

# GASTRIC SLEEVE

4 BOOKS IN 1

THE ULTIMATE GUIDE

HYPNOTIC GASTRIC BAND  
RAPID WEIGHT LOSS HYPNOSIS  
GASTRIC SLEEVE BARIATRIC COOKBOOK  
GASTRIC BYPASS SURGERY



YOUNAN CAMPBELL

HYPNOTIC GASTRIC BAND

1

RAPID WEIGHT LOSS HYPNOSIS

2

GASTRIC SLEEVE BARIATRIC COOKBOOK

3

GASTRIC SLEEVE SURGERY

4

# **GASTRIC SