiety to purge soon after bingeing. You might binge eat in your car while on break at work, and then you have to make it to the bathroom fast before your body starts to actually digest the food as it should. On the way into work, however, a coworker might stop and chat — but the entire time, your heart will be racing, hoping you can make it to the bathroom in time to throw up your big lunch.

## **Anorexia**

Twenty-five percent of patients diagnosed with anorexia will be male, and they often have a higher rate of more serious associated health risks because they don't report their disorders — males are seen to not usually have anorexia. In our society, we put so much stress on not being “fat,” or overweight and obese, that we often overlook the dangers of being underweight, as well. Body image is so distorted that we'll go as far as starving ourselves and making our bodies throw up, all so we can fit into an idealized image of what the perfect body should be.

Anorexia involves restricting your diet to the point where you might not even be eating at all. Those who are anorexic have distorted body image issues and will have an intense fear of gaining weight. They will often eat less than one meal a day, usually a portion smaller than most people's snacks. Those who are anorexic might also start to purge their body, though they're usually isn't much to purge, anyway.

## Over Eating

An estimated 35% of girls have also stated that they participated in unhealthy diet habits such as starvation periods, vomiting, laxative abuse, and crash dieting. That's an alarming rate. That means out of three women you know, at least one of them has put their body through an unhealthy process, all for the sake of their body image.

Overeating isn't healthy, but it is not as dangerous as binge eating. Most people you know have overeaten at some point in their life, usually multiple times. Who hasn't binged during Thanksgiving, at a Vegas buffet, or even just at a weekend pizza party? Overeating is usually the result of not listening to your body when it is full, or simply wanting to take advantage of the excess food that's around. Overeating isn't going to hurt you, especially if it is just because it happened on accident. When it starts to occur on a regular basis, that's when it can turn into an issue.

# Why People Binge Eat

The myth surrounding those that have eating disorders is that they just want to be skinny and lose weight, so the underlying mental factors are often overlooked. When you hear about bulimia, you might envision a cheerleader wanting to lose weight, but you might not think of a big male wrestler that's trying to do the same thing. When you think of someone anorexic, you picture the thinnest person you know, not the largest. Eating disorders certainly have physical symptoms that develop externally after a while, but we can't always assume that a person who looks a certain way could never have a binge eating disorder.

If we dropped the stigmas, there would be proper education, which would improve prevention efforts. It is embarrassing to confess that you have a problem with food because everyone eats! Not everyone drinks and those who do consume alcohol might be able to admit that they could see how it might turn into a problem. To admit that you've eaten 10 Double Cheeseburgers from McDonald's is embarrassing and shameful, so it's hard to come forward — even when you are desperate for help.

Eight in 10 women will admit to skipping out on an important event in their life because they weren't satisfied with the way they looked. We care more about if someone's looking "fat" than if they are throwing up in the bathroom. People are very ignorant of how they talk to others, as well, and we don't always realize that some of the stuff we make comments about can be triggering.

Some people have deep-rooted emotional problems. Others just fell into it and don't know any better. No matter how it started, it is something that needs to be stopped, and we'll spend the rest of the book helping you through your recovery journey.

Other than binge eating, there are several other types of eating disorders. These disorders often develop because the person

became a binge eater and then tried to change this behavior with another form of eating disorder, such as bulimia or anorexia.

## CHAPTER 5:

# Bad Eating Habits

**E**motional eating includes consuming large amounts of food, primarily junk foods, to reduce the emotion. Approximately 75% of overeating is caused by emotions. Many of us have the impression that food consumption can provide temporary relief from our emotional distress.

As a result, most of us start using food to relieve emotional stress. Emotional issues such as isolation, anger, boredom, depression, anxiety, and stress, or any form of emotional problem related to interpersonal relationships and low self-esteem often contribute to eating disorders and weight gain.

The first and only way to prevent eating disorders is to learn what causes eating. If you can understand why you can quickly find better ways to handle your emotional issues and control food intake.

# How to Recognize Triggers?

Emotions and eating conditions fall into five categories:

- **Emotional:** Eating to relieve boredom, anxiety, stress, exhaustion, frustration, depression, or loneliness.
- **Physiological:** Unhealthy eating often happens on physical grounds. You may feel nausea from missing meals, treating headaches, or pain.
- **Situation:** You may be over-eating because there's a chance to feed. Eating also includes going to movies, watching TV, and other things.
- **Social:** Eating, helping others, or feeling awkward in social circumstances.
- **Thoughts:** Indulging in unhealthy eating because of poor self-worth or self-punishment.



## **How Do You Break from the Habit?**

The first thing you need to do is comprehend what makes you overeat. But that alone can't help improve your eating habits. You will need to break unhealthy eating habits caused by social discomfort or stressful circumstances.

To do this, you need alternatives to food. Whenever you feel like eating, you prefer other activities: reading a book or magazine, doing deep breathing exercises, going for a long walk or jog, talking to a friend, playing cards or doing housework.

Often, basic distractions alone won't do any good. If you find the options are not successful enough to alleviate emotional distress, you might need to seek a more active approach such as meditation, relaxation exercises, hypnotherapy, or counseling. Such approaches help you identify emotional issues and show you how to cope in safe and successful ways.

When you effectively implement coping mechanisms in your eating disorders, reward yourself with a massage or other self-loving practice. This motivates you to achieve your goals.

Here are a few weight loss tips that will definitely make you comfortable in that new dress!

Overweight is the problem of this century, and almost everyone we meet struggles to maintain or lose weight. This process must be one of the greatest challenges ever, and it can have major consequences on the life of the individual.

There are some instructions to follow to lose weight effectively and efficiently. One will specifically recognize why causing their obesity. Is it an injury, a lethargic routine, or a tired mind?

Someone can't expect to lose weight quickly if they can't understand the key cause because they'll act on it. But because of some emotional aspects, a particular strategy must be used. With the right approach and dedication, one can lose weight quickly.

Some dietitians would prescribe an effective weight loss plan focused on eating balanced meals usually 6 times a day, plenty of water and fiber consumption, and a regular exercise routine followed the entire week.

In addition, tiny life-changing methods can be quickly implemented. However, if a person in emotional distress, such a weight loss plan is of little benefit. When you're stressed, live in isolation and have a sluggish metabolism.

Most people are an emotional mess and they are unsatisfied because they struggled to lose weight after a weight loss plan. Therefore, getting to the heart of the stress-causing problem first is imperative.

Many people are already upset for different reasons. As a result, proper physicians deliver creative stress reduction techniques everywhere. Emotional Liberty Tactic (EFT) is when a therapist can get rid of frustration.

EFT requires many processes and methods to deliver impressive results. EFT requires tapping for weight reduction, a special acupuncture technique that causes pressure points.

Tapping for weight loss is quickly becoming popular as easy to do and has no negative aftermath. Someone should seek medical advice and follow as a weight-loss regime clicking. Thus, all these variables are highly helpful to the individual and would most likely benefit a person suffering from such a problem.

Whether you're one of those who eat when they're bored, sad or stressed, your binge eating emotionally. Why is eating binge important? The number one reason you must avoid emotional eating is that it leads to overtime weight gain.

A binge can last for hours, days, or even weeks and months at a time. Binge eating isn't ideal for someone who's gained weight trying to maintain their current weight or anyone actively trying to lose weight. This chapter will help you stop eating binge.

The first thing to do if you have to avoid binge eating is to get rid of unhealthy junks from home. One thing you should know is that you can't eat those unhealthy junks if you don't have them handy, so fill your home with good, nutritious foods like fruits and vegetables.

But if you're one of those depressed and seeking a cure to depression by binge eating, eat balanced foods just to prevent adding more unnecessary extra pounds.

Another way to keep yourself from emotional eating is to put all food in and out of sight. The more food you see, the more likely you are to feel hungry. Most people eat binge, mostly because they don't pay close attention to know when they're really hungry.

Most people who find fun having a bag of chips on their laps or nearby while eating will notice the entire bag is gone before they know it. The simple explanation is that the television show distracted their minds, which is why it is so important to keep all foods out of reach if emotional eating is to avoid.

One important way to avoid emotional eating is more water. It's essential to drink 8-12 glasses of water daily. Drinking says 10 glasses of water a day will help fill your stomach and help you deal with false hunger, which contributes to binge eating.

You don't have to drink 8-12 glasses at once, spread it all day. Drink more water between and after meals. One thing to remember is that you can't substitute water with soda, water needs to be hot. Drink tea, not soda.

Boredom or sadness feeds binge.

My advice is to find something to get busy if you're idle and unexpectedly feel hungry (false hunger), and before you know it, the false hunger will vanish, thus saving you from binge eating. You should go out with a friend, play games or read-point is, get busy and the fake hunger disappears.

If you're one of those in depressed or emotional condition, consider something safer and healthier than eating to cope

with your pain. You should also speak to a psychologist to define the key issue and devise a way to fix it.

Binge eating when you're depressed or mentally upset, otherwise you're developing a pattern that can become more dangerous than you can imagine. Don't be one of those who tell themselves when they're binge eating, I'll avoid binge eating when I'm no longer stressed or upset.

People who binge are those who lack self-control — must you be one of them? Know that it's just you and you alone who can tell you to eat, and it's just you and you alone who can avoid eating binge. If you are seriously worried about keeping your weight under control, you must build a positive attitude, a will power to avoid eating binge.

Emotional eating is the best way to ruin any flat stomach diet and discourage you from meeting your weight loss goals. These four tips will help stop this self-sabotage and help you stay on your eating route.

The easiest way to avoid emotional eating is to brush your teeth. Brushing your teeth after meal promises good dental health, but who really wants to mess up freshly brushed teeth, not to mention the mix of dark chocolate and spearmint.

Next time you start hitting the candy bowl, mind your weight loss goals. Remember why you're working— what are you working towards? Try fitting in a pair of jeans? Lose 10lbs or maybe feel more comfortable in shorts?

Whatever your weight loss goals are, eating candy won't help you get there, and it'll make it even harder for you. Remembering your priorities will make it much easier to dive into those treats.

Instead of swallowing thoughts, try writing them down.

Take a sheet of paper or take a pen and write down how you feel about these tasty treats.

Writing down your thoughts and emotions will not only help you get through the intense cravings of sugar but will help you identify any trends and patterns in your behavior.

Finally, and perhaps the best way to control your sweet cravings is to drink water. Most of us never drink enough water, and we misinterpret our sugar hunger cravings when we're very thirsty. Not only will you fulfill your thirst, but water will fill you, leaving no dessert space!

We have had moments of vulnerability when emotional eating is our best. Yet having these techniques in mind every time you hit sugar medication will help you achieve your weight loss goals even quicker.

## CHAPTER 6:

# Good Eating Habits

**Y**ou may wonder what the first move is to start breaking the habit of these unhealthy eating habits that contribute to your mood disorders and make you feel chronically tired? The answer to those lies within yourself, accepting that the problem is where it all starts. But there is more to this.

## **Starting with a Balanced and Nutritious Meal**

Skipping breakfast usually leads to mid-morning snacking, leading to a calorie and sugar overload. That's a big reason why one-third of Americans are obese. Because your metabolism slows down considerably, let's not ignore the impact that breakfast has on your energy levels as well as those pounds you are trying to lose.

Whatever you consume a lot of, is what you crave: If you eat more sugar, you want more sugar, crave more vegetables and protein, etc. Discipline is a critical factor in building good eating habits that will quickly become a routine. The long-term benefits will far outweigh the immediate happy changes that come with poor eating habits in brain chemistry.

Drinking more water whenever you are craving will keep cravings at bay: People are not meant to be drinking things like soda and artificial juices, and if you think this is a regular habit that keeps you healthy and hydrated, think again. It is because we believe all of this so-called 'hydration' marketing propaganda that tells us how we're treating our bodies well, when in fact, it's only adding to our overall balanced eating and drinking habits. Think of taking more water as the fuel that accelerates your efforts to burn fat and help your skin keep you looking fabulous, and improve your cells work correctly.

Healthy eating 5 times a day will regulate your blood sugar: Do you guess the biggest excuse for people trying to eat more than 2-3 meals a day? Day, you know it. Why do you ask me the time to eat 5 or even 6 meals a day? First, you have to realize that a real meal can be anything from a blueberry muffin and an apple to a handful of almonds with a banana to a hard-boiled egg with a smoothie of fruit/veggie. Change your belief that a meal should fill your entire plate and be loaded with all the major food groups. It will have an instantaneous effect on your over-eating habits and

significantly contribute to your blood sugar levels and levels of energy. Still, like anything else, the beginning may be challenging, but well.

Do something to interrupt the emotional eating cycle: Start a journal that incorporates your daily eating habits; to give you a clear image of what things are like or take part in a new hobby that will get your mind off eating. It works exceptionally well in the evenings (when the cravings for junk food are high). The most important thing is not the failure to set yourself up for success; this takes planning and much-needed discipline, as mentioned earlier.

No more excuses, no more reckoning with yourself that if you indulge a little bit, think about the long-term effects this change will bring and the feeling of accomplishment and confidence that you will begin to feel when you start to see the results you want in your life. Remember, being healthy doesn't mean getting starved; just make sure you eat a lot of right foods.

The truth about most diets is they all end up eventually. If you're tired of diets that crash and are currently trying to figure out how to build muscle and lose weight that remains lost, it is essential to start by re-training yourself how to eat correctly. Just a few changes in your daily eating habits can make a big difference when you try to shed those last few stubborn pounds to reveal the muscles you worked so hard on.

Your surroundings, lifestyle, and eating habits all contribute to the overall health and outcomes you'll see in the mirror. Being active physically and developing sound eating habits is the most crucial element in losing and maintaining a healthy weight and building lean muscles. Get out of your daily routine when you go shopping at grocery stores or when you are contemplating what to do for dinner. Make eating a variety of nutritious foods from all of the food groups a priority. Choose high-fiber whole-grain foods, limit your saturated fat intake, and choose low-fat dairy products instead of what you are currently consuming. Get used to reading nutrition labels and additives and take control over what you put in your body.



Besides improving your eating habits, you need to settle on a fitness plan that focuses on achieving your goals of weight loss and muscle development. Start lifting weights with a set of dumbbells or even start using your body weight with a few basic exercises, such as squatting and pushups. Try not to go above three times a week when you're just starting, because your muscles need rest periods to repair and grow between each workout. Once you are comfortable with a routine, try to alternate muscle groups every time, so that each group has plenty of time to recover. The guidelines are between three sets of each weight for most beginners and no more than 10 to 12 reps in a set. If 12 reps are a little bit too easy, then you can go ahead and move to the next level.

If you notice a bit of weight gain towards the start of your journey, don't let it get you down. Remember, you're building muscle, and you're losing fat, so if the numbers are moving up a few points on the scale, it might just be the result of your new growth. It will be useful to skip the levels just for a while and then concentrate just on measurements. It will avoid the urge to go on a diet of starvation, which only slows down your metabolism if the numbers on your scale do not appear to be moving.

Water also has a job in the processes crucial to muscle formation. Water intake, ongoing exercise, and healthy eating are the key elements that will help you achieve your goals of muscle gain and weight loss and stay there! Participating with a weight loss buddy, or someone who can keep you focused and give you that extra kick you might need to keep going, some people find it extremely helpful.

# Good Healthy Nutritional Habits

Most of us lead a busy, hectic life and work hard for our dreams and goals. With the constant stress and heavy workload on a daily basis, however, most of us tend to neglect our nutritional intake and the types of food we eat every day and end up cultivating bad eating habits. Depending on the eating habits our parents taught us during infancy, some of us may even eat incorrectly without knowing it. Cultivating good habits is actually the real key to smart eating.

What do healthy eating habits mean? Carbon-dioxide? Protein? Fats? — Those phytochemicals? Those antioxidants? How much do we eat for each nutrient type? The amount of knowledge present on the internet and in the real world, such as magazine publications, etc., is sufficient to make most of us nostalgic and confusing. Good eating needn't be that hard. We lead busy and stressful lifestyles for the majority of us, so what we are looking for is simple and easy to follow solutions. Here are 12 tips to follow easily to start cultivating and make it part of everyday life nutrition plan.

- **Tip # 1- Take your morning multi-vitamin daily.**

What you need is only a multi-vitamin tablet a day. A standard multi-vitamin fills the gaps in your diet enough to make a difference since most people normally lack a certain type of micro-nutrient in their diet.

- **Tip # 2- Before each meal, drink 2 glasses of water.**

Besides keeping you hydrated, it's sure to make you eat less. This may make you feel less hungry, reducing your dietary intake, thereby preventing the possibility of overeating per meal and helping to lose weight.

- **Tip # 3- Start your day in the beginning with heavy meals and drop the portions.**

Start the day as the main meal with breakfast, and raising the amount of food consumption as the day comes to an end gradually. At the beginning of each day, our metabolism is the highest, but it drops significantly when each day comes to an end. Eating heavy meals in the evening won't do any good for your health, and you'll just unnecessarily pile up on the weight.

- **Tip # 4- Eat good food at the right time.**

Fifty to sixty percent of your diet will contain items that come under the category of complex carbohydrates. This is because complex carbohydrates take the body a long time to digest, thus providing the body with energy throughout the day without causing insulin spikes, which may result in your body storing fats. However, after your workout, it's recommended that you consume a meal that is rich in simple carbohydrates to replenish your glycogen stores, which is your energy reserves since you used them up during your workout. The trick is to consume the right food when the time is right.

- **Tip # 5- Eat consistently all day long.**

Eat about every 2-3 hours. This will increase your metabolism and make body burning fats more effective. You would also feel less lethargic because you have constant energy coming from the food you eat all day long.

- **Tip # 6- Feed smart.**

Food that makes it appear to be greasy will have sent you a warning that unhealthy fats are present in them. Common sense would tell you not to.

- **Tip # 7- Take a break.**

We all have favorite foods that we love. Don't make them into forbidden delights. Just don't eat them daily. Think about how much you eat them, which might endanger your health, and then reduce it. One technique

is to rotate all week long your favorite foods making them once or twice a week. If you find it difficult to withstand the temptation, try eating your favorite meal in smaller portions of the day compared to the evening.

- **Tip # 8- Get some tea.**

Have green, black, or white tea in your diet. Studies have shown that drinking tea can provide your body with the antioxidants crucial to fighting serious diseases like heart disease and cancer. Besides these types of tea, they contain rich amounts of antioxidants and anti-aging properties, which can help prevent wrinkles.

- **Tip # 9- Pile all the onions.**

Onions are a top source of flavonoids for heart-savers. In addition, they are also an excellent source of antioxidants.

- **Tip # 10- Add tomatoes to your diet.**

Consuming lots of tomato products will help to lower your cancer risk. This is because they're a rich source of lycopene, a form of carotenoid believed to reduce the cancer risk. Studies make us understand that men who consume lots of tomatoes tend to have a lower risk of contracting prostate cancer.

- **Tip # 11- Always leave your food on the skin.**

When eating fruits or veggie products, like potatoes, leave the skin on. You'll be throwing away the heavy-duty fiber and nutrients to strip the skin off. That does not, however, mean leaving the skin on meat products like chicken, which is unhealthy and strong in cholesterol.

## Power of Meditation

### What is Meditation?

**M**editation comes from the word “medicine,” which is a Latin word and originally means natural medicine. Meditation signifies that we do not identify our thoughts with the voice and emotions in our heads, but go beyond them and notice them objectively without negative or positive judgments. This technique can be practiced even while cleaning, and we don’t need specific circumstances to meditate. If we do something from the heart, we can say that we are meditating. Meditation is the art of entirely redirecting focus to only one thing.

Meditation is a changed state of awareness that cannot be produced by will or forced. In this regard, it is similar to sleep, because the more we want to sleep, the more alert we will be. Meditation usually refers to a state of mind whereby the body is consciously carefree and relaxed, and our spirit is let go of peace and concentration within ourselves. Meditation does not merely imply sitting or lying down for five to ten minutes in silence. Meditation indeed demands mindful work. The mind must be relaxed and balanced. At the same time, the brain must be alert so that it does not allow any disturbing thoughts or desires to penetrate. We begin meditation with our effort. Still, when we delve intensely into ourselves, we see that it is not our individual self that allows us to enter the state of meditation. The Supreme or Creator meditates within and through us, with our deliberate attention and permission.

The aim is to seek peace and freedom from disturbing thoughts. In such cases, the meditator achieves an escape from the environment so that from a psychological point of view, the experience could even be called a changed state of

consciousness. When we can make our minds calm and still, we will touch a new existence awakened within us. If our mind is discharged and tranquil, and our entire being becomes an empty vessel, then our internal presence can call upon eternal peace, light, and mercy to flow into and fill this vessel. This happens during meditation.

# The Effect of Meditation

Meditation has been adopted in many practices for thousands of years because of its numerous benefits: It reduces anxiety and makes people feel happy. In the short term, meditation has mainly psychological advantages, but in the long run, it has physical outcomes. Those who try meditation can enjoy its benefits in the short term such as balance, greater peace and vitality, and a decreased need for sleep. Physical effects can be experienced in just a few months: among other things, blood pressure may return to normal, or digestion may improve. So, you can imagine how beneficial it can be in the long run.

The University of California's Neuroscience Laboratory has been researching the impacts of meditation on the brain's structure for years. Their most recent research has studied long-term effects in the minds of habitual meditators compared to non-meditators. According to their results, the cerebral cortex of long-term meditators is more marked than that of non-meditators, indicating increased cognitive performance. The *Frontiers in Human Neuroscience* published research which became a milestone in science because it has long been believed that the brain mass reaches its peak in the early twenties and then begins to narrow slowly (Bae, Hur, Hwang, Jung, Kang, Kim, Kwak, Kwon, Lee, Lim, Cho, & Park, 2019). It was a widespread opinion that there was no way to interrupt this process. However, it is now known that the brain retains its plasticity to some extent, and it can physically change as a result of meditation. Earlier studies have shown that for long-time meditators, both gray matter and white matter in the brain have increased in weight. (The former contains the cells of the brain — nerve cells; the latter contains the neuronal cell-forming projections). The number of neurons in the cortex changes only very rarely in adulthood. One group of the current research involved 28 men and 22 women, their average age was 51, and they had all been meditating for an average of 20 years. The oldest participant was 71, and the most experienced meditator had been

practicing daily for 46 years. The researchers performed MRI scans of participants' brains and compared them to 50 non-meditating members of the control group.

Regular practice can increase the advantages of meditation. According to research, the more practitioners repeated deep breathing techniques and other meditation methods, the more they relieved the symptoms of arthritis, reduced their pain, increased their immune systems, manifested healthier hormone levels, and lowered blood pressure. According to the researchers, this explains that a person's mental state can change his physical condition and gives an added motivation to why traditional Tibetan, Indian, and Ayurvedic medicine view meditation and the repetition of mantras as therapeutic.

Hundreds of scientific documents confirm the positive healing and health benefits of meditation. Here are some of them.

During the first twenty minutes of meditation, metabolism is reduced by sixteen percent. The body deeply calms down during transcendental meditation, which is the result of decreased cellular oxygen utilization due to reduced metabolism. It also decreases heart rate and stabilizes blood circulation (Dillbeck & Orne-Johnson, 1987). Besides, the blood pressure decreases, and muscular tension and anxiety consequently disappear. Meditation has proven to be effective in overcoming chronic anxiety and increasing self-esteem (Eppley, Abrams, & Shear, 1989). Meditation is also an effective way to create relaxation and reduce physiological stimulation. The essence of the phenomenon is a decrease in respiratory rate, oxygen consumption, and carbon dioxide exhalation. Breathing is not only rarer but more profound, vital capacity increases from resting 450-550 ml to 800-1300 ml (up to 2000 ml for some master meditators) and remains consistent throughout. However, a lower respiratory rate is not offset by deeper breathing, resulting in a 20% reduction in respiratory volume under rest.

Several sports psychologists think that meditation may be appropriate for improving athletic performance (Syer, & Conolly, 1984). Meditation can help lessen the stress of



competition, but with some practice, an athlete can also learn how to relax different muscle groups individually and detect complex differences in muscle tension.

Throughout meditation, the athlete can anticipate the next event (such as skiing downhill) in such detail that the visualization of the action can be almost perfectly synchronized with the action itself. The skier anticipates how he will start from the starting position, gliding down and accelerating, avoiding the gates, and doing the entire race in his head. By framing images of successful performance, an athlete may attempt to program their muscles and body for the best results.

# **The Power of Meditation**

Meditation has impressive power because we associate emotions coming from the depths of the soul with conscious thought. In meditation, the individual is brought into the same frequency as the origin of the Inner Self, that is, the Universe itself, and thus is directly connected to the consciousness sphere of the Universe. In this state, there is no time limit, so the visualized fulfillment can immediately expand to the physical level. As a result of regular meditation, we obtain numerous benefits in a physical and mental sense. We will be healthier because when we focus on our breathing, our blood pressure drops, our heart rate slows down; consequently, we become calmer. It helps us have a clearer mind, sort out our thoughts and emotions, making our communication more productive both at work and in social life. We can focus more easily and accordingly feel less stressed. We become more aware of our emotions; hence, we can manage them more effectively. We find a solution sooner in areas of our lives where we feel stuck. It promotes the processing of mental problems. It helps to find peace and balance. We get closer to understanding ourselves, the people around us, our lives, and our mission. When we accept ourselves as we are, we become positive, joyful, and attractive. This will make our existing relationship more intimate or, if we are alone, the desired partner will come into our lives.

## What is Guided Meditation?

Unlike the traditional type, guided meditation is aimed at a specific purpose, and for beginners, it is one of the best ways to approach this practice. It is also called guided visualization. In this type of meditation, you form mental images of places or situations where you can feel relaxed. Most of the time, this is practiced with a teacher's help or a leader who is not necessarily present in the room where the meditation occurs. It's enough to include listening to a recording and meditating on it.

Guided meditations are not all the same: It depends on the purpose you want to achieve through this practice. Do you just want to relax? Fight insomnia? Become more resilient? Accept a major change? Lose weight?

In most guided meditations, it's essential to try to use as many senses as you can: The smells, the lights, the sounds, the textures. Usually guided meditations have a musical background that invites the mind and body to relax: Sounds of nature such as rain, rainforest, sea waves or the sound of a waterfall, or more traditional music like that of the Native American characterized by the sound of flutes, tubes, and rattles. Choose the musical background you prefer, what is important is to create the best condition to relax. To start, you can do a very quick guided meditation for beginners. The basic principle is to pay attention to what you do, always keep it in mind throughout the duration of the practice. Close your eyes and start taking three deep breaths, inhaling through your nose and exhaling from your mouth. When you breathe in, you are full of positive energy, and when you exhale, all kinds of negative energies, such as stress, tension, and worries, abandon you. Find your breath and feel your body. Simply observe it "Headspace, n.d."

## Technique of Meditation

### Conscious Meditation

**I**t's easy to get hooked up in a loop of spinning thoughts — starting to think about a laundry list of activities to do, ruminating about past events, or potentially future situations — and practicing mindfulness may help. Yet, what exactly is attention? It can be described as a mental state that requires being fully engaged in “the now” so that, without judgment, you can understand and acknowledge your thoughts, feelings, and sensations.

Mindfulness meditation is a form of mental preparation that helps you to slow down thoughts of running, let go of anger, and relax both your mind and body. Mindfulness methods can vary, but a meditation on mindfulness generally involves breathing exercise, mental imagery, body and mind awareness, and relaxation of the muscle and organ. Practicing meditation with mindfulness does not require props or planning (no need for candles, essential oils, or mantras, unless you enjoy it). All you need is a comfortable sitting spot, three to five minutes of spare time, and an attitude that's free of judgment.

Mindfulness meditation is the method of having your thoughts fully present. Knowledge involves being mindful of where we are and what we do, and not being too sensitive to what is happening around us.

One can do reflective meditation anywhere. Some people like to relax in a quiet spot, close their eyes, and focus on their respiration. But at every stage of the day, even when driving to work or doing chores, you can choose to be conscious.

You track your thoughts and feelings while practicing mindfulness meditation but let them move without judgment.

- **Transcendental meditation:** Transcendental meditation is an essential technique whereby an individually defined rhythm, such as a word, sound, or short phrase, is repeated in a particular way. It is exercised twice per day for 20 minutes while sitting comfortably close to the eyes.

The hope is that this technique will allow you to settle into a deep state of relaxation to achieve inner peace without attention or effort.

- **Directed Meditation:** Directed meditation, often also referred to as guided imagery or visualization, is a meditation technique in which you create mental images or scenarios that you find calming.

Guided meditation is among the most common methods of meditation employed every day by millions of people. In this post, we'll explore guided meditation and how to do it.

In the purest form, guided meditation is a type of meditation where the individual is guided on every step of his daily practice. Someone directs you right from the first level of sitting in a meditative pose to the final phase of completing the meditation. What occurs is that during meditation, a teacher or mentor provides step-by-step guidance about what to do. It is an ancient method of conveying directions for meditation to pupils. In older times, this technique has been used to teach meditation in a group. Nowadays, thanks to technological development, we no longer need a guru's physical presence to lead us in meditation. We can listen to a master's direct guidance using pre-recorded CDs or DVDs and conduct our meditation practice. In the absence of any meditation master professional CDs / DVDs, you can record the instructions of guided meditation from a book in your voice and then play them afterward.

Furthermore, if anyone does not have the capability of a voice recorder or a DVD player, during a session, he may ask his friends or relatives to speak the written meditation instructions orally. This way, we can use the benefit of guided meditation but without any technological assistance.

However, I still believe that the use of a pre-recorded CD or DVD for guided meditation is the best way for guided meditation, as it removes the need for a person to be physically present near you to read the instructions. It also lets you take advantage of controlled meditation, even when you're alone.

Guided instructions for meditation can be of various varieties depending on the methods the teacher imparts. Some of the most common meditation techniques used in guided meditation are Vipassana – which involves visualization of the cycle of breathing, visual imagination, mantra recitation, a meditation on dancing, a meditation on prayer and meditation on mindfulness, etc. The easiest way to use guided meditation is to listen to a master's live guidance. If this is not feasible, then the second-best option is to record in your voice the written instructions of meditation and then listen to it in your meditation practice.

Usually, this phase is directed by a guide or instructor, thus “driven.” It is also suggested that you utilize as many senses as possible, such as scent, sounds, and textures, to elicit calmness in your relaxing region.

- **Vipassana Meditation:** Vipassana meditation is an ancient form of Indian meditation, which means seeing things as they are. More than 2,500 years ago, it was taught in India. Conscious meditation movement has origins in this practice in the United States.

The purpose of meditation with vipassana is self-transformation through the examination of oneself. This

is accomplished to create a deep connection between mind and body by careful attention to the sensations in the body. The sustained interconnectedness leads to a happy account, filled with love and compassion.

Vipassana is usually taught during a 10-day course in this tradition, and people are expected to follow a set of rules all the time, as well as for abstaining from all intoxicants, telling lies, cheating, sexual activity, and killing any animals.

- **Loving meditation on compassion (metta meditation):** Metta meditation, also called meditation on loving-kindness, is the practice of guiding good wishes towards others. Those who practice reciting similar words and phrases will elicit warm-hearted sentiments. This is commonly found also in meditation on mindfulness and vipassana.

It's usually done in a pleasant, relaxed position while sitting. After a few deep breathes, you slowly and steadily repeat the following words. "Just let me be happy. May I be fine. Let me be free. May I be calm and at ease." After a period of guiding this loving-kindness to yourself, you may begin to imagine a family member or friend who has supported you and repeat the mantra, this time replacing "I" with "you." As you continue the meditation, you may bring to mind other members of your family, friends, neighbors, or people in your life. Practitioners are often encouraged to consider individuals who are having trouble with them.

- **Finally, you finish the meditation with the standard mantra:** "Let every being be happy everywhere" — a meditation on the Chakra.

Chakra is an ancient Sanskrit term that can be traced back to India and translates into a "cycle." The chakras refer to the energy and spiritual force centers within the

body. It is believed there will be seven chakras. Every chakra is in a different part of the body, and each of them has a corresponding color.

Chakra meditation consists of relaxation techniques that aim to bring balance and well-being to the chakras. Any of these techniques provides the visual depiction of any chakra in the body and the corresponding light. Some people can prefer to light incense or use crystals, which are color-coded for each Chakra to help them focus during meditation.

- **Meditation yoga:** The yoga practice has its roots in ancient India. There is a wide variety of yoga classes and styles, but all include performing a series of postures and guided breathing exercises designed to encourage flexibility and relax the mind.

The poses require balance and attention, and practitioners are encouraged to concentrate less on distractions and remain more at the moment.

Which meditation style you choose to try, depends on several factors. When you have a health problem and are new to yoga, tell your doctor what method would be right for you.



## CHAPTER 9:

# Meditation and Weight Loss

## Transcendental Meditation and Weight Loss

**M**editation is generally utilized as an unwinding instrument, similar to a back rub for the psyche. What's more, much the same as there are numerous approaches to create an organic product serving of mixed greens; meditation accompanies an assortment of systems. One specific sort called Transcendental Meditation (TM) has earned the distinction since the 1960s after a celebrated musical crew called "The Beatles" began rehearsing it.

TM is not a religion, reasoning, or way of life. Rather, it is a technique for accomplishing a more prominent feeling of harmony and quiet into everyday life, also the advantage of being available. Regardless of whether you are looking for more prominent importance throughout everyday life, looking for alleviation from nervousness, or planning to hinder quick contemplations, meditation may help. It is reasonable to notice that all the recently referenced reasons have an incredible effect on our general wellbeing and dynamically, our weight.

The fundamental contrast that separates transcendental meditation and different types of techniques is the mantra approach during a meditation session. The mantra is compared to a vehicle, which is being used to help the mind find a peaceful place and settle down.

It is the most common and easy system of meditation. Be that as it may, it is likewise the most developed and in a general sense distinctive methodology in light of the fact that the effortlessness depends on a significant and complete comprehension of the brain and its conduct as well as the

body, and how the two interface during profound meditation, something not comprehended in for all intents and purposes as some other methodologies. In this way, a limit of 20 minutes, two times per day, sitting in an agreeable seat are all together that is required.

Here are the means to rehearse TM:

1. Take a seat assuming a comfortable position. Do not cross your arms or legs.
2. Make sure your eyes are closed. Take several deep breaths to bring the body into relaxation.
3. Open your eyes shut them once more. Your eyes will assume this state for the whole 20-minute duration.
4. Decide on the mantra to recite in your mind.
5. When you notice that the mind has started to wander, refocus your attention back to the mantra.
6. After the whole duration is over, slowly move your toes and fingers to return yourself back to reality.
7. Open your eyes.
8. If you do not feel prepared to go on with your day, sit for a longer duration.

Indeed, you might think about how TM will help with weight decrease. As per research directed on veterans experiencing PTSD, when the psyche rises above, the body comes into an expression that is far more profound than even profound rest and goes there undeniably more rapidly. Stress prompts a characteristic instrument, which is intended for our assurance to endure. This pressure logically triggers various exercises to counter the response:

1. The front piece of the cerebrum will be detached, the part which is liable for drive control.
2. The creation of the bliss hormone “dopamine” diminishes (the pressure hormone “cortisol” increments).
3. Individuals under pressure are less and less able to tune in to the normal needs of the body.

Rising above is fundamentally the contrary experience of pressure, and that way it will have the contrary impacts. The subsequent harmony enables the body to likewise increase exceptionally profound rest (further than rest), in which it can disintegrate even its most profound anxieties aggregated because of life's most exceedingly terrible injuries. As we develop revived and renewed from the quietness of meditation, this can possibly, deliver different emotional upgrades in any part of our life.

## **Mindful Eating**

We eat mindlessly. The principal explanation behind our awkwardness with nourishment and eating is that we have overlooked how to be available as we eat. Careful eating is the act of developing a receptive familiarity with how the nourishment we eat influences one's body, sentiments, brain, and all that is around us. The training improves our comprehension of what to eat, how to eat, the amount to eat, and why we eat what we eat. When eating carefully, we are completely present and relish each chomp — connecting every one of our faculties to really value the nourishment. Past simple tastes, we see the appearance, sounds, scents, and surfaces of our nourishment, just as our mind's reaction to these perceptions.

The precepts of care apply to careful eating too; however, the idea of careful eating goes past the person. It likewise incorporates how what you eat influences the world. When we eat with this comprehension and understanding, appreciation and empathy will emerge inside us. Accordingly, careful eating is fundamental to guarantee nourishment supportability for who and what is to come, as we are persuaded to pick nourishments that are useful for our wellbeing, yet in addition useful for our planet.

It is outstanding that most get-healthy plans do not work in the long haul. Around 85% of individuals with heftiness who shed pounds come back to or surpass their underlying load inside a couple of years. Binge eating, passionate eating, outside seating, and eating because of nourishment longings have been connected to weight put on and weight recovers after effective weight reduction. Interminable presentation to stress may likewise assume an enormous job in gorging and heftiness. By changing the manner in which you consider nourishment, the negative sentiments that might be related to eating are supplanted with mindfulness, improved poise, and positive feelings. At the point when undesirable eating practices are

tended to, your odds of long-haul weight reduction achievement are expanded.

# **Steps to Mindful Eating**

## **1. Watch Our Shopping List**

Shopping mindfully, – purchasing sound nourishments that are reasonably delivered and bundled – is a significant piece of the training. One thing you will probably find about careful eating is that entire nourishments are more dynamic and heavenly than you may have given them acknowledgment for.

## **2. Figure Out How to Eat Slower**

Eating gradually does not need to mean taking it to limits. All things considered, it is a smart thought to remind yourself, and your family, that eating is not a race. Setting aside the effort to relish and make the most of your nourishment is perhaps the most advantageous thing you can do. You are bound to see when you are full, you'll bite your nourishment more and consequently digest it all the more effectively, and you'll likely end up seeing flavors you may some way or another have missed.

## **3. Eat When Necessary**

It might take some training, however, locate that sweet spot between being eager and being ravenous to the point that you need to breathe in a dinner. Additionally, tune in to your body and get familiar with the distinction between being physically eager and sincerely ravenous. On the off chance that you skip dinners, you might be so anxious to get anything in your stomach that your first need is filling the void as opposed to making the most of your nourishment.

## **4. Enjoy Your Senses**

The vast majority partner eating with simply taste, and many eat so carelessly that even the taste buds get quick work. Be that as it may, eating is a blessing to a greater number of faculties than simply taste. When you are cooking, serving, and eating your nourishment, be mindful of shading, surface, fragrance, and even the sounds various nourishments make as you set them up. As you bite your nourishment, take a stab at distinguishing every one of the fixings, particularly seasonings. Eat with your fingers to give your feeling of touch some good times. By drawing in various faculties, the entire experience turns out to be significantly more completely fulfilling.

## **5. Keep Off Distractions**

Our day by day lives are brimming with interruptions, and it is normal for families to eat with the TV booming or one relative or another tinkering with their iPhone. Think about making family supper time, which should, obviously, be eaten together, a hardware-free zone. This does not mean eating alone peacefully; careful eating can be a great mutual encounter. It just means do not eat before the TV, while driving, at the PC, on your telephone, and so on. Eating before the TV is for all intents and purposes the national hobby, however, simply consider how effectively it empowers careless eating.

## **6. Stop When You Are Full**

The issue with astounding nourishment is that by its very nature, it tends to be difficult to quit eating. Eating gradually will enable you to feel full before eating excessively, but on the other hand, it is imperative to be mindful of segment size and tune in to your body for when it starts disclosing to you it has had enough. Gorging may feel great at the time; however, it is awkward a short time later and is commonly not

beneficial for the body. With a little practice, you can locate the without flaw spot between eating enough, however not all that much.

Careful eating does not need to be an activity in super-human focus, but instead a straightforward promise to acknowledging, regarding, and, most importantly, getting a charge out of the nourishment you eat each day. It very well may be drilled with serving of mixed greens or frozen yogurt, doughnuts, or tofu, and you can present it at home or at work. While the center turns out to be the means by which you eat, not what you eat, you may discover your thoughts of what you need to eat moving significantly for the better as well.



## CHAPTER 10:

# A Means to Lose Weight

**T**his is an ability that you don't simply increase medium-term, a type of reflection. It takes practice, and there will be times when you neglect to eat mindfully, beginning, and halting.

# **A Guide to Mindful Eating**

Individuals that need to be cautious about sustenance and nourishment are asked to:

- Explore their inward knowledge about sustenance — different preferences
- Choose sustenance that pleases and support their bodies
- Accept explicit sustenance inclinations without judgment or self-analysis
- Practice familiarity with the indications of their bodies beginning to eat and quit eating.

# General Principles of mindful Eating

One methodology to careful eating depends on the core values given by Rebecca J. Frey, Ph.D., and Laura Jean Cataldo, RN: Tune in to the internal craving and satiety signs of your body Identify private triggers for mindless eating, for example, social weights, incredible sentiments, and explicit nourishments.

Here are some of the tips for getting you started.

- **Start with one meal.** It requires some investment to begin with any new propensity. It very well may be difficult to make cautious eating rehearses constantly. However, you can practice with one dinner or even a segment of a supper. Attempt to focus on appetite sign and sustenance choices before you start eating or sinking into the feelings of satiety toward the part of the arrangement — these are phenomenal approaches to begin a routine with regards to consideration.
- **Remove view distractions place or turn off your phone in another space.** Mood killers such as the TV and PC and set away whatever else — for example, books, magazines, and papers — that can divert you from eating. Give the feast before your complete consideration.
- **Tune in your perspective when you start this activity, become aware of your attitude.** Perceive that there is no right or off base method for eating, yet simply unmistakable degrees of eating background awareness. Focus your consideration on eating sensations. When you understand that your brain has meandered, take it delicately back to the eating knowledge.
- **Draw in your senses with this activity.** There are numerous approaches to explore. Attempt to investigate one nourishment thing utilizing every one of your faculties. When you put sustenance in

your mouth, see the scents, surfaces, hues, and flavors. Attempt to see how the sustenance changes as you cautiously bite each nibble.

- **Take as much time as necessary.** Eating cautiously includes backing off, enabling your stomach related hormones to tell your mind that you are finished before eating excessively. It's a fabulous method to hinder your fork between chomps. Additionally, you will be better arranged to value your supper experience, especially in case you're with friends and family.

Formal dinners, be that as it may, will, in general, assume a lower priority about occupied ways of life for generally people. Rather, supper times are an opportunity to endeavor to do each million stuff in turn.

From the farm to the fork — can help you conquer enthusiastic eating, make better nourishment choices, and even experience your suppers in a crisp and ideally better way. To make your next dinner mindful, pursue these measures.

# **The Most Effective Method to Start Eating More Intentionally**

**Stage 1:** Eat Before You Shop. We have all been there. You go with a rumbling stomach to the shop. You meander the passageways, and out of the blue, those power bars and microwaveable suppers start to look truly enticing. “When you’re excessively ravenous, shopping will, in general, shut us off from our progressively talented goals of eating in a way that searches useful for the body,” says Dr. Rossy. So, even if you feel the slightest craving or urge to eat, get a nutritious bite or a light meal before heading out. That way, your food choices will be made intentionally when you shop, as opposed to propelled by craving or an unexpected sugar crash in the blood.

**Stage 2:** Make Conscious Food Choices. When you truly start considering where your nourishment originates from, you’re bound to pick sustenance that is better for you, the earth, and the people occupied with the expanding procedure portrays Meredith Klein, an astute cooking educator, and Pranaful’s author. “When you’re in the supermarket, focus on the nourishment source,” Klein shows. “Hope to check whether it’s something that has been created in this country or abroad and endeavors to know about pesticides that may have been exposed to or presented to people who were developing nourishment.” If you can, make successive adventures to your neighborhood ranchers advertise, where most sustenance is developed locally, she recommends.

**Stage 3:** Enjoy the Preparation Process. “When you get ready sustenance, instead of looking at it as an errand or something you need to hustle through, value the process. You can make a huge deal of pleasure in food shopping for items that you know will help you feel better and nourish your body.

**Stage 4:** “Simply eat.” This is something we once in a while do, as simple as it sounds, “simply eat.” “Individuals regularly eat while doing different things — taking a gander at their

telephones, TVs, PCs, and books, and mingling,” claims Dr. Rossy. “While cautious eating can happen when you’re doing other stuff, endeavor to’ simply eat’ at whatever point plausible.” She includes that centering the nourishment you’re eating without preoccupation can make you mindful of flavors you may never have taken note of. Yum!

**Stage 5: Down Your Utensils.** When you are done eating, immediately put your dishes and utensils away. This is a way of signaling to yourself that you are done eating (it tends to be much a bit tough to accept). “You’re getting a charge out of each chomp that way, and you’re focused on the nibble that is in your mouth right now as opposed to setting up the following one,” Klein says.

**Stage 6: Chew, Chew, Chew Your Food.** Biting your sustenance is exceptionally fundamental and not only for, have you known, not to stun. “When we cautiously eat our sustenance, we help the body digest the nourishment all the more effectively and meet a greater amount of our dietary needs,” says Dr. Rossy. Furthermore, no, we won’t educate you how often you’ve eaten your sustenance. However, Dr. Rossy demonstrates biting until the nourishment is very much separated – which will most likely take more than a couple of quick eats.

**Stage 7: Check-in with Your Hunger.** You frequently miss the sign that your body sends you during the supper when you eat thoughtlessly, for example, when supper time turns into your prime time to make up for lost time with Netflix appears or when you have your supper in a rush. At the end of the day, the one that illuminates you when you begin to feel total. Dr. Rossy proposes ending dinner and taking some time with your craving levels to check-in. “Keep eating in case no doubt about it,” she proposes. “In case you’re not ravenous yet, spare the nourishment for some other time, manure it, or even discard it.” Those remains can make the following day an incredible dinner of care.

Last but not least, we get it; life does not always allow sit-down, completely tuned-in mealtimes. So, if you don’t have

time for all seven steps, attempt to include one or two in each dinner. “If you have only a little window of time, just try to devote yourself to food,” suggests Klein. “Set down your phone, get away from the screen, just be there—you can do that regardless of how much time you have.”

## CHAPTER 11:

# Daily Weight Loss Meditation

**B**efore you can begin using meditations to do things such as help you burn fat, you need to make sure that you set yourself up properly for your meditation sessions. Each meditation is going to consist of you entering a deep state of relaxation, following guided hypnosis, and then awakening yourself out of this state of relaxation. If done properly, you will find yourself experiencing the stages of changed mindset and changed behavior that follows the session.

In order to properly set yourself up for a meditation experience, you need to make sure that you have a quiet space where you can engage in your meditation. You want to be as uninterrupted as possible so that you do not stir awake from your meditation session. Aside from having a quiet space, you should also make sure that you are comfortable in the space that you will be in. For some of the meditations, I will share, you can be lying down or doing this meditation before bed so that the information sinks in as you sleep. For others, you are going to want to be sitting upright, ideally with your legs crossed on the floor, or with your feet planted on the floor as you sit in a chair. Staying in a sitting position, especially during morning meditations, will help you stay awake and increase your motivation. Laying down during these meditations earlier in the day may result in you draining your energy and feeling completely exhausted, rather than motivated. As a result, you may actually work against what you are trying to achieve.

Each of these meditations is going to involve a visualization practice; however, if you find that visualization is generally difficult for you, you can simply listen. The key here is to make sure that you keep as open of a mind as possible so that



you can stay receptive to the information coming through these guided meditations.

Aside from all of the above, listening to low music, using a pillow or a small blanket, and dressing in comfortable loose clothing will all help you have better meditations. You want to make sure that you make these experiences the best possible so that you look forward to them and regularly engage in them. As well, the more relaxed and comfortable you are, the more receptive you will be to the information being provided to you within each meditation.

## **A Simple Daily Weight Loss Meditation**

This meditation is an excellent simple meditation for you to use on a daily basis. It is a short meditation that will not take more than about 15 minutes to complete, and it will provide you with excellent motivation to stick to your weight loss regimen every single day. You should schedule time in your morning routine to engage in this simple daily weight loss meditation every single day. You can also complete it periodically throughout the day if you find your motivation dwindling or your mindset regressing. Over time, you should find that using it just once per day is plenty.

Because you are using this meditation in the morning, make sure that you are sitting upright with a straight spine so that you are able to stay engaged and awake throughout the entire meditation. Laying down or getting too comfortable may result in you feeling more tired, rather than more awake, from your meditation. Ideally, this meditation should lead to boosted energy as well as improved fat burning abilities within your body.

Start by gently closing your eyes and drawing your attention to your breath. As you do, I want you to track the next five breaths, gently and intentionally lengthening them to help you relax as deeply as you can. With each breath, breathe into the count of five and out to the count of seven. Starting with your next breath in, one, two, three, four, five, and out, one, two, three, four, five, six, seven. Another, one, two, three, four, five, and out, one, two, three, four, five, six, seven. Breathe in, one, two, three, four, five, and breathe out, one, two, three, four, five, six, seven. Another, breathe in, one, two, three, four, five, and breathe out, one, two, three, four, five, six, seven. One more time, breathe in, one, two, three, four, five, and breathe out, one, two, three, four, five, six, seven.

Now that you are starting to feel more relaxed, I want you to draw your awareness into your body. First, become aware of your feet. Feel your feet relaxing deeply, as you visualize any

stress or worry melting away from your feet. Now, become aware of your legs. Feel any stress or worry melting away from your legs as they begin to relax completely. Next, become aware of your glutes and pelvis, allowing any stress or worry to simply fade away as they completely relax. Now, become aware of your entire torso, allowing any stress or worry to melt away from your torso as it relaxes completely. Next, become aware of your shoulders, arms, hands, and fingers. Let the stress and worry disappear from your shoulders, arms, hands, and fingers as they relax completely. Now, let the stress and worry melt away from your neck, head, and face. Feel your neck, head, and face relaxing as any stress or worry melts away completely.

As you deepen into this state of relaxation, I want you to take a moment to visualize the space in front of you. Imagine that in front of you, you are standing there looking back at yourself. See every inch of your body as it is right now standing before you, casually, as you simply observe yourself. While you do, see what parts of your body you want to reduce fat in so that you can create a healthier, stronger body for yourself. Visualize the fat in these areas of your body, slowly fading away as you begin to carve out a healthier, leaner, and stronger body underneath. Notice how effortlessly this extra fat melts away as you continue to visualize yourself becoming a healthier and more vivacious version of yourself.

Now, I want you to visualize what this healthier, leaner version of yourself would be doing. Visualize yourself going through your typical daily routine, except the perspective of your healthier self. What would you be eating? When and how would you be exercising? What would you spend your time doing? How do you feel about yourself? How different do you feel when you interact with the people around you, such as your family and your co-workers? What does life feel like when you are a healthier, leaner version of you?

Spend several minutes visualizing how different your life is now that your fat has melted away. Observe how natural it is for you to enjoy these healthier foods, and how easy it is for

you to moderate your cravings and indulgences when you choose to treat yourself. Notice how easy it is for you to engage in exercise and how exercise feels enjoyable and like a wonderful hobby, rather than a chore that you have to force yourself to commit to every single day. Feel yourself genuinely enjoying life far more, all because the unhealthy fats that were weighing you down and disrupting your health have faded away. Observe how easy it was for you to get here, and how easy it is for you to continue to maintain your health and wellness as you continue to choose better and better choices for you and your body.

Feel how much you respect your body when you make these healthier choices, and how much you genuinely care about yourself. Notice how each meal and each exercise feels like an act of self-care, rather than a chore you are forcing yourself to engage in. Feel how pleasant it feels to do something for you. For your wellbeing.

When you are ready, take that visualization of yourself and send the image out really far, watching it become nothing more than a spec in your field of awareness. Then, send it out into the ether, trusting that your subconscious mind will hold onto this vision of yourself and work daily on bringing this version of you into your current reality.

Now, awaken back into your body where you sit right now. Feel yourself feeling more motivated, more energized, and more excited about engaging in the activities that are going to improve your health and help you burn your fat. As you prepare to go about your day, hold onto that visualization and those feelings that you had of yourself, and trust that you can have this wonderful experience in your life. You can do it!

## CHAPTER 12:

# Fat Burning Meditation

**T**his fat-burning meditation is a simple 30-minute meditation that is going to allow you to spend time visualizing your fat cells, reducing into smaller and smaller cells until they essentially vanish. Focusing on these types of hypnosis, meditations are said to help direct your subconscious mind on how to interact with your body so that you can begin to have a healthier and healthier body. When you focus on intentionally drawing your subconscious awareness into these activities, it encourages it to continue engaging in these activities on its own, even when you are not engaged in your hypnosis session.

This is a great meditation to engage in during the day anywhere from one to three times per week, or at bedtime. They say that meditating right before you fall asleep can be particularly potent, as you are meditating during a time where your subconscious mind is particularly active, and your conscious mind is already beginning to fall asleep. Throughout this time, you are most likely to experience the level of relaxation and receptivity that is needed for your subconscious mind to really digest the changes that you are seeking to make within it.

To begin this meditation, allow yourself to close your eyes and begin to fade into a deep state of relaxation. Feel yourself relaxing deeper with each breath, and notice yourself falling into a lovely state of calmness. In order to help you deepen your relaxation, I am going to guide you through a practice that will take you to the deepest level of relaxation possible. To do this, I want you to visualize yourself standing at the top of a set of stairs. As I count down from one to ten, I want you to visualize yourself walking down that flight of stairs, taking just one step at a time. With each step, you take, visualize yourself relaxing deeper and deeper until you find yourself in

a deep state of relaxation and ready to engage in a hypnotic visualization session.

Beginning with ten, visualize yourself taking a step down the stairs. Notice your surroundings, including the color of the walls, what the bottom step looks like, and any decorations that may be surrounding you. With nine, step down again, and see yourself getting closer to the bottom of the flight of stairs. Notice your relaxation doubling with every single step you take, as you step down to the eighth step. Notice how your perspective may be changing around you as you descend lower and lower down the stairs, moving down to the seventh stair. Now, step down to the sixth stair. When you are ready, step again down to the fifth stair, feeling your relaxation doubling once again as you sink deeper and deeper into a state of relaxation and calmness. Now, step down to the fourth stair. As you look before you, you can see a chair coming into your view when you step down again to the third stair. As you step down to the second stair, you can see that the chair looks incredibly comfy, and you cannot wait to go feel your relaxation triple when you sit in it as you step down to the first stair and then off the stairs.

When you get off the stairs at the bottom, see yourself walking up to that chair and sitting in it. Notice that this chair is the comfiest chair you have ever sat in, and upon sitting in it, you feel your entire state relaxing ten times deeper as you sink into the chair. Feel yourself becoming so calm that you are able to simply fade away in this space.

As you sit there, notice your awareness turning inward into your body. As your awareness turns inward, draw your focus down into your fat cells. See each cell sitting there, hugging your body, and keeping you warm and comfortable in your current state. Notice how each cell feels confident that it is serving a purpose, and sits proudly in its position. As you look at each of these fat cells, realize that they are not there to cause you harm or destruction, but because they genuinely believe they are meant to be there. They believe they are serving an important job for you and your life.

As you draw your awareness even closer into these cells, I want you to pick one up in your hand. See this small round cell sitting in your hand, proudly serving a purpose in your life. As you hold it, thank the cell for all that it has done, and with complete gratitude, let it know that you no longer need it to help you anymore. Cup the cell between your hands and feel it shrinking all the way down until it vanishes between your palms.

Again, pick up another cell and hold it in your hands. With deep gratitude in your heart, thank it for serving its purpose and let it know that you no longer need its help. Wish it well as you cup it between your palms and shrink it all the way down until it vanishes.

Keep doing this with your fat cells as you continue to pick them up, express gratitude for their service, and then shrink them down in your palms until they vanish completely. One by one, let each fat cell know that it is no longer needed and that you are grateful for all that it has provided you with until this point in your life. Let your remaining cells know that you now require less fat in your body so that you can restore your health and start to feel better and better.

As you reach the end of the fat cells, notice that you look around and no fat cells remain. All you see are healthy cells that support important functions in your body like cell regrowth, digestion, and circulation. Express deep gratitude for every single cell in your body and the work it is doing, and allow yourself to release this perspective as you draw your awareness back into your body. See your awareness growing beyond the size of your small cells and back into the awareness of yourself as you come back into the room where you presently sit. Feel yourself awakening from your meditation now, as you open your eyes and feel different within your body.

From now on, when you go through your daily life, notice how even though some of your fat cells continue to remain, you can almost see them disappearing. Continue to express gratitude for each cell and all that it has done to attempt to support your

survival, and allow it to peacefully fade away as you allow yourself to come back into a state of lean health.



## CHAPTER 13:

# Guided Meditation for Weight Loss

**O**ne of the hardest parts about losing weight is having to wait so long to see the results. While there isn't a way to lose 20 pounds overnight, you can reshape your mentality so that you can grow your patience for the process. When you fully recognize the time and how that plays into weight loss, you won't be looking at the scale every hour, begging for results. Instead, you will be happy with your journey and able to recognize the incredible way that your body is changing. This is a visualization exercise that is going to help you get in the right mindset to lose weight fast.

## **Fast Weight Loss Meditation**

This meditation is going to be a visualization. You are going to need to ensure that you are in a comfortable place where you can drift off and go to sleep if you want to. We are going to take you through the scene that will await you at the end of your natural weight loss journey. Close your eyes and keep your body as relaxed as possible. Start to focus on your breathing. Breathe in from your nose and out to your mouth. Concentrate the air as it travels through your body so that you will be able to shut out any negative or toxic thoughts more easily than you have at this moment.

- Focus and breathe in for five and out for five. We are going to count down through 10 a few times in order to get you in the right mindset.
- Breathe in now for 1, 2, 3, 4, 5, and out for 5, 4, 3, 2, and 1.
- Now we are going to count down from 10. Make sure that you are still focused on breathing in this pattern.
- 1,2,3,4,5,6,7,8,9,10.
- You see nothing around you. Everything is black, and you are completely relaxed.
- Each time a new thought comes into your brain, simply push it out and focus instead on your breathing. Again, breathe in for 1, 2, 3, 4, 5, and out for 5, 4, 3, 2, and 1.
- You are now completely relaxed. There is nothing in front of you. Your eyes are closed, and you see black. Everything is dark and peaceful. You don't have to worry about anything at this moment. Nothing is around you.
- You are completely quiet and totally serene. Your body is feeling free and relaxed. You look ahead of

you and you start to see a little white dot. This white continues to grow and grow and grow until it has engulfed you.

- You see a perfectly clear blue sky with the sun shining down. The white comes from the bright gravel driveway that's in front of you. You start to walk towards a gigantic mansion. You take a few steps up and notice the marble front doors in front of you. You are looking out, and you see nothing but a green grassy pasture and skyline dotted with trees. You are completely centered and peaceful at this moment. You reach your hand out and grasp the brass knob right in front of you. You squeeze it gently and turn it, slowly pushing the door open. Laying in front of you is a wonderful wooden carved staircase with marble furnishings. The floor is an ornate tile with intricate designs. You look up and see that there is a gorgeous sunroof letting a beam of light hit you like an angel.
- You close the door behind you and take your settings in once more. This mansion is yours. You recognize now that this is your very own home. You take a step forward, and you notice there's a mirror against the wall. You walk towards the mirror and see yourself standing there, only this isn't the self that you know now as you are in this present moment. This is somebody who has naturally lost weight.
- Your body is pure and healthy. You don't have any marks from surgeries or the sign of starvation in your eyes. You are happy because you have completed this task naturally. You worked alongside your body in order to get the results that you not only want but also deserve. You look around you and see that you have managed to create this life. You have your dream body with your dream hair and a happy shining face, and you

are surrounded by everything you could ever want. You notice there's a long hallway, and you hear some chatter at the end. Before following, you stop first into a bedroom against a long hallway. On the bed, you see the most gorgeous outfit you could ever imagine. It has all the makings of something that not only helps you to look good but makes you feel good. You slip into this outfit now and take a look in the mirror. Once again, your incredibly defined body shows through this silhouette. You exude confidence. It really doesn't even matter what you're wearing, but this outfit, in particular, makes you feel like a luxury.

- You start to admire your body from the bottom up. You notice your incredible feet and how they have been able to carry you throughout this whole process. You have shoes that comfortably fit, and your body is no longer sore. You can easily move your ankles and your feet around as needed. They carry you to places that you never thought you would find yourself. They have been able to hold your entire body. Without these powerful feet, you would not have been able to go through this whole process. You move on up now to your calves. You see these intense calves combined with your shins and understand the way that they have also helped to push you forward. You were able to run and walk on these calves to burn so many calories. You naturally used this small part of your body to have so much powerful force. You were able to lift weights, and you were able to do squats, jumping jacks, and other fun exercises. They help you dance. Each time you move your calf, you notice that this is something so powerful and strong. That really helped you through this journey. Moving up, you see your knees and your thighs. This part helped you bend, and you were able to stretch and feel your muscles relax as you worked them out.

- You're able to recognize all of the powerful and incredible ways that your legs have carried you throughout this life. They have helped you to run, exercise, and jog, along with other methods of physical exercise, so that you are able to get the body that you desire. These incredible legs look so great in the mirror as you look in front of you. You are not afraid to show them off anymore. They are a part of who you are. You see your stomach now, and it shows just how incredibly strong your willpower is. You've been able to say no to food that you know not only adds extra weight to your body but just generally makes you feel bad. You don't have that big gut anymore that is filled with foods that are unhealthy. Having a belly is not bad at all. Most animals even need this belly. However, your gut isn't one that weighs you down. You don't feel so full and greasy in your stomach. You feel good. You know that you've been working with your gut in a healthy and happy way to provide it with everything that it needs. You haven't been feeding it food that makes it feel bad. You only give it good nutritious food that is easy for it to process. It breaks down your food and takes every mineral, vitamin, and nutrient from this substance in order to make you feel better. Your stomach knows exactly what to do with food and where to send the various parts that it breaks down as well.
- You look up and see your incredible chest. This has been where your heart beats and your lungs work hard during your workouts. These organs work so efficiently because your stomach was able to process everything that you fed it for a long period of time. Your chest is where the center of your body lies. You are able to look at this incredible tool and see the way that you've been able to transform your body. You feel yourself breathe in

again as you notice how it rises and falls with each breath that you take.

- Breathe in for 1, 2, 3, 4, 5, and out for 5, 4, 3, 2, and 1.
- You keep breathing, and your heart keeps pumping. Even when you're sleeping or not even thinking about it, your heart and lungs will continue to work. This has been an incredibly powerful part of your journey. You take a look in the mirror then notice your arms. These powerful and strong arms have also helped to carry you through this process. They did the push-ups, the pull-ups, and everything else in between. They helped prepare your delicious food. Your hands were able to make things that helped you to feel better in this life. Your arms are what carried you throughout your journey.
- You were able to hold yourself. You could massage your muscles, and you soothe yourself using your hands. These are so powerful and a part of this journey. Finally, at the top of your body lies your head. This is where you can see the beaming smile. Not only is your smile exuding confidence, but your eyes are showing your true character now as well. You're nourishing yourself and taking care of yourself in the way that you deserve to be loved. You recognize that losing weight isn't something that just makes you look good. Losing weight is an important part of life because we need to be healthy. You deserve to feel good all the time. It's not just a matter of looking good in a bikini. You're able to walk up a set of stairs without running out of breath. You can have a little bit of ice cream or cake or other indulgent things here and there because you have that powerful self-control. You're able to walk into any store you want and know that you can find something that fits. You're

no longer embarrassed or afraid of what other people might think of your body. You can jump into a pool in a swimsuit anytime without thinking twice about what others are going to think. It's not a matter of just fitting into a certain-sized clothing item. You have done this because it makes you feel good from the tip of your toes to the top of your head. You are smiling all the time without even realizing it. This is so powerful.

- It's something that you would never have imagined. You thought that you could only achieve something so incredible in a fantasy, but you look in front of you now into the mirror and see that this is exactly what you want. Everything that you have ever desired is in your hands. You are able to give this gift to yourself. Nobody else has ever done something so nice for you. You choose a healthy lifestyle because it's going to help you live longer and live happier.

## CHAPTER 14:

### **Repetition of A Mantra**

**B**onnie was 74 kilos (163 lbs.) and she still felt fat, but she worried less about it. She wasn't the old Bonnie anymore, and she didn't want to be so. She knew her real value, and she knew that she wanted to be with a person who really appreciated her as she is. She missed Tony a lot, and she was also already aware of her own mistakes. She thought it was time to make it up, but she became very stressed as soon as she decided to pick up the phone to call him. That's why George taught her an easy and extremely efficient method to release anxiety. You can use it for your weight loss program as well.



# **What Are Mantras and How, for What Can We Use Them?**

There are a lot of anxiety-inducing situations every day such as an important job interview, asking the boss for a pay raise, giving a lecture in front of a bunch of people, and so on. Calm breathing often turns out to be insufficient, especially in a stressful emergency situation. In this case, we need to apply another approach, the method of mantra.

## **10 Essentials You Need to Know About Mantras**

### **The hidden Possibilities of Mantras**

The strength of mantras honed by ancient Indian sages over many decades is concentrated, even in their ability to influence the physical level. “Mantras are like different doors that lead to the same end: Each mantra is unique and thus leads to the same wisdom: To recognize that everything is one. That is, every mantra has the potential to unleash the veil of illusion and dispel the darkness.” (Deva Premal)

### **The Language of Mantras and Their Meanings**

The language of mantras is Sanskrit, which is no longer considered a living language on the planet, but it is called the ‘mother tongue.’ We all relate to this in the same way as our language is a cellular language, a code that we understand at a very deep level. It vibrates in us something that no other language or sound can. It is a universal, cellular voice that unites us, no matter our belief system, our nationality, and our religion. You can find translated mantras, but the sounds themselves are sufficient to bring about the beneficial effects. Mantras contain deep, concentrated wisdom, meaning much more than the sum of individual words. It is, therefore, almost impossible to interpret them accurately without losing some

deeper meaning. Therefore, let us consider the translation as a guide and let the mantras work on their own.

## **The Power of Intention**

As something is necessarily lost in the true meaning of translation, the power of our intention is very important. It is good to have a strong intention and a strong focus inside, but in fact, the effect that the mantra exerts on us is the most important. This is the true meaning of the mantra to every person who uses it. For each mantra, you will find a phrase called “Inner Focus,” which broadly covers the intent of that mantra, but of course, you can also formulate an individual intent.

## **Keep the Mantra with You All-Day**

There are countless ways to make mantras part of our lives. I often carry a mantra with me all day. I would like to encourage you to do so! Carry the mantra with you throughout the day, and whenever you think of it, come back to it, the mantra being the last thing you think of before going to sleep. This is how you can truly commit to a mantra and the specific focus or theme that the mantra represents.

## **It's Not necessary to Chant the Mantras Aloud**

Mantras do not necessarily have to be heard out loud. Understanding this can be a real breakthrough because it means you could carry the mantra on your own without actually chanting. So when there is a situation where you feel you need to sing the mantra out loud, concentrate on pushing it inward, carry it with you, and hold it in your being, your mind, your heart — this is the root of mantra practice when we connect with the Spirit.

## **Chant Your Mantras 108Times**

108 is considered a very favorable number in the Vedas. According to the scriptures, we have 72,000 lines of energy in our body (the nadis), of which there are 108 main channels of energy or major nadi that meet in the sacred heart. When a mantra is chanted 108 times, all energy channels are filled with vibrations of sound.

## **In what Position Should We Mantra?**

I recommend a comfortable position for most mantras, one with a straight back; we can relax and yet remain alert. A position that allows us a presence. Because of this, a lying position is not ideal, it is harder to sing and we risk falling asleep while doing it.

## **Contemplation**

Before each mantra, let's reflect on the topic of that mantra: What does it mean in our lives, do we need it, can we develop in that area, etc.? What can we sacrifice to make this quality more fully manifest in our lives? Thinking through these steps helps to refine our focus further and deepen our practice.

## **The Most important “Element” of the Mantra Is Silence**

Be aware that the most important “element” of the mantra that we reach through the mantra is the silence. This is seemingly a paradoxical thing: The silence after the singing is what our soul dives into and is reborn. This silence represents the transcendent, the eternal, the reality, and understanding or achieving this is the ultimate goal of mantra practice.

## **Importance of Repetition and Practice**

The essence of mantra practice is not to get over it quickly and then return to our usual daily routine. The point is to practice and to integrate the mantras into our lives. Wherever we go, whatever we do, the mantras accompany us. This is the benefit of true mantra practice. It helps and supports the path of our

lives. The power of mantras is multiplied by repetition and devotional practice. The more pleasure we can bring into our practice, the more pleasure we get. Like real friends, mantras can help you through times of need and stress.

## **How Do We Use Mantras in everyday Life?**

The method is simple! We need to talk to ourselves — of course, what we say matters. I may surprise you by saying that it's enough to repeat only three words in every situation when you feel under pressure. These three words are: "I am excited."

Yes, I know it is not what you have expected from me. You may wonder why you should use a statement that is not so 'positive.' Harvard University conducted a study in the *Journal of Experimental Psychology*, in which scientists claim that striving to overcome anxiety may not be the best solution in such situations. Instead of trying to calm ourselves down, it can be more useful to transform stress into a powerful and positive emotion, such as excitement. Because positive feelings produce quite similar physical symptoms like anxiety, hence, we wouldn't have great difficulties switching the stress to the excitement. Enthusiasm is a positive emotion; besides, it is easier to cope with. The study also recalls earlier research that mild anxiety can even be a motivator for specific tasks. So, it is worth using the energy generated by stress to increase our efficiency, instead of trying our best to suppress it. To turn fear-based anxiety into a positive feeling, repeat for 60 seconds to yourself, "I am excited." This mantra "redraws" the picture of a stressful situation into something we happen to be waiting for — which is far less exhausting than trying to calm ourselves down.

Using different mantras is very important to me, and I use them daily for my meditations or just for relaxation. You can also use them whenever you are sad, or you don't know where you belong to what you have to do with your life. They help you to see through and view yourself. If you have been to a

place where people have been singing or chanting, you will know how much power and energy there is in a particular word.

One of the best-known mantras is “Aum” or “Oum.” It is found among Hindus but also in Buddhism. Followers believe this mantra purifies the soul and helps to release negative emotions. This mantra is also known as a sign of the “quick eye” chakra.

If you want to reach the best result, sing AUM loudly so that its sound vibrates in your ears and soaks your entire body. It will convince your outer sense, give you greater joy and a sense of success. When singing AUM loudly, “M” should sound at least three times as long as “AU.” When repeating “AUM,” imagine that life energy, divine energy flows through you through the crown chakra. The breath that flows through your nose is very limited. But if you can imagine that there is a large opening at the top of your head, and life energy, cosmic energy is flowing into your body through that opening, you will undoubtedly be able to accelerate the purification of your nature, strengthen your aspiration and hunger for “God, truth, light, and salvation.”

There are many ways to sing “AUM.” If we repeat “AUM” with the immense power of the soul, then we enter into the cosmic vibration where creation is in perfect harmony. If the soul completely repeats the “AUM,” we become one with the Cosmic Dance; we become one with God the Creator, God the Maintainer, and God the Transformer (Saunders, n. d.).

Repeat the following mantras to obtain a change in your life:

- I want to experience being part of the universe.
- I wish my slim shape was restored.
- I desire and undertake the necessary changes to restore my slim shape.

## CHAPTER 15:

# Power of Affirmation

**O**n any given day, give yourself the at the very heart of thought power is the notion that your thoughts create your collective circumstances and conditions. Every aspect of your present life, be it relationship, finances, health, or self-image, is the offspring of your most common thoughts and the feelings, emotions, and beliefs they create.

You are not your circumstances; you create your circumstances whatever they may be, wanted, or unwanted. The easiest way to create thought awareness is to accept the truth that, through their limitless creative power, your thoughts create your circumstance and therefore, by being aware of the thoughts most common in your mind, you can determine which thoughts/seeds to cultivate and care for thereby changing your reality or circumstance.

To create thought awareness, look within you for your reality begins in your mind. Only by being alive to your mind can you create awareness of thought. Only by being aware of the energy created by specific, common thoughts can you change the attendant energy in specific areas of your life.

Your dominant habits, beliefs, and mental attitude (your circumstance) come from thoughts, which is why you need to become aware of them lest you attract unseemly circumstances, habits, and beliefs and therefore an unseemly life that never helps you achieve your full potential of which you know you have a lot of.

The average human has between 6,000-70,000 thoughts per day. Because some of these thoughts are fleeting, what we can only call “musings of the mind,” thoughts are not equal. The most powerful thoughts, the ones that have the ability to change your life, are those you attach the most emotional power to and think of frequently.

Awareness of thought is a learned habit that asks you to learn how to balance between obsessively monitoring all your thoughts — including fleeting ones that have a minimal effect on your life — and awareness of your most habitual thoughts.

Thought awareness is not obsessing over every thought; it is aware of your habitual thoughts because as we have said, only the thoughts you repeat and attach emotions to have the ability to change your life. By learning to recognize and adjust these thoughts appropriately, you can use curated thoughts (affirmations) to change any perspective and aspect of your life or circumstance (including how you view it).

A large percentage of our thoughts are habitual. Science estimates that because of the vast number of thoughts experienced by the human mind per day, 95-99% of our thoughts and behaviors are automatic.

Because the mind is a professional automation machine — it automates to save brainpower — without awareness of thought, it is possible to create a reality that is vastly different from the one you desire. For instance, if you want a new job or house but your most common thoughts or beliefs towards that undertaking are negative, or you consider yourself undeserving of these things, your circumstances will change only after you change your thoughts and, therefore, beliefs and habits.

# **The Process of Creating Thought Awareness**

The process of creating thought awareness starts with perception. Our most common perceptions are learned thoughts that lead to behaviors; how we “feel” about any given circumstance comes from our thoughts and perception of it.

To become perceptive of your thoughts, it is important to create time in which you can listen to your thoughts. There are many ways to do this, but the best are meditation, affirmation, and creative visualization.

## **Meditation**

Gift of spending 5 minutes onwards with your mind, becoming aware of the thoughts, emotions, habits, and beliefs that run through it at any given time.

In these 5 minutes onwards (how much time you spend will depend on your preferences), aim to relax. Relaxation gets your conscious mind to relax, which clears the pathways between the conscious and subconscious mind, thereby making it easier to embed affirmations into the subconscious and unconscious mind.

The easiest way to relax, and covertly the easiest way to become more aware of your most common thoughts, is to practice breath and mindfulness meditation.

Breathe into a count of 4 making sure you are concentrating on every aspect of your breath as you draw it in. Hold your breath into a count of four and take note of the sensations it produces within you.

Exhale to a count of four and as you do, take note of the sensations: How air moves up your breathing canal and gushes out of your mouth or nose in a hot puff. As you exhale, imagine your hot breathtaking with it your stress, anxiety, and tension; visualize this as clearly as possible, for it will help you relax deeply. Hold the breath into a count of four and then



restart the sequence and continue doing it until you feel relaxed.

Called 4-part breathing, this type of breathing activates the parasympathetic nervous system, the division of the autonomic nervous system charged with rest, relaxation, and digestion. When active, this system leads to the relaxation of the conscious mind.

As you begin to relax, you can then start the process of becoming aware of your stream of consciousness and observing your most common thoughts in relation to different areas of your life.

Cultivating mindfulness, something that comes from the ability to sit with your thoughts without being judgmental of them, helps you become more aware of your most common thoughts. Awareness of these thoughts, especially as they relate to key pillars of your life, helps you determine the beliefs, habits, and mindset you need to change before you can bring about positive change in your life.

**Note:** Remember that affirmations are a transformative tool in a toolbox that has many other tools necessary for the successful completion of a project (perhaps a goal, desire, or change of belief).

Most failed cases of experimenting with affirmation turn unsuccessful because of a contrast between the affirmation repeated and one's beliefs or feelings about the subject of the affirmation.

For instance, using an affirmation such as "I am wealthy" when saying it makes you feel like a fraud because you are broke, is very unlikely to work unless you start taking action that helps you build wealth and then courting thoughts that lead you to believe yourself worthy of that wealth.

As you practice daily affirmations, keep in mind that the universe responds to the vibrations in your words (the ones you use to word your affirmations). It does not recognize the words. Simply put, how you feel about the affirmation (and its

attendant area of your life) is what determines the vibrational energy you attract into your life/circumstances.

At their core, affirmations seek to help you experience the vibrational energy/feeling you want to feel so that the universe picks up this specific feeling and attracts to it similar vibrational energies.

# **Affirmations, Rational Thinking, and Journaling**

Affirmations, especially those created with the specific intent of changing your life, are another effective way to create awareness of thought. Affirmations aim to help change your vibrational frequency, the emotions, and beliefs you attach to specific areas of your life. Without thought awareness, it is impossible to determine your current vibrational energy to leave alone to change it.

Before you create affirmations, it is prudent to spend some time with your thoughts as they relate to a specific area of your life. An effective way to perform this is to think about the stress that comes about when you think about specific areas of your life. Doing this will reveal your most common thought patterns in relation to that area of your life; you can even go a step further and journal the thoughts in a stress diary, one of the most effective thought awareness tools.

Stress journaling (and journaling in general for that matter) allows you to log your unpleasant thoughts for a period; this allows you a glimpse of your most common stress-inducing, negative thoughts that send out negative vibrational energy to the universe. With this awareness, you can create personalized affirmations that you believe in and that have the ability to change the emotions you attach to the specific areas of your life.

Always remember that even though affirmations are an effective tool, they do not work in isolation. When creating affirmations, it helps to know as much as you can about the area of your life you want to change. This awareness allows you to unearth the beliefs, habits, and attendant vibrational energy attached to that area of your life, all of which makes it easier to use affirmations to influence massive amounts of change in your life.

Thought awareness allows you a chance to question your most common thoughts about a specific area of your life and therefore think rationally.

Negative thoughts are often thoughts drawn from fear. When you journal them, you start seeing the underlying cause of the negativity in your life. When you become aware of what you are thinking and feeling, the process of questioning and challenging your negative thoughts becomes easier.

For instance, by looking at the negative/stressing thoughts you journaled, you can challenge the authenticity of each one of them and by so doing, determine if the thought has some merit to it. Coincidentally, by questioning negative thoughts, beliefs, and assumptions in this manner, it will be easier to challenge feelings of inadequacy, worries, and anxieties over your abilities and other people's reactions to you and your work.

On its part, journaling (stress journaling and journaling in general) is one of the best ways to create thought awareness. Try practicing doing it every day (preferably twice a day: Once in the morning and once in the evening as you wind down for the night). Journal about your day, feelings, the things you are grateful for, the things that are stressing you out, your beliefs, ideas, and whatever else you want to (a journal is personal and you are therefore free to journal whatever you want). Try to practice doing this, and your thoughts, especially the most common ones as they relate to the specific areas of your life you want to change, shall never be a mystery ever again.

As you use the thought awareness processes we have outlined here, another important thing you should do, i.e., in addition to questioning your negative thoughts and applying rational thinking, is to seek to replace them with positive thoughts.

Think of it this way.

When you rationally interrogate negative thoughts about a specific area of your life, you are likely to discover that the negative thoughts have no basis in reality or truth. When you awaken your mind to this, you will gain an intuitive ability to

know how to word and phrase your affirmations so that they change your vibrational frequency and instantly replace the negative thoughts.

As a point of note, after interrogating negative thoughts and determining their fallacy, it becomes easier to replace it with its positive equivalent. For instance, if after interrogating your thoughts towards success, you discover the fallacy of thought such as “I will never succeed,” you can replace it with a counter thought such as, “Success comes easy to me because the universe wants me to succeed.” As you can see, such a thought will change how you feel about your success (your vibrational energy towards success).

Having discussed the various processes by which you can create thought awareness, we shall now engage in a brief discussion on how you can use thought power. The steps we shall outline shall prove very beneficial overall as you apply affirmations in your daily life.

## CHAPTER 16:

### **Affirmation for Weight Loss**

**E**ach human soul has its own way of meditating. The way I meditate may not suit you. And neither will your method work for me. Many people are not productive in their meditation because they are not meditating in the way which is right for them. If you do not have a meditation master who can guide you, then you must dive deep into yourself and try to draw your meditation from the deepest corner of your heart. This may be challenging for a beginner. Go deep inside yourself and see if there is a voice, a thought, or an idea. If so, go deep into that voice, this thought, and see if it gives you inner joy or peace. It must be a feeling where there is no question and no problem or doubt. Only when you have that feeling can you know that the voice you have heard is the true inner voice that will help your spiritual life.

## Preparing for Meditation

Before you start meditating, you must know that there are some essential points you will need to keep in mind. First of all, make sure you took care of any physical needs (hunger, thirst, etc.). Make sure you are not sick because otherwise, you may have major difficulties achieving the right state of mind and feeling relaxed. In optimal circumstances, the place where you want to meditate should be pleasant and not disturbing. Avoid any distraction, therefore shut down all the electrical devices that can potentially disturb you. Place yourself in a comfortable position to meditate. You can do this by sitting on a chair or in the lotus pose or position, or lying down on a bed, though the latter could easily lead to sleep. Some people like meditating not at home, but outdoors. We mustn't be disturbed by other animals or noise. We can listen to sweet music for meditation, but if you feel it distracts or disturbs you, turn it off. It's okay if you think you need silence or the voice of nature. If you prefer to listen to music, be sure to choose the right type because some music helps you get into alpha, and some are better for beta states. Music must have a relaxing effect on you.

Let's take a look at how we can meditate and what methods exist!

As a first step, you can try the color visualization method. Imagine red-orange-yellow-green-blue-violet-purple colors for 5 seconds in a row. The order of colors goes from a higher frequency to a lower one. You can imagine objects of a color if it is lighter. If you succeed, do a little bit more complex visualization method. Imagine not only color and shapes but also scenery, which gives us peace of mind. While we are practicing meditation, the first thing we learn is how to breathe correctly: Inhaling, waiting for a few seconds, then exhaling completely, waiting for a while, and then breathing again. We repeat this for a while. If possible, take a short pause between exhaling and the next inhalation. Never do anything that could harm your body or your respiratory system. The first thing you

need to think about when doing breathing exercises is purity. If you can sense when breathing that breath comes directly from God, Purity, you can efficiently purify your breath.

You need to improve your focus so that you can meditate better. What is really fantastic is that it will happen automatically while meditating. So, all you need to do is meditate, meditate, and meditate. You can freely decide which part of your body to focus on, but choose the part of the body that you feel is entirely yours. If you are a complete beginner, don't focus on your hands, arms, or legs, but choose a tiny point on your body — the eye, nose, or fingertip. The smaller the point is, the better the concentration will be (Ware, 2014).

One of the most common methods is the countdown method. To try to get to a deeper state, slowly count down 5-10-20 gradually one by one. Here is how:

- 10 - I feel relaxed,
- 9 - My body gradually relaxes,
- 8 - I am in a deeper state of consciousness,
- 7 - All stress ceases in me,
- 6 - I don't have any tension,
- 5 - I feel that my whole body is relaxed,
- 4 - I am going deeper and deeper into a calmer state of consciousness,
- 3 - My mind is quiet, and I let go of all the thoughts,
- 2 - I reach inner happiness,
- 1 - I am completely calm and happy.

If you try hypnosis, you will probably come across the so-called fixed viewing approach, which means you should look at a fixed point. During hypnosis, we also enter into a deeper state of consciousness, so, in a sense, you are meditating (Mindful word, n. d.).



As you advance, you will find yourself combining the methods mentioned above.

During meditation, the brain is in a different state of consciousness than normal. Depending on how deep we go, several levels are distinguished. We identify each phase of the state of consciousness with the Greek letters such as Alpha, Beta, Theta, and Delta. Every state of consciousness is bound to a particular frequency of the brain. With proper medical instruments, the subject can be examined even during meditation. What do we know about Beta? This is the normal state of consciousness in which we live our waking days on approx. 14-20 Hz. In this state, we sense the normal physical world, work, study, etc. Our brains can produce even higher frequencies under a lot of stress. What is the Alpha state? It works on 7-14 Hz and is also called a superconscious state. So, we are still conscious, but in a relaxed state because a kind of calmness surrounds us at this time. In this state, people are more receptive to suggestions. Usually, we are in this state during meditation. When we are in the Theta phase, our brains work on 4-7 Hz. This is a state of superficial sleep in which the so-called shamanic journeys occur. When we sleep deeply, we are in Delta which is on 1-4 Hz.

After the preparation, we try to enter into a modified state of consciousness by one or a combination of the methods mentioned above. In doing so, try to clear your mind of any other disturbing thoughts. For most people, the biggest challenge is to get rid of distracting thoughts that are constantly diverting them. What can we do to avoid this?

If you want to control your mind with your human will, it's like asking a monkey or a bird not to disturb you. You see that it's not possible. It means we need to involve a higher power to silence the intellect. This power is the energy of the soul. You have to bring the light of the soul to your heart. Imagine them as they were two rooms: The heart room and the mind room. At the moment, the intellect room is dark, unclean, and refuses to open to the light. The heart room, on the other hand, is always open to light because the soul dwells there. If instead

of focusing on your intellect, you can concentrate and meditate on the reality inside your heart, then that reality comes to the fore. If you have already anchored yourself in your heart and the light of the soul has saturated you, you can enter your mind room to enlighten it.

It's good to know that any positive statement can serve as a confirmation, so everyone can easily create their own targeted affirmations. You can use general affirmations, but you may be better off by creating specific statements for your own case. The effectiveness of these affirmations can be significantly enhanced by using them in the right moment, right after our negative statement, and by not forgetting the immediate feedback on our successful work, such as, "See, you succeeded! This will continue to be the case!" By intentionally using these affirmations, we can influence our subconscious. By transforming our behavior, our habits, our attitudes, we steer our whole life in a positive direction (Hussain, & Bhutan, 2010).

## **Build Self-Confidence**

After using positive reinforcements, change can happen immediately. Though, don't get discouraged if it takes longer than you first imagined because you will need to practice every day to make a real difference. The duration depends on how strongly we believe, what our desires are, and how big our goals are. It is crucial to define that it will only work if negative thoughts are entirely erased from our minds. I recommend that you exercise positive reinforcement in the mornings because usually, we initiate a new day more positively, and we can be more worried about our problems in the afternoons.

## **How to Use Positive Reinforcements Properly?**

Choose brief reinforcing thoughts. Be calm when we repeat these. Focus on the meaning of repetitive words. Believe what you are saying, you must feel that your desires have been fulfilled, or at least that you are in the process of doing so.

Do not use negative words in your statements. Instead of “I’m not fat,” use the confirmation, “I am my ideal weight.” So instead of negative images, your mind forms a positive picture. Remember that affirmation sentences are used in the present tense and not in the future. Instead of saying, “I will be happy,” we use the present form of “I am happy.” Use only one type of affirmation at a time. Focusing on one thing will produce more effective and faster results. You need to see and feel your desires, thereby engaging it in your life. Emotional tuning is fundamental, no matter what your current situation is.

## CHAPTER 17:

# Affirmation for Feeling Better

**I**n the next half of this chapter, we are going to explore more than 300 affirmations you can rely on to help you lose your weight, increase your health, and feel better overall. You can use these affirmations as is, or you can adjust them to match what you need for your own belief system. If you do rewrite them, make sure that you are creating ones that directly reflect what you need to hear so that you can change your beliefs to ones that are more supportive and less limiting.

# Affirmations for Self-Control

Self-control is an important discipline to have, and not having it can lead to behaviors that are known for making weight loss more challenging. If you are struggling with self-control, the following affirmations will help you change any beliefs you have around self-control so that you can start approaching food, exercise, weight loss, and wellness in general with healthier beliefs.

- 1) I have self-control.
- 2) My willpower is my superpower.
- 3) I make my own choices.
- 4) I have the power to decide.
- 5) I am dedicated to achieving my goals.
- 6) I succeed because I have self-control.
- 7) I am capable of working through hardships.
- 8) I am dedicated to overcoming challenges.
- 9) My mind is strong, powerful, and disciplined.
- 10) I am in control of my desires.
- 11) My mindset is one of success.
- 12) I become more disciplined every day.
- 13) Self-discipline comes easily for me.
- 14) Self-control comes easily for me.
- 15) I achieve success because I am in control.
- 16) I find it easier to succeed every day.
- 17) I see myself as a successful, self-disciplined person.
- 18) Self-control comes effortlessly for me.
- 19) Self-control is as natural as breathing.

- 20) I have control over my thoughts.
- 21) I have control over my choices.
- 22) I can trust my willpower to carry me through.
- 23) I can tap into self-control whenever I need to.
- 24) My self-control is stronger than my desire.
- 25) I am incredibly strong with self-control.
- 26) I easily maintain my self-control in all situations.
- 27) I see things through to the end.
- 28) I can depend on myself to make healthy choices.
- 29) Healthy choices are easy for me to make.
- 30) It is easy for me to control my impulses.
- 31) Self-control is my natural state.
- 32) I will keep going until I reach my goal.
- 33) I am starting to love the feeling of self-control.
- 34) I see myself as a successful person.
- 35) I have unbreakable willpower.
- 36) I have excellent self-control.
- 37) I am a highly self-disciplined person.
- 38) I succeed with every goal I create.
- 39) I am a highly intentional person.
- 40) Every day, my self-control gets stronger.
- 41) I am becoming highly disciplined.
- 42) I am successful because of my self-discipline.
- 43) I am a strong, capable person.
- 44) I am dedicated to achieving my wellness goals.
- 45) Self-control is one of my greatest strengths.

- 46) I am in complete control of this situation.
- 47) I can do this.
- 48) I am self-aware and capable.
- 49) I can move forward with self-control and gratitude.
- 50) I always do what I say I am going to do.
- 51) I have the willpower to make this happen.
- 52) I can count on myself to make the right choice.
- 53) I trust my strength to carry me through.
- 54) I am becoming stronger every day.
- 55) I make my choices with self-discipline.
- 56) I have the discipline to see this through.
- 57) I make my choices intentionally.
- 58) I am committed to my success.



## **Affirmations for Self-Esteem**

When it comes to body image, self-esteem is important. Low self-esteem can be both the cause of an undesirable body image, and the result of one. If you yourself are unhappy with how you look and feel, it could be because you lack the self-esteem to make a change, or you may feel that way because of how your health is in the present time. Either way, boosting your self-esteem now can help keep you committed to your wellness goals and can improve your ability to foster a body shape and level of health that feels more desirable for you.

- 1) I deserve a happy, healthy life and body.
- 2) I am a unique individual.
- 3) Life is fun and rewarding.
- 4) I deserve to have a body that helps me explore everything that life has to offer.
- 5) I choose to be happy and healthy right now. I love my life.
- 6) I choose to have a healthy experience.
- 7) I am successful now and forevermore.
- 8) Each day I take a step toward becoming my best self.
- 9) I deserve to love my body.
- 10) I am worthy of a positive life experience.
- 11) I am passionate about myself, my life, and my wellbeing.
- 12) I am a kind and loving person.
- 13) I am full of energy and enthusiasm.
- 14) I deserve to take the best care of my body and wellbeing.
- 15) I am a flexible, adaptable individual.

- 16) I love thinking positive thoughts about myself and my body.
- 17) I surround myself with people who love me as I am.
- 18) My opinions are true to who I am.
- 19) I surround myself with people who bring out the best in me.
- 20) I choose to be my best self every single day.
- 21) I have the power to change myself for the better.
- 22) I deserve to be loved.
- 23) I deserve to feel good about myself.
- 24) I respect myself, my body, and my health deeply.
- 25) I have something special to offer.
- 26) I believe in myself.
- 27) I deserve to feel good about all of me.
- 28) Improving my self-esteem is important to me.
- 29) I can feel good about myself while working to better myself every day.
- 30) I always treat myself and my body with kindness and respect.
- 31) I choose to love myself.
- 32) I see myself with kindness.
- 33) I love myself.
- 34) I am willing to change to become the best version of myself.
- 35) I approve of myself and my desires.
- 36) I care about myself, my body, and my wellness.

- 37) My commitment to myself brings me pleasure.
- 38) I praise myself freely.
- 39) I am respected by others as I am.
- 40) I rejoice in who I am.
- 41) I deserve to have a great life.
- 42) I am worthy of wearing clothes that flatter my shape.
- 43) Each day, I am becoming more confident.
- 44) I appreciate it.
- 45) I appreciate my body.
- 46) My body loves me.
- 47) My body deserves to feel good.
- 48) I nourish myself with healthy thoughts, food, and activities.
- 49) I care about my wellbeing.
- 50) I am willing to take better care of myself.
- 51) I treat my body with the love it deserves.
- 52) I always choose to love and care for myself.
- 53) I see my body through the eyes of love.
- 54) I see myself through the eyes of love.
- 55) I am willing to fall in love with myself.
- 56) My body is worthy of feeling it's best.

## **Affirmations for Beauty**

When we are in the process of changing the way our bodies look, it can be difficult to remember that you are beautiful at all stages of your journey, even the parts you don't like. Having affirmations to help you affirm your beauty to yourself will increase your self-esteem, self-confidence, and self-worth while also helping you generally feel better about yourself. Plus, the more beautiful you feel, the more likely you are to invest in your physical wellness and appearance, meaning that you will become even more motivated to nourish yourself well and exercise properly so that you can lose weight for good.

- 1) I am beautiful inside and out.
- 2) The happier I feel, the more beautiful I become.
- 3) When I am happy with myself, I am beautiful.
- 4) My skin is clear, healthy, and glowing.
- 5) My body is beautiful.
- 6) I have clean, smooth, and soft skin.
- 7) I love admiring myself in the mirror.
- 8) I am a beautiful person.
- 9) I am grateful for my beautiful body.
- 10) Each day, my body becomes more beautiful.
- 11) I am blessed with natural beauty.
- 12) My body is sexy.
- 13) I have a healthy, attractive body.
- 14) Being beautiful comes naturally to me.
- 15) My body is naturally beautiful.
- 16) My body shape is flattering.
- 17) My unique appearance is so beautiful.
- 18) I have a great sense of style.

- 19) I present myself with confidence and grace.
- 20) I am full of health.
- 21) I am a youthful person.
- 22) I am comfortable in my own skin.
- 23) I enjoy being admired by myself and others.
- 24) I am beautiful as I am.
- 25) My mind, body, and spirit are beautiful reflections of who I am.
- 26) I am happy with myself as I am.
- 27) I radiate true beauty.
- 28) I choose to laugh and enjoy my life because life is beautiful.
- 29) I have beautiful features.
- 30) Even my flaws are beautiful.
- 31) My beauty radiates.
- 32) I am grateful for being as beautiful as I am.
- 33) My beauty shines for all to see.
- 34) I am growing more beautiful every single day.
- 35) I feel beautiful.
- 36) My features are growing more attractive every single day.
- 37) When I take care of myself, my beauty grows.
- 38) Beauty is a reflection of my inner self-love, and I love myself.
- 39) I am naturally beautiful.
- 40) My body has a naturally great shape.
- 41) My entire self is beautiful.
- 42) People notice how beautiful I am.

- 43) My beauty is innate.
- 44) I am uniquely beautiful.
- 45) I do not compare myself with others. I am beautiful and unique.
- 46) I see my true beauty.
- 47) I feel comfortable in my own skin.
- 48) What I see in the mirror is beautiful.
- 49) I love my entire self.
- 50) I see myself as a beautiful, loveable person.
- 51) I am beautiful.
- 52) I receive compliments with grace.
- 53) I deserve to feel beautiful.
- 54) My inner beauty shows.
- 55) I am beautiful in all ways.
- 56) I am a beautiful, radiant person.
- 57) I welcome my beauty with grace.
- 58) I choose to feel beautiful.

## CHAPTER 18:

# Weight Loss through Affirmation

**A**ffirmations are a pillar of New Age reasoning. Louse Hay's book "You Can Heal Your Life," which has numerous affirmations that purportedly have permitted individuals to change their lives through affirmations and representation, gives us an incredible asset in the journey for weight loss. Affirmations, regardless of whether you have faith in them or not, generally appear to work.

Beset up to feel somewhat senseless from the start — even somewhat 'counterfeit,' if you like. Try to continue saying them, paying little heed to how it feels. Luckily, you don't need to have confidence in affirmations with the goal for them to assist you with getting thinner, or change whatever else that you have to change about your life. They are truly important apparatuses. Regularly, affirmations can assist you with getting over an inability to think straight and quicken or kick off your weight loss.

The puzzle is the reason they work. Our best estimate is that they are like hypnosis — aside from, obviously, that you 'entrance' yourself, and you remain in charge of the whole procedure. Affirmations most likely detour the cognizant mind and talk straightforwardly to the psyche, which is significantly more successful at 'completing things' than the regular cognizant mind. A significant number of our obstructions to weight loss likewise begin in the intuitive mind. The intuitive, in this manner, is the main spot wherein they can be changed and improved.

Past that, why affirmations work is impossible to say. There are numerous philosophical clarifications, no doubt. For instance, numerous individuals attest that considerations and convictions are the most remarkable thing on the planet,

regarding human inspirations, capacities, and activities. There is a well-known expression that addresses that; it is ascribed to Henry Ford. The statement is as per the following: “Regardless of whether you feel that you can or that you can’t, no doubt about it.” That is, if you feel that you can do something, you are in all probability right, and you will succeed. If you figure you can’t, in any case, you’re correct once more. That conviction will prevent you from succeeding.

The majority of the purposes behind individuals’ weight issues are mental or mental. They can be categorized as one of two classifications, in any case. A few of us have mental issues that cause it to appear to be more secure to convey additional weight. For instance, ladies who have been mishandled in the past may have a sense of security, and undetectable, if they are overweight. Men don’t take a gander at them in a similar way. The ladies feel genuinely greater and progressively ready to take care of themselves. All that is fine, as it were. However, it comes to the detriment of one’s physical wellbeing. If your mental need to keep weight on is inconsistent with you should be truly solid, something needs to change. Something needs to ‘give’ in short. Affirmations can help you over that bump.

The second mental explanation behind individuals’ weight issues is less deep, yet no less risky. This reason is the improvement of unfortunate propensities, which are, obviously, very simple to create given the prevalence of cheap food and bundled nourishments, and the uber bits of high-fat nourishment that most eateries appear to be set on serving us, regardless of whether we need them or not. Affirmations are extremely powerful in helping individuals’ bread ruinous eating propensities. For instance, you could certify, “I oppose unfortunate nourishments” or “I pick chiefly crisp, sound food sources.” Odds are, you will before long get results. These might be unpretentious from the outset — you may falter before getting that chocolate bar — yet rapidly, new propensities will be framed, and you will have the option to oppose undesirable nourishments all the more emphatically.



An expression of alert, however — affirmations ought to consistently be stated in the positive. Try not to state, “I don’t eat shoddy nourishment,” for instance. Expression them emphatically — “I eat” or “I pick” — and state them in the current state. That is the ideal method for ensuring that your affirmations will address your intuitive mind rapidly and successfully and that you can start building up more advantageous eating propensities.

## **The Psychology of Weight Loss**

You might be amazed to discover that various popular individuals, one after another, experienced issues keeping up a solid weight. Be that as it may, they had the option to overcome their concern because of an as good as ever, sound perspective on eating. You may not understand it. However, there is a sure brain science grinding away in fruitful weight loss. It is nothing unexpected, at that point, that the magazine Psychology Today has investigated the issue inside and out. Quite a while back, the magazine posted an article on its site enumerating the encounters of Diane Berry, an attendant medical professional who considered ladies who had shed in any event 15 pounds and had kept up their weight loss for a normal of seven years.

The ladies shared some significant things in like manner. For example, they all accomplished their weight loss through either Weight Watchers or TOPS, which implied that they had a firm encouraging group of people as they attempted to keep up their weight. The gathering gatherings were profoundly significant because they figured out how to perceive that they were positively not the only ones in their battles with weight. The ladies were likewise very abnormal because up to 90 percent of people who have shed pounds wind up returning it on inside five years.

Another normal attribute of these ladies is that they seemed to experience a significant state of mind move as they made the change from fat to thin. From all signs, they gave off an impression of being discouraged when they were substantial be that as it may, as they endeavored to get in shape, their disposition lit up.

For these ladies, smart dieting turned into a propensity — a propensity they would not break. They perceived the gigantic job that brain science plays in weight loss. They would not yield to negative sentiments of dissatisfaction and forswearing and picked a positive way. The ladies additionally made it a

point to gauge themselves consistently so they could outline their advancement.

What's more, they perceived that keeping up weight loss would be a lifetime battle. They realized that they couldn't endeavor a weight loss program at that point set it back on the rack. They needed to learn new eating designs that they could proceed with throughout every week. At times, they compared their battle to that of a drunkard. As it were, they perceived the gravity of their concern and found a way to address the circumstance.

Maybe the most intriguing part of these ladies' encounters was the way that their weight loss came in spurts. Now and again, they recaptured their weight, yet they didn't let that prevent them from their last objective. They essentially saw their misfortunes as difficulties that they expected to survive. This might be the key mental quality that isolates effective dieters from fruitless ones — diligence. Generally, these ladies had the option to change their characters positively to accomplish their long-haul weight loss objectives.

Another fascinating part of this examination was that it indicated that the ladies who had experienced weight loss change were cheerful. This shows the gigantic mental effect that weight loss can have on a person. When an individual is liberated from the weight of additional weight, the person is better ready to address the difficulties of life head-on. The dieter profits by uplifting feedback, as family members, companions, and associates salute that person for the weight loss. Right now, weight can be a serious invigorating encounter and can prompt a progressively idealistic point of view.

It must be noted here that the brain research of weight loss is an entangled issue. There is no single fixing that can transform a husky individual into a slender one. Nonetheless, perceiving that there is a mental part to effective weight loss may, truth be told, be a large portion of the fight. When an individual perceives that the person in question is occupied with a mental battle, the individual in question is better ready to do fight. By

retraining oneself to look for sound ways to deal with diet, one can, as a result, form oneself into another individual — one that never again lives to eat, yet essentially eats to live.

# **Accomplishing Weight Loss through Affirmations**

One of the most significant bits of putting on perpetual weight loss has nothing to do with the nourishments you eat or the activities you do. It has to do with your mindset. A few people can get in shape successfully, and afterward recover everything. In contrast, others, the individuals who have rolled out the correct improvements to their lives to get in shape, can remain slim for the remainder of their lives. The significant distinction between these two individuals is that one individual is accomplishing weight loss through affirmations, frequently without acknowledging it, while the other isn't. One of the most useful assets for getting more fit could end up being weight loss through affirmations.

Affirmations are an idea or an explanation that we state to ourselves, which profoundly affects how we act or feel. Contingent upon its positive or negative nature, the mind at that point demonstrates appropriately, which can prompt either a positive or negative effect on our lives. Hence, if you need to accomplish weight loss through affirmations, you have to realize how to use these methods to give you the mindset of a thin individual. Weight loss through affirmations is an underused and understudied procedure. However, the impacts can be significant.

To accomplish weight loss through affirmations, we should initially conquer our negative considerations since it is a significant supporter of our general mindset. We should relinquish these considerations as these musings are significant protection from our weight loss through assertion treatment. Rather than speculation 'I am fat' or 'I will never be thin again' have a go at deduction 'Today I have to prevail with regards to losing some of the overabundance fats' or 'I look slender.' These sorts of articulations prompt positive and productive outcomes.

Weight loss through affirmations relies upon contemplations and specifically the words that one uses to achieve weight loss through affirmations. Appropriate phrasing fluctuates from individual to individual, yet the correct words are required for this weight loss strategy to work. Attempt to use basic and direct sentences that your mind can undoubtedly become acclimated to without bringing about any negative impact. This is significant, as even positive words can have negative impacts.

## CHAPTER 19:

# What Is Autosuggestion

**T**he technique I will share with you is a profoundly effective but simple technique called autosuggestion. “Auto” comes from the Greek language and when used as a prefix, it simply means self-suggestion. The reason I have chosen autosuggestion as our first technique is that it is easy to do, and has a long track record of helping people feel better, do more, make changes, and activate powerful alignments between our desires and the actions we actually take.

Another reason to use autosuggestion is that there really is no expectation you should have about how you feel or what you are experiencing. One thing that often holds people back in self-hypnosis is that they did not “feel hypnotized.” By using autosuggestion, there really is no feeling you are “supposed” to feel. It just is what it is. You might feel some sensation or experience either mentally or physically or you might not. It might just feel like you are sitting there and talking to yourself. That is ok. Autosuggestion is actually a skill you will learn, and it is a form of positive affirmation. When you master the practice of autosuggestion, we can build on it and use it in conjunction with other methods of self-hypnosis and make them even more powerful.

The most famous proponent of the autosuggestion was Émile Coué. Coué was a French pharmacist who lived from 1857-1926. He taught a simple mantra, “Every day, in all ways, I’m getting better and better,” for patients to use. He believed in the power of the mind to overcome almost anything and famously said, “I have never cured anyone in my life. All I do is to show people how they can cure themselves.”

Coué noted that when he dispensed medications, more patients got better when he praised the effects of the medication than when he did not. He believed that somehow, at some level, the

positive suggestion was internalized and allowed the belief of the mind and the body's ability to heal to come into alignment. The simple idea was that patients could have "thoughts of illness" or "thoughts of cure." He believed this autosuggestion set in motion both mental and physical effects that helped his patients heal.

The method he taught relied on the principle that any idea exclusively occupying the mind, turned into reality (as long as it was something possible). According to Coué, the main challenge to success was willpower. Willpower is the judgment of an idea, self-doubt, and even negative thinking. An example of how this becomes an issue is if someone is playing golf, they could hold the idea, "In each and every way, I putt perfectly." If this is the idea held in the mind, the perfect putt will take place. But if the will comes into play and the internal self-talk says, "You missed this putt last time, I'm not sure if you can make it," then one will not make the putt.

Self-conflict according to Coué, was something that stood in the way of success. Imagine you have an important task in the morning and tell yourself at night, "I hope I get a good night of sleep." It might seem a reasonable thing to tell yourself, after all, hope is a good thing. But this statement begins the sea of doubt. The idea, "I will get a good night of sleep," has not been fully embraced by the mind. As you flip your pillow, trying to find a comfortable spot and the cold side, if you then say to yourself, "I can't sleep!" Guess what? You won't sleep well. That is the idea your mind has embraced. On the other hand, if you say to yourself, "In every way, and every night, I sleep better and better," guess what? You will sleep like a baby.

What autosuggestion does is twofold. It not only "hypnotizes us" by shutting off the will and creating an exclusive positive thought in the mind, but it also "de-hypnotizes" us from the self-talk we tell ourselves and even the words of others that we have accepted. Words from others can have powerful negative consequences. Unkind words from a parent, teacher, spouse, or our boss can have life-long consequences. Autosuggestion



gives us a way to replace these negative beliefs with new beliefs, and Coué's simple affirmation is our starting point: "Day by day, in every way, I'm getting better and better."

I like Coué's affirmation because it is realistic. It does not promise that all of our problems will go away, but it buys into the idea of improvement. Coué was a realist, recognizing that getting better was good enough. By getting better, we increase belief, by increasing belief, we increase success until we have reached our goal.

## How to Practice Coué's Autosuggestion

Begin by setting aside a few moments as you read this book to follow along with this process. Make sure of course, that you have turned off any distractions such as the cell phone or windows on your computer that may message you.

- Now that you have set this time aside, simply read this sentence:

“Every day, in all ways, I’m getting better and better!”

- Read the sentence again:

“Every day, in every way, I’m getting better and better!”

- I think you probably have it memorized by now. Close your eyes for a few moments, you do not have to do this for long, 30 seconds is long enough. Say the sentence slowly and out loud (spoken word has power) 4-5 times, directing the words to yourself, and opening the eyes when you are finished.
- Close your eyes now. Repeat the words.

Of course, by now you have opened the eyes again and are back to the reading the words on this page. Do you notice anything, at any level? Do you notice a feeling of empowerment? A feeling of anticipation? A feeling of positive energy? Maybe the feeling is very strong, maybe it is only a slight awareness. Either way is fine, what is important here is that you have begun the process of reprogramming your mind to align with your needs.

Do you feel a sense of physical wellness or a sense of calm? Emotionally, how are you? Does it feel comfortable and wonderful? Or, as it does for some the first time, seem unsettling and hard to believe? Again, what you are looking for is any change – it does not have to be dramatic. After all, you have only done this once.

What I want you to do now is very important. I want you to find some kind of marker, a dry erase marker actually works the best if it is available. I want you to go to the bathroom mirror and write this on the glass: "Every day, in every way, I'm getting better and better!" The reason why? It is the first place you look in the morning, and usually the last place you see at night. Each time you look at the mirror, repeat the sentence once by reading it and then close your eyes for a few seconds and repeat it a few times (out loud). Then wash your face, brush your teeth, or do whatever it was you came to the mirror to accomplish.

## **Autosuggestion and Weight Loss**

Through this simple exercise, you have begun the habit of autosuggestion. Congratulate yourself! In a way, you have actually hypnotized yourself. You have done so by focusing exclusively on an idea, giving yourself a suggestion (that you are getting better and better), and you have set aside a moment each day for this particular purpose. See how simple it is? So simple a child can do it!

## Phase Two of Autosuggestion

The simple approach of Coué can be extended to your specific desires and needs. To do this, answer one simple question: In what way, each day, do you need to get better and better? Is it in your health, your finances, and your relationships? What about your attitude or your spirit?

If the issue is weight loss, you could structure it as: In every way, each and every day, I get lighter and lighter!

I will be slimmer and slimmer each day!

The list could go on forever, and you can customize your autosuggestion to specifically address your unique needs.

What is it you want to autosuggest to yourself: Write it down in this space (it is okay to write in your own book):

- Now that you have written your own autosuggestion take a few moments, read it out loud. Then, take a few moments with your body relaxed and your eyes closed to repeat it to yourself (out loud again) several times.
- The next step is to write this on your bathroom mirror. With intention, read it each morning and each evening, taking a few moments to say it aloud.
- Congratulations, you are now on your way to hypnotic success by using one of the simplest self-hypnosis methods, but a method that has stood the test of time!

## CHAPTER 20:

# Autosuggestion Techniques

**A** more scientific definition would be as follows: It is the process by which a person induces the self-acceptance of an opinion, belief, or action plan.

The father of the Method of Conscious Autosuggestion is the French Pharmacist Emile Coué, who lived during the period 1857-1926. Coué was also a psychologist and an expert in hypnosis that he learned from the founder of the school of Nancy, Ambroise-Auguste Liébault.

Emile Coué is also known as the father of psychotherapy and applied to condition, as his Method of Conscious Autosuggestion is a healing technique and one of self-recovery, which is based upon the auto-suggestion of hypnosis. Coué modified the theory of Abbé Faria, proposing the need to feed the mind by means of repeating words or images, producing autosuggestion directed at the Unconscious Mind. Once this phase has been completed, the Unconscious Mind is now conditioned and is able to produce self-generated commands when the situation requires it. In addition, he distinguishes between unconscious autosuggestion and conscious autosuggestion.

## **Unconscious Autosuggestion**

This can produce the best or worst effects according to the circumstances. For example, the eternal optimist — who by nature generates positive, hopeful, and confident autosuggestions normally, is a happy and successful person. On the other hand, the eternal negative and pessimistic person almost always has a bad time and fails in life.

## **Conscious Autosuggestion**

This, on the other hand, can always be oriented towards the positive and the optimistic approach and may generate enormous benefits in terms of mental and physical health.



# **The Conscious Being and the Subconscious Being**

Coué explained that in order to improve the understanding of autosuggestion, it is essential to understand that the mind is made up of a conscious and a subconscious being.

Coué says that these two individuals are equally intelligent, but the unconscious generally goes very much unnoticed. When comparing these two human beings, Coué arrives at some conclusions which we already know:

For example, he says that although the Conscious Mind is provided with a “not too faithful” memory, the Subconscious Mind has an absolutely impeccable memory that records “the most minimum facts and details of our existence.” He also indicates that the Unconscious Mind is gullible and accepts, without any reasoning, everything it is told. Finally, he points out that it is this Mind that presides over all the organs of our body. Coué points out that our imagination is nothing more than the language of our unconscious and there is a key subordinated relationship of the imagination over our wishes or will.

## Will and Imagination

According to Coué, if one looks up the word “will” in the dictionary, you might find the following definition:

“Will is the ability to freely determine our acts.”

Regarding the above, Coué’s opinion was “Nothing is falser,” in fact, he points out: “That will which we so proudly defend always gives way to the weight of the imagination. This is a law which is absolute, meaning there are never any exceptions.”

In this manner, our will never triumph over our imagination... without any exception.

Coué mentions a few examples so as to prove his theory:

- Unstoppable laughter: The more we try to stop it, the more we laugh.
- Insomnia: The more we try to sleep, the less we sleep.
- The alcoholic: The knows perfectly well the extent of the damage his drinking is causing him, and he tries to stop drinking by means of a huge amount of willpower. But cannot stop drinking.

This unquestionable reality is that our imagination always triumphs over our will, and this reality is one of the cornerstones of the Conscious Autosuggestion Method.

Coué points out that the imagination can be compared to a young and strong wild horse. To mount this untamed horse is a great risk, as it may take us on a wild ride wherever the horse chooses to go. Furthermore, most probably we will end up injured in a ditch by the side of the road.

But, if on the other hand, if we are capable of taming the horse, saddling him, and putting reins on him, he becomes our best friend and he no longer wanders onto any road he chooses but takes us on the road of our choice.

Cou   establishes that the power of the subconscious or imaginative being, considered untamable, as our wild horse, can also be easily tamed and used to accomplish our objectives in any aspect of life.

## **Suggestion and Autosuggestion**

According to Coué, it becomes paramount to be able to define these two concepts correctly:

A suggestion is an action of planting an idea in a person's brain.

But, according to Coué, this suggestion amounts to nothing if it is not previously accepted by the person, that is to say if it does not become autosuggestion.

A good example of the successful implantation of an idea in the mind of another person is the placebo. In other words, an innocuous medication that doesn't produce any effect on the patient, however, the administrator of the medication tells the patient that it is a new medication, recently imported from abroad and that with total certainty will cure him.

Coué points out that the patient usually came back in a few days marveled by the cure. But, obviously, the placebo didn't cure him but rather his own certainty that he would be cured. The powerful Subconscious Mind which controls the organs of the body, produced a cure based upon an idea that the administrator of the placebo manages to transform into an autosuggestion in the mind of the patient.

Therefore, the definition of autosuggestion is:

"The action of self-implanting an idea in one's own brain."

A person may suggest something to someone, but if the subconscious of the second person doesn't accept it, and doesn't "digest" it, so as to transform it into autosuggestion, the idea that was originally suggested will not have any effect.

Now, what is totally possible, and in similar terms to the example of the taming of a wild horse, is to consciously autosuggest something to oneself in order to achieve our personal goals.

If the unconscious accepts the suggestion as something within the realm of the possible, the desired objective will be

realized, point by point. If understood this way, says Coué, autosuggestion is nothing other than hypnotism.

If a person convinces themselves that they can achieve something, no matter how difficult this is (providing, of course, that it is effectively possible and reasonable), a person will do it. On the other hand, if a person imagines, and convinces himself that he cannot do something, no matter how simple it is. Most certainly he won't be able to do it.

Coué tells us that illnesses such as depression, phobias, kleptomania, and stuttering, are merely the actions of the powerful subconscious acting out on the physical or moral being.

But in the same manner, as the subconscious is the origin of many of our illnesses, it can also be a great force that cures them. Coué concludes that the subconscious has such a powerful effect on our body that it can, not only repair the damage it has done, but also cure real illnesses.

When we carry out autosuggestion, Coué warns, it's necessary to be careful with the will. If the will is in contradiction with that that we wish to suggest, it will become more difficult to accomplish the proposed objective. However, if our will is in harmony with what we wish to suggest, our autosuggestion will have enormous power.

When doubts arise regarding the will, Coué suggests we repeat our suggestions very rapidly while avoiding thinking about them, so as to avoid the influence of a potential contradictory conscious will.

## CHAPTER 21:

# Diet

One of the most grueling parts of weight loss is dietary change. Our food habits are very much ingrained in our identities. We get feelings from childhood foods that comforted us or the things that our taste buds are accustomed to. Furthermore, our diet is linked to our social habits and relationships. Thus, changing what you are eating probably feels daunting and like such a chore, but it doesn't have to be that way. You can make dietary changes that make you lose weight but also feel good. The key is to not change your entire diet. Make small changes and instill better habits instead of trying to eliminate certain food groups or putting foods in a "do not eat" list. You should still allow yourself to have all food. You just won't be having some as much anymore, and if you can find healthier substitutions, you won't even miss those foods that much. It takes some time to get used to the changes, but they'll start to feel normal after a month or so.

Pay attention to quality more than quantity. You don't need to limit yourself to eating four cups of lettuce with just a little oil to maintain a healthy diet. Allow yourself to have that chocolate cake or that burger. Just choose a smaller portion. Instead of eating the whole burger, try half or three quarters. Have the best burger you can find, but stop eating when you're full and don't force yourself to finish. Let it taste good and enjoy what you are eating. You don't need a lot of it to feel satisfied. If you let yourself have something regularly without restricting it, you won't want to eat it massive quantities. You'll be satisfied after just a small portion, and that's a pretty easy change to make because it doesn't feel like you're missing out on anything. You're just prioritizing the quality of the experience over the quantity.

Loosely count calories. Know that calorie counting too rigidly can make you unable to sense your hunger cues. Hunger cues are vital in weight loss because they can help you separate your appetite, or your desire to eat, from your hunger, or your need to eat. Too many people lose their hunger cues by using fad diets or binge eating, and in the process, it becomes hard to tell their needs from emotional desires for food. Counting calories doesn't give a full picture. Some days your body needs more calories than others. For example, if you're running around the house to get it cleaned up, you may need more energy, and your body will recognize that while your calorie counting app will tell you that you should be eating the same amount each day. Listen to your hunger cues and use calories as a supplemental statistic that helps you get back in tune with your hunger cues rather than trying to force yourself to eat a rigid amount each day. Be conscious about what you're eating and why you're eating it but allow flexibility in your eating and only loosely count calories.

Don't deprive yourself. Research has shown that depriving yourself of the foods, you love most can hurt your weight loss. When you split foods into categories of "bad" or "good," you start using black and white thinking. When you use this kind of thinking, you can see no gradient. You are either fully right or fully wrong. Thus, having a piece of cake can lead you to then having a bag of chips or a sugary soda just because you figure "I've already done one bad thing so I might as well do some more before I have to start eating lettuce and celery again tomorrow." This kind of mentality is too common, especially in emotional eaters who turn to food to help them cope with a wide range of feelings such as sadness, boredom, or desire. Depriving yourself sends the wrong message to your body and can lead to you spinning.

Mindful eating is the key and eventual goal. As a form of meditation, mindful eating channels your mental energy to help you moderate your appetite and give your body what it needs without thinking too hard about what you are doing. Mindful eating gives you the ultimate ability to eat flexibly

and have anything you want. This practice encourages you to accept that people cannot eat wrongly or rightly and that each person will experience eating differently. Further, it urges you to live in the moment and address your hunger as it comes. When eating mindfully, you should aim to make choices that will fuel your body and make you feel good. Thus, nutrition is important, but indulgence is allowed. Ultimately, mindful eating is eating naturally. It's getting back to basics and ending your bad relationship with food. It's about balance and peace between your emotions and your hunger. All you have to do to be mindful is to become more conscious of your eating habits and when and why you turn to food. Ask yourself if you're emotionally hungry or physically hungry. Finally, choose foods that taste good while still giving your body the nutrients it needs. As you do this, you will find balance and stop having to count calories forever!

Fiber does wonders for your body. Eating foods with lots of fiber can be a smart choice for snacking because fiber helps you remain fuller longer and also helps regulate your digestive system. Fiber also reduces your risk of gaining weight or gaining additional fat, making it a powerful tool for weight management. Fiber also has a positive impact on your heart health and reduces your risk of type 2 diabetes. Thus, it will help you slim down and be overall healthier no matter what size you are. When increasing your fiber uptake, do so gradually. Eating too much additional fiber at one time can result in abdominal discomfort and gassiness. Thus, while fiber is beneficial, your body will need time to adjust to additional levels. Begin incorporating more fiber in your diet through foods such as fruits, vegetables, beans, and nuts.

Whole foods will make you feel fuller and healthier. They often contain a lot of fiber, and for assorted reasons, they make you feel satiated. Whole foods are foods that have been minimally processed. For example, an apple is a whole food, while apple sauce is processed food. The full apple will have more health benefits because processing can take some of the nutrients and positive side effects away from the food. That's



not to say that you cannot have processed foods, but making an effort to include more whole foods in your diet will ensure that you get the nutrients that your body needs to work at the highest functionality. Fruits and vegetables are both great choices. If you like cranberry juice, for instance, try eating the cranberry itself rather than the sugary juice form! Further, try whole-grain rice rather than white rice (or whole grain bread) because the whole grain has more nutrients and will satiate you more than the non-whole grain version will.

Swap processed sugars for natural ones. Instead of instantly reaching for that bowl of ice cream, try a bowl of fruit. Some diets villainize fruits, saying that they are too full of sugar, but the beauty of fruits is that they will fill you up and give you nutrients in a way that ice cream just won't. The fruit is a perfect dessert option because it will satisfy your sweet tooth, keep you hydrated, give you fiber. After all, fruits are valuable, whole foods. Don't cut fruit from your diet because fruits, like apples, have been shown by studies to be beneficial for dieters. Just one in ten American adults met their CDC's fruit recommendations. Further, worldwide, three-point nine million deaths were associated with not having enough fruit or vegetables in 2017, showing how vital such foods are to your well-being.

Your mom was right when she said that you should eat your vegetables. They're whole foods, they're full of fiber, and they're nutrient-packed wonder foods. Having a myriad of vegetables in your diet will ensure that you get a whole range of nutrients that will keep your hunger levels down and your body packed with all the nutrients it needs to go about its day. Vegetables such as broccoli, tomatoes, and spinach are even considered superfoods because they are full of so many good nutrients. Additionally, vegetables are low-calorie options, and they are full of lots of water, which helps you stay hydrated just like fruits do.

Stay hydrated. The power of water is undeniable. People can go longer without food than they can go without water. Accordingly, you mustn't neglect your need for hydration.

Many people mistake thirst for hunger, so when you're feeling hungry, consider that you may just be dehydrated. Research has suggested that those who drink one glass of water before meals tend to eat, on average, seventy-five calories less because water can serve as an appetite suppressant. With this statistic in mind, you could lose eight pounds in a year by using this method! Plus, the simple act of replacing one soda a day with water can reduce your calorie intake drastically. Moreover, water helps cleanse your body, so it keeps your body functioning as it should and your metabolism strong, which makes it easier to lose weight.

Learn new recipes and try new cuisines. Take this chance to expand your culinary skills and interests. Find new ways to enjoy and engage with food. At this moment, you can learn to have fun cooking and stop relying so much on take-out or restaurant food. Find new recipes that you love or adapt old ones to fit your new needs. Don't be afraid to make foods that luxurious. You can have luxurious foods and still be healthy! The Mediterranean diet is packed with delicious foods, and it is considered one of the healthiest diets around. The Mediterranean diet, which is an eating pattern that people in Southern Europe tend to follow, reduces the chances of diseases and other health issues like stroke, high blood pressure, Parkinson's, heart issues, Alzheimer's, and type 2 diabetes. It also keeps your brain sharp, makes you live longer, and allows you to still eat tasty food! This diet utilizes olive oil, fruits, vegetables, fish, grains, beans, and poultry. It also includes some cheese as the main dairy food. Similarly, a traditional Japanese diet that includes many whole foods, pickled fruits and vegetables, and starches like rice or noodles. Many interesting cuisines that have known health benefits can inspire you to experiment and try new foods.

Diet is one of the most vital parts of your weight loss journey, but you want to change your diet holistically and look at the full breadth of your situation and your needs. Things that work for someone else aren't necessarily going to work just as well for you. Further, the goal is not to be on a diet; rather, I want

you to curate a diet full of healthy habits that provide nutrition and happiness when you eat. Learn to make food choices that make you feel refreshed.

## Optimal Nutrition

### Eating healthy vs. Achieving Your Goal Physique

**W**ith the idea of attaining a fantastic body, folks instantly consider eating healthy. Nevertheless, eating healthy foods does not automatically mean that you're achieving your target body. While obtaining your very best body does not exactly mean that you're eating healthy. To eat healthily means typically you give your body with sufficient nutrients to operate effectively. Your body needs a particular number of (vitamins and minerals) and micronutrients macronutrients (carbohydrates, proteins, and carbohydrates) so as to operate in its very best ability. It's your duty to satisfy your body's nutrient requirements to keep decent health. Reaching a fantastic body usually involves losing weight or gaining muscle. To be able to lose excess weight, a person must maintain a calorie deficit wherever your body burns off more calories than the number of calories you eat and drink. Gaining weight requires you to do the contrary, at which in a calorie excess you have more calories than the amount the body burns off calories off.

Though eating healthful foods has unlimited benefits, it's just as essential to satisfy the necessity of attaining your exercise goal. By way of example, if your objective is to burn fat and you also eat 10,000 calories worth of veggies every day, you are eating healthy but are consuming a lot of calories to achieve your objective. Because of this, it's best to consume your target body when keeping excellent health.

## **What's a Calorie?**

You hear about calories all of the time, but what does it mean? A calorie is a device that measures energy. The food that you eat is not measured in size or weight, but by how much energy it's. If you hear something that includes 100 calories, it is a method of describing just how much energy your body might gain from drinking or eating it. As the quantity of gas pumped into a vehicle is measured in gallons, different food, or beverages you eat is measured in calories. The body breaks down food in an exceptional manner, so the number of calories is a means of understanding how much energy your system will get from whatever you eat or drink. 'Calorie' is only a specific phrase for 'energy.'

## **Are Calories Bad for You?**

Calories aren't bad for you because the body needs them to get energy. Nevertheless, eating a lot of calories and not burning off enough of these off through physical activity may cause weight gain with time. Consuming too small calories over time won't enable your body to work correctly and may have a negative impact on your wellbeing. Foods like lettuce contain hardly any calories (1 cup of shredded lettuce has less than 10 calories), whereas foods such as peanuts have a lot of calories (1/2 cup of peanuts contains 427 calories daily). Understanding how many calories your body requires each day can allow you to select which foods are right for you.

## **How Does Your Body Use Calories?**

Your body requires calories simply to remain alive and function properly. This energy is utilized for essential functions like maintaining your heart beating and lung breathing. Calories are crucial for several fundamental and intricate functions such as the regulation of body temperature as well as also the functioning of each cell in the human entire body. The more activity you do will be that the more calories you burn off. Your body also requires calories so as to grow and grow. You burn calories before considering it as during the digestion of food, recovery of muscles after exercise, as well as while you are sleeping.

## **How Many Calories Do You Want?**

Folks differ in size and have different metabolisms; therefore, the number of calories an individual should eat will change based upon many things. These factors include an individual's height, age, weight, and daily activity level. The larger an individual is, the more calories a person could want, vice versa. Although two individuals can have exactly the identical body dimensions, the number of calories that they want can differ due to the way their body adjusts exactly what they eat. Calorie calculators are internet, which may be employed available on them

to ascertain the number of calories your body requires depends on the vital facets. If you consume many calories than your body wants, then the additional calories are converted to fat. If you consume fewer calories than you require, then your system uses your stored body fat as the energy it needs to function. Knowing the number of calories you want can allow you to control your weight.



## **Macro Basics**

Macronutrients or macros are carbs, fats, and protein. Together with the expression “macro,” meaning quite big, these three nutrients are responsible for supplying calories (the only other material that supplies calories is alcohol, however, isn’t a macronutrient because we don’t want it for survival). Whatever that you eat is broken down into those three macronutrients. Your body doesn’t recognize the food that you consume as “poultry, sausage, rice, etc.” Rather, your entire body sees anything you eat as a carbohydrate, fat, or protein. This is why you find these macronutrients written in bold letters to the nutrition label of any food or beverage product.

## What's a Carb?

Carbohydrate is the body's main source of energy. There are 2 kinds of carbohydrates, complex and simple. A very simple carbohydrate supplies your body with rapid energy but does not last long. An intricate carbohydrate takes more time to break down on your body, nevertheless, it is a long-lasting supply of energy. Neither

simple nor complex carbohydrate is bad for you. They could both be utilized to your benefit throughout the day. Upon waking in the morning, you likely have not had anything to eat for the past couple of hours you have been asleep. Therefore, it is sometimes a fantastic idea to eat simple carbohydrates for instant energy. If you intend on being from home for a couple of hours, complex carbohydrates are a great selection for its long-term steady energy. So, integrating both kinds of carbohydrates in your diet may permit you better to manage your levels of energy throughout the day.

Examples of complex carbohydrates include whole grains like whole Wheat bread, oatmeal, and brown rice alongside other foods like sweet potato and beans. Simple carbs include foods like fruits, white bread, white rice, white potatoes, veggies, juice, pop tarts, etc. Sugar is a simple carbohydrate that comes in various forms like sugar, fructose, lactose, sucrose, etc. Though both simple and intricate carbohydrates are broken down into glucose within the body, absorption and digestion are the principal differences between both different types.

## What Is Protein?

Protein helps build and repair tissue when playing a role in various cell functions within the body. It's a significant element for growing nails, hair, muscle, and different areas of the human body. Amino acids are building blocks of protein. An entire protein includes all 20 amino acids, even while the lack of one or more amino acids is known as an incomplete protein. Complete proteins are primarily found in meats like poultry, beef, fish in addition to legumes, milk, and whey protein. Foods like grains, seeds, nuts, or beans are considered incomplete proteins. It's encouraged to eat at least 0.8 - 1.2 g of protein per 1 pound of your body weight for optimum muscle development. With several unique forms of protein in the marketplace which range from the origin, absorption rate, and procedure of filtration, any comprehensive protein is helpful for the growth and repair of muscle. Poultry, fish, milk, legume, soy, whey, and other resources of proteins have their differences, but any comprehensive protein is of fantastic advantage for repairing and building muscle. The crucial thing is to find sufficient protein to satisfy your body's need for optimum growth.

## **What Is Fat?**

Fat controls hormones, aides from the transportation of cells, and makes it feasible for different nutrients to finish tasks within the body. Fat can also be your body's secondary source of vitality. When your body doesn't have sufficient carbohydrates easily available, it uses fat as an alternative source of gas. As a result, the notion of burning fat is to limit the quantity of primary energy (carbohydrates) so the body is able to utilize its secondary resource of energy (body fat). Various kinds of fats contain saturated fat, polyunsaturated, monounsaturated, and trans-fat. It's encouraged to steer clear of trans-fat because of its health advantages. While every kind of fat has its own advantages and disadvantages, it's helpful to look closely at the whole amount of fat in a single product.

Foods that have a high number of fats include peanut butter, oils, avocado, and nuts. Consuming low levels of fat over the years may lead to hormone levels to become erratic, which makes it important to have enough even while attempting to burn off fat. The quantity of fat required daily could vary anywhere from 15 percent to over 40 percent of total calories based on the person and fitness target.

## **Quality of Weight Loss or Weight Gain**

If you're in a calorie deficit where your body burns off more calories than you eat, then you are going to eliminate weight. This doesn't automatically make sure that the entire weight you lose is only going to come from fat. Your body is composed of lean mass, fat, and fat. This implies any weight that's lost or obtained may come from any one of those three. When shedding fat,

you risk losing weight, and if gaining weight, you risk placing on excess fat. Not monitoring macros puts you at a higher risk for muscle loss and fat gain since you would not understand how many calories you're becoming. Consuming the ideal amount of protein, fat, and carbohydrates helps to make sure you keep muscle while shedding weight, and restrict the rise of body fat while incorporating muscle.

## **More Energy, Better Mood**

Carbohydrates are the body's most important source of energy, therefore getting too little carbohydrates over time may leave you feeling exhausted and contribute to inadequate workout functionality. By properly setting up your macros, you optimize the number of carbohydrates you can consume while burning off fat. If you may eat more food while losing weight, then why not make the most of Fat is in charge of controlling your own hormones, therefore not having sufficient can lead to an imbalance that could result in mood swings and other undesirable symptoms. It's normal to drop short of your everyday fat requirements by merely eating "clean" foods that typically include little to no fat. Consuming low fat and carbohydrates over time may allow you to feel exceptionally miserable. To believe losing weight is a struggle, why make it tougher on yourself to accomplish your objective.

## CHAPTER 23:

# Essential Nutrients

**F**ood is a necessity for the body. Without food, your body will wither and die. Not all food is considered fit for the body, and some food is very healthy to the body, and those are the food that you should consume. This list of food covers all the nutritional value that you will gain from eating food, and they will provide your body with enough energy and help you to live a productive life. So here are the foods.

## **Fruits**

The first one is the fruits. Fruits are very important to the body and health. Now fruit could range from antioxidant to fibers. Fibers help the digestive system to run well, and they help to get rid of any anti-oxide in the body. Bananas provide the body with enough potassium, fiber, and vitamins. Avocados provide the body with non-harmful carbs and healthy fats. They are high in vitamin C and potassium. Other fruits that you should take include berries, plums, peaches, pears, cherries, carrot, and watermelons. The fruit is very rich in vitamin C and helps to cleanse the body of any toxins.



## Eggs

The next one is eggs, which is a nutritional powerhouse. They provide the body with lots of nutrition that will help you to develop strong muscles, and they also provide the body with the necessary vitamins needed for improved memory, and nutrients that will help you to be able to carry out your daily activities easily. Eggs also reduce your risk of developing heart disease because they can provide the necessary cholesterol that the body needs. They also decrease any loss of sight, and they will help you to lose weight and feel energized.

Eggs boost the immune system, and they also provide you with vitamin B12, vitamin E, and selenium. They make sure that you have a healthy immune system, which is very good for the skin. Eggs can be eaten raw or can be boiled. Eggs clear out the clogging and reduce any illness that is in the body.

## **Red and White Meat**

The next food to eat is red and white meat. Red meat is not recommended, but if you consume it, then do so in little quantity, so that it can provide your body with the nutrition that it needs. Lean meat is the best-recommended type of red meat as it has loads of bioavailable iron. Iron is necessary for the blood, and chicken breast is also an important type of white meat. Chicken breast has a high protein level and low calories that is favorable to the body. Lean meat is also recommended for a healthy body.

Also, grass-fed lamb meat has high levels of omega-3 fatty acid, so it is very healthy for the body; however, you should note that any unhealthy consumption of meat, especially in large quantities, is not healthy for the body. So, you should take meat in controlled quantities.

## **Nuts and Seeds**

The next food that you should eat is nuts and seeds. Almonds contain fiber, magnesium, and chia seed. They have a high amount of fiber, calcium, magnesium, and manganese that are essential for the body, and they provide the body with healthy unsaturated fats. Now while nuts are very rich in fiber, it is good for the digestive system. Peanuts are very high nutritional food filled with antioxidants. Coconut provides the body with the much-required fatty acid; however, you should take care when consuming nuts because they do have a lot of calories. Most people like to overeat them. It is not good to overeat them. Only eat them with caution.

## **Vegetables**

The next one is the vegetables. There are different ranges of vegetables, but the most preferred one is broccoli. Broccoli is a vegetable that provides the body with fibers for proper digestion. It also provides the body with vitamin K and vitamin C. They also contain lots of protein. Carrots provide the body with carotene and are a good antioxidant that helps to cleanse the body out of any toxins. Cucumber is also a great type of vegetable to consume because it contains a lot of vitamin K and minerals, and it is also low in carbs and calories, and it has a lot of water too. The content of cucumber is also essential for the body.

Tomatoes provide the body with vitamin C and potassium, and it falls under the class of vegetables but technically, it is fruit. There are many vegetables that you can consume which include lettuce onions spinach pepper and cauliflower. All these vegetables are very important to the body.

## **Garlic**

The next one is garlic. Garlic helps to boost the immune system, and it contains the bioactive organic sulfur compound. Garlic provides a wide range of nutrients for the body like vitamin k and vitamin C. It is also rich in fiber.

## **Greens**

The next one is the greens. Greens are high in carbs, but they are very healthy for the body, especially if you are consuming them on a high carb diet. The best greens to consume are brown rice because they provide the body with a lot of vitamin b1, magnesium, and fiber. Brown rice is the most popular cereal. Oats contain a lot of fiber named better grass, and the fiber has many benefits. Quinoa provides fiber and magnesium for the body. It has a very appealing taste, and it is popular among the health-conscious community.

## **Bread**

The next one is the bread. Most of the locally available white bread is highly processed. It is hard to get non-processed healthy bread, but you can easily get a healthy bread, and that bread is called Ezekiel bread. Ezekiel bread has been made from several legumes and grains that are organically sprouted. Another healthy bread that you should consume is home-baked low-carb bread. A bread baked by ordinary people is likely to be healthier than the one made from the factory, and it is the most preferred form of bread.

## **Legumes**

The next one is legumes. Legumes are another food group that is recommended for its nutritional value. Kidney beans are legumes that supply the body with enough fiber, minerals, and vitamins. It is advisable to cook kidney beans properly, as they can be toxic when you digest them raw. Green beans are the unripe form of common beans. In western countries, they are fond of eating green beans. Lentils are another form of legume that is high in fiber, and it is the best source of plant-based protein. You should, however, note that legumes contain and nutrients that do affect the digestive system and also the absorption of nutrients. So, therefore, you should soak legumes properly before cooking and cook them very well.



## **Dairy Products**

The next one is dairy products. Dairy products are popularly known for their high calcium and magnesium content, which helps the bones and the teeth. Full-fat dairy has been proven to help with obesity and type 2 diabetes. Dairy products that come from grass-fed cows are more nutritious than the ones made in the factory, and they contain lots of vitamin k2 and by-active acid. Cheese contains a lot of nutrients, they contain the same amount of nutrients as a full cup of milk, and they are very appealing.

Whole milk contains lots of vitamins and minerals, and they also contain plenty of animal protein. Yogurt contains live cultures that are beneficial to the body, and they have many friendly bacteria's in them. They also provide a lot of health benefits to the body, just like milk. Skim milk provides the body with calcium, and it is essential for strong bones, protein, and vitamin D. Skim milk contains 0 percentage of saturated fat, so it is advisable to take it three times a day.

## **Fats and Oil**

The next one is fat and oil. A large number of fats and oil are considered healthy. Friendly fat butter made from cow feed on grass is rich in vitamin K2. Coconut oil is good for the body, especially when fighting to lose belly fat. Extra virgin oil is one of the healthiest oils made from vegetables. It has a lot of antioxidants, and it is therefore friendly and has mono-saturated fats that are healthy to the heart. It is good to consume fat and oil, but you should mind the way you consume them because if you consume them too much, then you'll be putting your body on the risks of high blood pressure, heart problems, and diabetes.

## **Apple Cider Vinegar**

The next one is apple cider vinegar. Apple cider vinegar provides so many health benefits to the body. It helps to lower the body's blood sugar, and it helps in weight loss. Apple cider vinegar is one of the healthiest recommended sources of weight loss. It helps to rejuvenate lubrication. If you are having joint problems, then it can help in manufacturing the synovial fluid for lubrication in the joints. You can use the vinegar when preparing meals and dressing salad.

## **Sea Foods**

The next one is seafood. Seafood includes foods like fish and non-fishy family. Most seafood includes fish and non-fish family that are edible. Most foods are rich in omega-3 fatty acids, so consuming them will help to lengthen your life. They also reduce the risk of illness like dementia and depression. They also help improve brain memory and improve cognitive function. Most seafood has similar nutrition composition; a great example of seafood to eat is tuna shrimp, sardines, salmon.

## **Beans**

The next food is beans. Beans are rich in plant-based protein, and fiber. They also contain lots of vitamins, minerals, zinc, iron, and vitamin b. Beans are offered in different forms like pasta, salad soup, chili, and you can also convert them into baked products. Beans have disease-fighting photochemical that are responsible for protecting the cells from damages linked with colon cancer.

## **Dark Chocolate**

The next one is dark chocolate. Dark chocolate is not only popular for its pleasant taste, but it's also popular for its nutritional values. Dark chocolate is being made from cocoa, and cocoa is rich in antioxidants. Consuming four portions of dark chocolate at least four times a week will help to improve your blood vessels, and reduce the cases of blood pressure. Dark chocolate maintains a stable body process.

## **Berries**

The next one is the berries. Berries include strawberries, raspberries, blueberries, and healthy berries. Berries are rich in vitamin c, and fiber and they are essential for having a smooth digestive system. They also function as brain food. If you take berries every day, then you will improve your brainpower. Now the issue of consuming the right type of food cannot be stressed enough especially if you want to maintain a healthy body. Now when consuming foods, you have to be aware that the food must contain all the classes of food which are vitamins, protein, and carbohydrates.

People become emotionally attached to food from infancy through adulthood. Children sometimes get rewarded with snacks or treats for healthy behavior; adults can be treated to dinner. There are so many celebrations across the year from Christmas, Halloween, Thanksgiving, birthdays, and Valentine's Day. All these celebrations are food-focused, and as people eat together, they feel good and happy.

## CHAPTER 24:

# Stop unhealthy Food and Sugar Craving

**I**magine a scenario in which you could disconnect from your desires. Seclude them and send them away? Some weight reduction hypnotic systems assist you with doing this. For instance, you may be approached to imagine sending your yearnings – state on a ship ceaselessly out to the ocean. Recommendations can likewise help you reframe your yearnings, and figure out how to oversee them all the more adequately.



## Weight Loss

The initial step of utilizing entrancing for weight reduction: Identifying why you aren't accomplishing your objectives. How does this work? Regularly, a subliminal specialist will ask you inquiries identified with your weight reduction, for example, inquiries concerning you're eating and exercise habits.

This information gathering recognizes what you may require help chipping away at. You'll, at that point, be guided through acceptance, a procedure to loosen up the brain and body and go into a condition of entrancing. While in entrancing, your psyche is exceptionally suggestible. You've shed your basic, conscious personality – and the subliminal specialist can talk straightforwardly to your unconscious thoughts.

In hypnosis, the hypnotherapist will furnish you with positive proposals, insurances and may request that you envision changes. You can attempt it right now with our many weight loss entrancing chronicles! Positive recommendations for weight loss entrancing may include:

**Improving Confidence.** Positive proposals will engage your sentiments of certainty through empowering language.

**You are picturing Success.** During hypnosis, you might be approached to picture meeting your weight loss goals and to envision how it causes you to feel.

**You are reframing Your Inner Voice.** Entrancing can assist you with restraining an inward voice who "wouldn't like" to surrender unfortunate nourishments, and transform it into a partner in your weight reduction venture who's fast with positive recommendations and is progressively balanced.

**You are tapping the Unconscious.** In the hypnotic state, you can start to distinguish the oblivious examples that lead to undesirable eating. You can turn out to be progressively mindful of why we are settling on undesirable nourishment

decisions and bit control and build up increasingly careful procedures for settling on nourishment decisions.

They are fighting Off Fear. Hypnotic recommendations can assist you with subduing your dread of not making weight reduction progress. Fear is a No. 1 reason individuals may never begin in any case.

Distinguishing and Reframing Habit Patterns. Once in hypnosis, you can inspect and investigate ways you use eating and “turn off” these automatic reactions. Through rehashed positive insistences, we can start to slow and eventually totally evacuate programmed, oblivious idea.

You are growing New Coping Mechanisms. Through entrancing, you can build up increasingly solid approaches to adapt to pressure, feelings, and connections. For instance, you may be approached to picture an upsetting circumstance and afterward envision yourself reacting with a solid bite.

You are practicing Healthy Eating. During entrancing, you might be approached to practice settling on good dieting decisions, for example, approving of taking nourishment home at a restaurant. It enables these sound decisions to turn out to be progressively programmed. The practice is additionally useful for controlling yearnings.

You are settling on Better Food Choices. You may want and love undesirable nourishments. Hypnosis can assist you with beginning to build up a taste or inclination for more beneficial choices, just as impact the bit sizes you pick.

You are expanding Unconscious Indicators. Through reiteration, you may have figured out how to muffle the signs your body sends when you feel full. Hypnotherapy encourages you to become increasingly mindful of these pointers.

## Changing Eating Habits

There are certain ways that we tend to consume our food. Some of these ways are not beneficial to us at all, and they create more harm to our bodies. Most times, we tend to ignore the time factor that eating requires. We barely look at the decisions that we make regarding food. All we do is to make decisions. Having an eating routine is important. Nutritionists have advised us of the correct ways to consume our food.

One of them is that it is wrong to drink water immediately after a meal. First, you have to allow the food to settle, and after that, you should only drink water for some minutes. On the other hand, they advise that fruits should be consumed before meals for them to benefit your body rightfully. When you consume them together with your meals, they will not have the impact they would have if you had eaten them before your meal.

Most of these healthy facts are simple and easy to follow. It's just that we just choose not to follow them. Additionally, you tend to consume your foods in those moments that you should not be consuming it. For instance, you tend to eat a lot of food at night, and the only activity that you will do is to sleep. You will find out that much of the food that you eat is not well utilized in the body, and they tend to waste away. The result is that you just end up gaining more weight due to the poor eating habits that you're making.

So, meditation will allow you to realize the impact of the decisions that you're making concerning food and help you to change how you make those decisions. You will realize that you have some poor eating habits and you will decide to change them for the sake of your health and so that you will be in the right shape and weight.

# **What Are good Eating Habits to Weight Loss**

- Do you struggle to eat well nourishment?
- Do you attempt to imagine you appreciate eating soundly, however following two or three days, you truly miss your ordinary nourishments?
- Do you think that it's hard to eat well nourishment reliably?

If you truly need to create smart dieting propensities, at that point, this straightforward, normal hypnosis audio can support you.

Also, to our “stop comfort eating” title, this will change your whole demeanor towards nourishment. Dissimilar to the stop comfort eating collection where a ton of the attention is likewise on creating mental quality and self-discipline to oppose urges, this collection truly centers around this side of things more — to assist you with developing good dieting propensities by re-wiring how you consider nourishment on a more profound subconscious level.

You will think about the negatives of eating an unfortunate eating routine. As opposed to seeing desserts, cheap food, or simply your preferred greasy nourishments as alluring, you will think about the negatives—the weight you will pick up, the negative wellbeing suggestions, and how low and self-basic you will feel after you have completed solace eating.

You will likewise normally think about the positives of good dieting — how it will assist you with losing weight, improve your wellbeing, and how awesome and positive you will feel about yourself that you figured out how to defeat your solace eating inclinations! This straightforward change from negative to positive reasoning will profoundly affect your dietary patterns, and you will think that it's a lot simpler and considerably more characteristic to eat strongly.

You will turn out to be progressively predictable in your dietary patterns. You will stop “yo-yoing” between eating soundly, not all that strongly and pigging out. You will normally eat a significantly more adjusted, and sound eating routine, substantially more reliably.

At last, smart dieting will quit being a struggle for you as you build up the sort of attitude shared by the individuals who normally eat steadily without contemplating it. It is this last change in mentality and convictions which will transform you, decrease your waistline, and change how you consider nourishment until the end of time.

## **What to Expect**

If you are new to hypnosis, at that point, you will locate this a wonderful encounter. You will turn out to be increasingly looser as you proceed to tune in, and relying upon your learning style, you could conceivably recollect all aspects of the experience; you will anyway consistently stir feeling revived and positive. Short term

Over the short term, you will encounter genuine, substantial outcomes practically straight away. You will get yourself less powerless to enticements, and simply settling on better nourishment decisions normally. You will feel significantly more positive about yourself and your capacity to remain “on track” and create enduring, positive, smart dieting propensities.

## **Long Term**

After some time, the hypnotic recommendations will construct and make perpetual, enduring changes to your examples of reasoning and conviction sets related to yourself, abstaining from excessive food intake, and nourishment. You will steadily get one of those individuals who eat strongly normally. You won't fight or need to "be acceptable," you will normally eat a reasonable, sound eating regimen, and in light of this, you will wind up shedding pounds, getting more advantageous and more advantageous and capitalizing on life!

## CHAPTER 25:

# Take a Look to Calories

**W**e have all heard the word “calorie” and its relation to our body weight. Calories are contained in the foods we consume and are often misunderstood about how they affect us. In this chapter, we seek to explain what they are, how to count them, and the best methods of blasting them to avoid weight gain.



# What Are Calories, and How Do They Affect Your Weight?

A calorie is a key estimating unit. For example, we use meters when communicating separation; 'Usain Bolt went 100 meters in simply 9.5 seconds.' There are two units in this expression. One is a meter (a range unit), and the other is "second" (a period unit). Essentially, calories are additional units of physical amount estimation.

Many assume that a calorie is the weight measure (since it is oftentimes connected with an individual's weight). That is not precise, however. A calorie is a vitality unit (estimation). 1 calorie is proportional to the vitality expected to build the temperature by 1 degree Celsius to 1 kilogram of water.

Two particular sorts of calories come in: Small calories and huge calories. Huge calories are the word connected to sustenance items.

You've likely observed much stuff on parcels (chocolates, potato chips, and so forth.) with 'calorie scores.' Imagine the calorie score an incentive for a thing being '100 cal.' this infers when you eat it, you will pick up about as much vitality (even though the calorie worth expressed and the amount you advantage from it is never the equivalent).

All that we eat has a particular calorie tally; it is the proportion of the vitality we eat in the substance bonds.

These are mostly things we eat: Starches, proteins, and fats. How about we take a gander at what number of calories 1 gram comprises of these medications: 1. Sugars 4 calories 2. Protein-3 calories. Fat-nine calories

## **Are my Calories awful?**

That is fundamentally equivalent to mentioning, “Is vitality awful for me?” Every single activity the body completes needs vitality. Everything takes vitality to stand, walk, run, sit, and even eat. In case you’re doing any of these tasks, it suggests you’re utilizing vitality, which mostly infers you’re consuming calories, explicitly the calories that entered your body when you were eating some nourishment.

To sum things up, for you, “no ...” calories are not terrible.

Equalization is the way to finding harmony between what number of calories you devour and what number of calories you consume or use. On the off chance that you eat fewer calories and spend more, you will become dainty, while on the opposite side, on the off chance that you gobble up heaps of calories, however, you are a habitually lazy person, you will in the long run become stout at last.

Each movement we do throughout a day will bring about certain calories being spent. Here is a little rundown of the absolute most much of the time performed exercises, just as the number of calories consumed while doing them.

# Step by Step Instructions to Count Calories

You have to expend fewer calories than you consume to get thinner.

This clamor is simple in principle. Be that as it may, it very well may be hard to deal with your nourishment admission in the contemporary sustenance setting. Calorie checking is one approach to address this issue and is much of the time used to get more fit. Hearing that calories don't make a difference is very common, and tallying calories is an exercise in futility. Nonetheless, calories tally with regards to your weight; this is a reality that, in science, analyses called overloading studies has been demonstrated on numerous occasions.

These examinations request that people deliberately indulge and after that, survey the impact on their weight and wellbeing. All overloading investigations have found that people are putting on weight when they devour a bigger number of calories than they consume.

This simple reality infers that calorie checking and limiting your utilization can be proficient in averting weight put on or weight reduction as long as you can stick to it. One examination found that health improvement plans, including calorie including brought about a normal weight reduction of around 7 lbs. (3.3 kg) more than those that didn't.

Primary concern: You put on weight by eating a larger number of calories than you consume. Calorie tallying can help you expend fewer calories and get more fit.

## **How Many Calories Do You Have to Eat?**

What number of calories you need depends on factors, for example, sex, age, weight, and measure of activity? For example, a 25-year-old male competitor will require a bigger number of calories than a non-practicing 70-year-elderly person. In case you're striving to get in shape, by eating not exactly your body consumes off, you'll have to construct a calorie deficiency. Utilize this adding machine to decide what number of calories you ought to expend every day (opening in crisp tab). This number cruncher depends on the condition of Mifflin-St Jeor, an exact method to evaluate calorie prerequisites.

## **Best Apps to Help You Count Calories**

Because of upgrades in innovation, it very well may be similarly easy nowadays to try calorie tallying. There are loads of utilizations and sites accessible to disentangle the procedure by offering quick and basic techniques to log the sustenance you eat.

Regardless of whether your sustenance admission is just followed unpredictably, considers show that people who do so will, in general, lose more weight. They likewise better hold their weight reduction

Here is a list of the most well-known free calorie tallying applications/sites:

- My Fitness Pal
- Lose It!
- Fat Secret
- Cron-o-meter
- Spark People

Primary concern: A simple method to check calories is to utilize an application or web device to record your suppers and screen your nourishment admission.

# How to Reduce Your caloric Intake for Weight Loss

Portion sizes have risen, and a solitary dinner may give twofold or triple what the normal individual needs in a sitting at certain cafés. “Segment mutilation” is the term used to depict enormous parts of sustenance as the standard. It might bring about weight put on and weight reduction. In general, people don’t evaluate the amount they spend. Tallying calories can help you battle indulging by giving you a more grounded information of the amount you expend.

In any case, you have to record portions of sustenance appropriately for it to work. Here are a couple of well-known strategies for estimating segment sizes: Scales: Weighing your sustenance is the most exact approach to decide the amount you eat. This might be tedious, in any case, and isn’t constantly down to earth.

Estimating cups: Standard estimations of amount are, to some degree, quicker and less complex to use than a scale, yet can some of the time be tedious and unbalanced.

Examinations: It’s quick and easy to utilize correlations with well-known items, especially in case you’re away from home. It’s considerably less exact, however.

Contrasted with family unit items, here are some mainstream serving sizes that can help you gauge your serving sizes: 1 serving of rice or pasta (1/2 a cup): A PC mouse or adjusted bunch.

- 1 Meat serving (3 oz): A card deck.
- 1 Fish serving (3 oz): Visit book.
- 1 Cheese serving (1.5 oz): A lipstick or thumb size.
- 1 Fresh organic product serving (1/2 cup): A tennis ball.
- 1 Green verdant vegetable serving (1 cup): Baseball.

- 1 Vegetable serving (1/2 cup): A mouse PC.
- 1 Olive oil teaspoon: 1 fingertip.
- 2 Peanut margarine tablespoons: A ping pong ball.

Calorie tallying, notwithstanding when gauging and estimating partitions, isn't a careful science.

In any case, your estimations shouldn't be thoroughly spot-on. Simply guarantee that your utilization is recorded as effectively as would be prudent. You ought to be mindful to record high-fat as well as sugar things, for example, pizza, dessert, and oils. Under-recording these meals can make an enormous qualification between your genuine and recorded utilization. You can endeavor to utilize scales toward the beginning to give you a superior idea of what a section resembles to upgrade your evaluations. This should help you to be increasingly exact, even after you quit utilizing them.

## More Tips to Assist in Caloric Control

Here are 5 more calorie tallying tips:

- Get prepared: get a calorie tallying application or web device before you start, choose how to evaluate or gauge parcels, and make a feast plan.
- Read nourishment marks: Food names contain numerous accommodating calorie tallying information. Check the recommended segment size on the bundle.
- Remove the allurement: Dispose of your home's low-quality nourishment. This will help you select more advantageous bites and make hitting your objectives easier.
- Aim for moderate, steady loss of weight: Don't cut too little calories. Even though you will get in shape all the more rapidly, you may feel terrible and be less inclined to adhere to your arrangement.
- Fuel your activity: Diet and exercise are the best health improvement plans. Ensure you devour enough to rehearse your vitality.



## Effective Methods for Blasting Calories

To impact calories requires participating in exercises that urge the body to utilize vitality. Aside from checking the calories and guaranteeing you eat the required sum, consuming them is similarly basic for weight reduction. Here, we examine a couple of techniques that can enable you to impact our calories all the more viably:

- 1) Indoor Cycling: McCall states that around 952 calories for each hour ought to be at 200 watts or higher. On the off chance that the stationary bicycle doesn't demonstrate watts: "This infers you're doing it when your indoor cycling instructor educates you to switch the opposition up!" he proposes.
- 2) Skiing: Around 850 calories for every hour depends on your skiing knowledge. Slow, light exertion won't consume nearly the same number of calories as a lively, fiery exertion is going to consume. To challenge yourself and to consume vitality? Attempt to ski tough.
- 3) Rowing: Approximately 816 calories for every hour. The benchmark here is 200 watts; McCall claims it ought to be at a "fiery endeavor." Many paddling machines list the showcase watts. Reward: Rowing is additionally a stunning back exercise.
- 4) Jumping Rope: About 802 calories for each hour This ought to be at a moderate pace —around 100 skips for each moment — says McCall. Attempt to begin with this bounce rope interim exercise.
- 5) Kickboxing: Approximately 700 calories for every hour. Also, in this class are different sorts of hand to hand fighting, for example, Muay Thai. With regards to standard boxing, when you are genuine in the ring (a.k.a. battling another individual), the biggest calorie consumption develops. Be that as it may, many boxing courses additionally incorporate cardio activities, for

example, hikers and burpees, so your pulse will in the long run increment more than you would anticipate. What's more, hello, before you can get into the ring, you need to start someplace, isn't that so?

- 6) Swimming: Approximately 680 calories for each hour Freestyle works, however as McCall says, you should go for a vivacious 75 yards for each moment. For an easygoing swimmer, this is somewhat forceful. (Butterfly stroke is significantly progressively productive if you extravagant it.)
- 7) Outdoor Bicycling: Approximately 680 calories for each hour biking at a fast, lively pace will raise your pulse, regardless of whether you are outside or inside. Add to some rocky landscape and mountains and gets significantly more calorie consuming.

The volume of calories devoured is straightforwardly proportionate to the measure of sustenance, just like the kind of nourishment an individual expends. The best way to lessen calories is by being cautious about what you devour and captivating in dynamic physical exercises to consume overabundance calories in your body.

## CHAPTER 26:

# Essential Nutrition Habits for Permanent Weight Loss

**Y**ou won't expect to miss your workout once in a while, and then more frequently before you adapt. Commonly, this is what happens if you don't have a training plan to follow. Motivation comes from the fact that you benefit.

If you follow a clearly written program that provides constant feedback, you will not need to rely on emotionally-based motivation or control, and all of us know that emotions are desirable.

Doesn't the latest preparation work out? Change is inevitable.

It relates to your wellbeing, nutrition, and athletic objectives more than ever before. If your exercise schedule is too much of a routine, you reach a point of reduction. If you lose interest, you risk injury if you keep going, and most of you will stop looking for help.

Did you reach a plateau during your training? Your body must know that a new program is in operation. Consistent adjustments over a certain period of time give the body a message.

No change will occur if the message is not clear and easy to understand. When the message is clear, easy to understand, and maintained, the body will respond to this shift for a long enough time. Remember, your body is the product of how you live your life every day, with the exception of genetics and the environment, of course.

Do you train too much or too little? You can exercise for fitness, weight loss or sport. When you want to have an athletic program when everything you want is to feel better and to work more effectively with painless movement, you'll

do too much. Training programming must suit the desired goals and performance, or the outcomes will result in injury, disappointment, or both.

If you aren't a professional athlete who knows well how to research and apply the exercise science for years, you may be able to use some support. Whether you get support from a healthcare professional or from a trustworthy online source, always first seek your doctor's approval.

Over the years, we've seen many diet plans. We also experienced lifestyle plans such as the South Beach diet, the Atkin's diet, fancy exercises, and other high-quality products. The reality still emerged: The diet plans and products that came out very quickly seemed to go away as fast as their rise to fame. This shows that food services are just a good way to get money from the public. Weight loss programs certainly come and go, but perhaps all-diet plans based on one weight loss program stand out.

Mind-based programs are not really food plans or schedules. Such plans are quickly interconnected diet schemes for weight loss. For one way or another, the question is the cause rather than the treatment of the symptoms. These symptoms are the result of eating too much food, which in turn makes us fat because it's more than the body needs. If you eat a lot of food, exercise, or diet, your minds are solely responsible for all of your actions. In this way, you must understand and learn to control and work your mind for your benefit.

Mind-based programs rely primarily on hypnosis techniques and methods. Hypnosis has been around for so many years, and its effectiveness is quite assured. The software manipulates the mind more or less meaningfully so that you eat less unintentionally. In fact, if you eat a lot, you can eat food that is beneficial to you and you'll lose weight.

What is really important about this program is that it helps you to lose weight without any lifestyle changes. In addition, you can use tailored and quick workout plans to speed up the weight loss process. You must increase your routine with

workouts to achieve a really fast weight loss diet plan. You benefit from aerobic exercise, weight-training, and a combination of the two. These exercises will not only make you lose weight more quickly, but they will also strengthen your body. This is because these exercises boost your metabolism, which then gives you more energy to function on a daily basis.

# **Your Mind Is a terrible Thing, Just Think of It**

Why are so many struggling and so few successful? This is not because you're talented or because you have magical powers on your hands. It's just because in their lives something happened that generated a desire to succeed. The loss of weight is nothing other than success. Your mind is the secret to this achievement, and you will be successful until you know that. Failure is brought into the mind even before you start.

To succeed and change the mind, persuading other people is the toughest thing. Why would you like to lose weight? You must have an excellent reason to lose weight and achieve the body size that you want. Otherwise, you're going to just fail. What is your reason? Think about it because there the action starts. If your motives to try to accomplish this difficult task are low, you will also have a low chance of success. Ask yourself the question and answer it with conviction.

This example will be serious, but it will help you to understand the way of thinking. Say you met someone who died recently because of some diseases caused by their overweight body. Now imagine that this person was your wife, your mom, or your kids. Let us also take for granted that you are overweight and face the same fate. How are you feeling? You have lost a loved one, and now, unless you do something about it, you risk losing yourself. A sense of urgency allows you to persuade yourself to take action and to escape the same fate.

When you find the reason for losing weight and convince your mind that you are going to succeed, the rest is only a walk in the park. You'd overcome the hardest part of any weight loss program. Never settle for an old lame excuse. Your motives must be strong enough to ensure that your mind doesn't stop.

If you have read anything, I'm sure you read about other people's success stories. In almost each of those stories, you

will also notice that they were unhappy, or even suicidal in some extreme cases. Ultimately, reading your stories and finding out why they decided to lose weight will help you to find your own. You're not alone on this trip, so share your stories, and you can share your own success when you succeed.

The body is a machine that is very complex and does its own thing regardless of our intentions. This operates on the following basics: It will tell you when you need food stores that will have surplus food for the future and slows down when you don't have enough food.

Now, look at what you're doing to lose weight. Cut down the food you eat; do more exercise. So, why didn't you try that last time?

Research has shown that the body is sensitive to various situations. By reducing the amount, you consume, the body will go into hunger mode. In order to fight it, you can remember feeling exhausted while you were on the last diet. This is your body's way of efficiently using the energy supply, slowing it down. Whatever food you eat is later processed, so you won't only feel tired, but your body won't change shape. Your body will begin to lose muscle definition because it is easier to burn your muscle than fat!

The next time you're at the gym, take this into account. To lose 200 lbs. of fat for a man, he'd have to run at 10mph for 3 hours 20 minutes! If you can run at 10 miles per hour for that long, please send your name and address, the British Olympic Team would like to speak to you!

What is the answer to our objective of intestinal transformation? Try this for 30 days, you won't have a 12-month gym dealer double your food bill for healthy options!

Eat small and often, five meals a day, three hours between meals!

Make breakfast the greatest meal and that your daily consumption. Enjoy your food, take time to chew, stop when

you are finished. Nonetheless, follow the rules below.

- Do not eat after 8 pm while you wait 2-3 hours before bed.
- Drink plenty of water (preferably with ice!)
- Get 8 hours ' sleep

This strategy would make your body fat, torment you by starving, or overworking your body in the gym is not important. By adding a few fast building exercises such as press-ups, squats, and sit-ups, it speeds up the metabolism of fat burning.

Most teenagers are dissatisfied with their weight. The more reluctant they are to lose weight, the less effective they sometimes seem. The problem today is how to achieve adolescent weight loss. Understanding the possible causes of adolescent weight problems may help to develop weight-loss strategies for working adolescents.

Heredity definitely plays a role in the form and weight of the body. It is a reality, for example, that different ethnic backgrounds prefer to dispense body fat elsewhere. But that doesn't mean that you are obese just because you have overweight relatives.

Overweight teens must be made aware that given their genes, they can be lean. This is where weight loss programs are put in place for teenagers who prioritize good eating and keeping active.

An overweight parent is behind many an overweight teen. While genes play a role, eating habits learned at home are the most important problem. And don't make a mistake that kids take on their home habits. So, if meals often consist of fast food or a bedtime snack is mandatory, don't be surprised when these bad habits are part of the overweight way of life of your teenagers.

It is also important to look at the attitude of the family towards exercise. Should you jump in the car to the convenience store in the corner? Is it your idea of opening a big bag of chips as



the channel flies away? For years, your teen has dealt with this. You're joking yourself if you think some of these patterns haven't been made theirs.

These are only a few of the causes of adolescent weight problems. The good news is that teen weight loss can only be accomplished if new healthy behaviors are established.

This is a great source for more detailed information on adolescents ' weight loss plans.

If your health is at risk, I understand how lucky we are all to have options today, and this revolutionary cold operation will definitely save your life and improve your quality of life dramatically. Yet look at your options and do your research.

However, there is an argument about science. For your details, you need to find an independent source. The problem is that the people who care the most about weight loss surgery are the ones who do it. It would definitely not be in your best interest to advise you against what accounts for the large majority of your profits, and I am not guilty of not focusing on the negative side of this issue. I definitely do not believe something wrong and have great confidence in our overall health care system.

I want to point you to the only source I have found that is neither prejudiced nor incomplete for quality information. I actually think that this material should be read by anyone who takes some sort of weight loss surgery into account. You must provide this valuable information to yourself and to those who love you. Information that can save your life.

## CHAPTER 27:

# Benefits of a Healthy Body

**I**t is indispensable to maintain a healthy body to preserve achieves a healthy life. A healthy body enables one to lead an active and more productive life, which directly translates to great achievements and also age gracefully. To maintain a healthy body, one has to have a healthy diet, subject himself/herself to regular exercises, maintain a stress-free mind, have quality sleep, and lead a healthy lifestyle. The following are ten important reasons for maintaining a healthy body.

## **Boosts the Immune System**

A healthy body means that all the body processes are working at their best, and therefore all required antibodies for fighting illness are produced in enough amounts. This way, the body can fight off diseases and protect the body from getting sick. Even though the body cannot fight off all sickness, a healthy body is likely to fight off most seasonal diseases compared to the non-healthy body. It is advised, however, that if the body's immune system goes down, it is essential to avoid consuming alcohol or taking in sugary food and sugary drinks as microbes have a high affinity for sugar.

## **Reduces Chances of Getting Any Type of Cancer**

From a biological explanation, cancer is the uncontrolled cell division due to a mutation of the DNA within cells. DNA is responsible for giving cells instruction on when to divide, how many cells to divide, and repairing cells that need fixing. When the DNA mutates, the cells divide uncontrollably and not perform the required tasks leading to cancer. Causes of DNA mutations are either inherited genetically, biologically predisposed through chemicals causing disease or unhealthy lifestyles like poor diet, smoking, consumption of loads amounts of alcohol, and obesity. Unhealthy lifestyles are the number one cause of disease. A healthy body contains a normal DNA, which means a controlled cell division and also, proper repair of cells. It is therefore essential to maintain a healthy body

## **Increases the Body Energy Level**

A healthy body has high levels of energy, resulting from the work put in to achieve it. Being healthy means having a healthy diet. A healthy diet means that the body is supplied with the required vitamins, carbohydrates, and proteins. Exercising makes the body adapt to harsh treatment, and in return, every exercise session leaves the organization even more potent than it was before. Enough sleep clears the mind and also gets rid of fatigue. This compilation ultimately translates to the authority having high energy levels and more productive.

## **Reduces Chances of Being Infertile**

Being overweight or underweight can increase one chance of being infertile. Also, the abuse of recreational drugs and smoking can contribute significantly to infertility. Being overweight, smoking, and consuming loads of alcohol in men reduce the sperm count leading to infertility. Both being underweight and overweight in women also contributes to infertility. All the above-stated problems are a result of an unhealthy body. Therefore, eating healthy to avoid underweight, exercising to curb obesity and overweight cases, and leading a healthy lifestyle and minting a healthy body can go a long way in the cure for infertility.

## **Prevents Stroke and Heart-related Problems**

Stroke is where the brain is depleted of oxygen for a while, causing death to its cells. Deprivation of oxygen may be caused by blockage of arteries or rupturing of arteries leading to leakage of oxygenated blood responsible for keeping cells up and running. Among the causes of blocked arteries is the deposition of fat, blocking the proper flow of blood to the brain. Other causes may include unhealthy lifestyles and stress. Heart problems include heart attack and coronary artery disease. Similarly, coronary artery disease is caused by too much cholesterol blocking the blood's supply to the body. A heart attack is the rupture of the coronary artery; it is the result of the heart pumping blood at a higher rhythmic pressure than the normal one. creates pressure on the highway, causing them to rupture. The best treatment approved by doctors for both diseases is exercising, leading a healthy lifestyle, having enough rest, avoiding stress, and also adopting a healthy diet. Doctors stress keeping our bodies healthy as we can fight off illnesses like heart problems and stroke.

## **Enhances some Career Choices**

Careers like athletics require athletes to maintain good living standards and impressive body physique. Athletes are required to adopt a strict diet, exercise regularly, subject their bodies to enough sleep, and, most of all, avoid consuming recreational drugs and too much alcohol if not a small amount. In the entertainment industry, also, models and dancers are mostly required to adhere to similar living standards. These healthy standards ensure their bodies are at optimum health, and they can remain top of their careers.



## **Improves Longevity**

Study within time has shown that having a healthy body ensures one to achieve long life. Exercising as short as twenty minutes a day reduced the chances of one suffering a premature death. Healthy adjustments like proper diet are also essential in achieving a long life. The healthy body, even at an older age, means that one can carry out tasks that would have been hard if they were unhealthy or dead. It also means that one can enjoy more time with family. Grandparents get a chance to see and bond with their grandchildren all because of maintaining their bodies at healthy levels

## **Helps Control Body Weight**

A healthy body is a state acquired after proper care of the body and exercises. Even without trying to lose weight, robust living standards will ultimately lead to healthy body weight. A weekly schedule of a few hours of training and eating right will go a long way in maintaining healthy body weight. The body will have a robust immune system, prevent heart diseases and also spike the body energy level all as a result of a healthy body

## **Improves Moods and Feelings**

A study has proven that exercising our body leaves our bodies relaxed and happy also. It is a result of the release of brain cell chemicals called endorphins. Exercising ensures that one achieves an athletic physique, which means that one will have improved physical appearances leading to improved self-confidence. We live in a world of constant disappointments and tragedies. It is essential to keep out bodies at most health for improved emotional balance and also maximum cognitive functions

## **Helps Manage Diabetes**

There are two main types of diabetes, type one where the body insulin-producing cells are attacked itself, by the body. Then you will have to live on insulin shots all his/ her life. Type two diabetes is where the body is unable to absorb the sugar in the blood and convert it into energy for the cells. Type one diabetes is a result of poor health living standards, lack of exercise, and having a poor diet. A healthy diet and exercise can regulate the early stages of diabetes like Pre diabetes and also gestational diabetes. Maintaining a healthy body will mean that the body will be able to control body insulin balance and reduce fatalities caused by diabetes like blood pressure, heart attack, kidney failure, and hardening of blood vessels.

## **Improves the Brains Memory**

A healthy body constitutes a healthy diet; a healthy diet comprises of all the food nutrients. Among these nutrients are vitamins. Vitamins, preferably C, E, D, Omega 3, fatty acids, and flavonoids, are essential in developing a brain with a good memory. A healthy diet also helps fight off dementia and decline of cognitive functions. Dementia is the loss of consciousness, effects on the ability to speak, think, or even solve a problem. Eating healthy will help reduce dementia that which is not caused by physical injury on the brain.

## **Strengthens Both the Bones and the Teeth.**

Maintaining a healthy body helps improve the strength of teeth and bones. It is advisable to consume dairy products for calcium three portions a day. One is also required to subject the body to physical exercises, and the most preferred one is lifting weights. A proper diet is essential, as well. One is required to consume meals rich in calcium and magnesium for healthier teeth and bones. Many kinds of cereal contain calcium while magnesium abundantly found in legumes, nuts, whole grains and seeds

## **Boosts Self-Esteem**

Among reasons for having low self-esteem is having an unhealthy body. We live in a world of diversity and one that is rich in different tastes in fashion. Often everyone wants to look good, but at times our bodies often fail us, which can be bad for our self-esteem. However, this can be changed, and our esteem boosted within no time. A proper diet would be a good start accompanied by regular body exercises and maintaining a healthy mind through rest and controlling what we think. Results take time, but eventually, one achieves a healthy body. This is more like killing two birds with one stone as one can boost their self-confidence by enhancing appearances and also obtain a state of a healthy body through having a healthy body.

## **A Healthy Body Improves Better Sleep**

Often people with unhealthy bodies go through a lot of difficulties when sleeping. They often sweat a lot in cases of obesity and even find problems breathing when asleep. Healthy people sleep well and encounter no problems breathing when sleeping. Subjecting the body to exercises ensures the body process work right, and it burns off excess fats causing sweating during the night. Eating right and avoiding abuse of drugs and alcohol also helps achieve a healthy body. A healthy body, in turn, leads to sound sleep



## **Improves Sex Life in Couples**

Sex is a physical act; therefore, both partners are required to be physically fit to have a good time. More often than not, once one of the partners gains an unreasonable amount of weight or both of the partners, they start experiencing bedroom problems. Sex is a significant aspect of all couples, and if issues arise in this area, the likelihood of separation is high. It is therefore advised of couples that they maintain healthy bodies to avoid bedroom problems.

## **Improves Chances of Surviving Disasters and Violence**

We live in the 21st century, where the world is a subject of natural disasters, and man inflicted violence from robbery to wars. The world is no longer safe, and no one is an exemption to this bitter truth. So, in case of an onset of such misfortunes, human beings are supposed to find ways to survive. Among methods of improving the chances of survival in such cases is having a healthy body, both strong and athletic. The rule of life would take the course, and the strong and fit that is those that are healthy are going to survive. A healthy person is more likely to evade himself/herself from violence by moving away as quickly as possible. An unhealthy person might not be so lucky.

## Conclusion

**T**he more that you allow these types of exercises into your life, the more fit and active your mind will be. Having a healthy body is important, but if your mind isn't healthy first, it will be a much greater struggle.

This process requires willpower, strength, and discipline. Ensure that you are able to incorporate these into your life to see the results you've only been fantasizing about in the past. Pair this with other meditation books as well to get a variety of brain training that will keep you focused on your biggest dreams.

Your attitude can be one of those major things keeping you from reaching your fitness goals. Being on a healthy kick is not necessary for sustainable weight loss.

Losing weight is surely an amazing goal, but it is extremely hard to reach if there is no good motivation to encourage you to keep going.

It absolutely takes some time to reach that ideal weight, both time and effort, and in order to motivate yourself on this journey, the best idea is to embrace positive self-talk.

You need to remind yourself of all of the amazing health benefits of losing weight, such as feeling more energized, feeling better about yourself, having a better sleep, and much more.

In addition to reminding yourself of all of the amazing health benefits of losing weight, another great idea is to keep a success journal where you will write every single step you have taken and succeeded in.

This way you more likely to stay committed to your weight loss journey. In order to boost your commitment, you also need to embrace some positive affirmations and positive self-talk which will keep you going.

Therefore, the next time you look yourself in the mirror, instead of telling yourself I will never be thin and I will just give up, say to yourself this is going to be amazing, losing those five pounds feels great and I will keep going.

Both of these statements are self-talk, but the first one is extremely negative self-talk while the second one is positive self-talk.

These are automatic statements or thoughts to make to yourself consciously. Positive self-talk is an extremely important step as it can influence how you act or how you feel.

Instead of saying to yourself negative statements, embrace positive affirmations that come with some constructive ideas.

Once there, your positive self-talk can act as your own personal guardian angel destroying that annoying, destructive devil that has been sitting on your shoulder, keeping you from reaching your goals.

If you have battled to stay on the right track in the past, this is mostly due to that annoying negative self-talk which, once there, brings failure, so you are more likely just to give up.

For this reason, say yes to positive self-talk. The most powerful thing about embracing positive self-talk is that those positive affirmations and positive statements you say to yourself tend to stick in your mind, so you are surrounded by positive feelings and thoughts.

In order to start practicing positive self-talk, you need to start listening to what is happening in your mind and recognize your feelings, desires, and fears as these influence your weight loss journey.

The best idea is to keep a weight loss journal where you will write down what you eat that day, how many hours you exercised as well as your feelings and thoughts throughout the day.

If there are some negative statements circling in your head, make sure you write them down. Once you have written them,



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you need to turn them into affirmations or positive self-talk where instead of I cannot or I will not, you say I can and I will.

As you embrace positive self-talk, you are more likely to stay on the right track. Moreover, as you reshape your negative self-talk into positive self-talk, you also get to change your unique self-definition from a person who cannot achieve something to a person who can achieve anything.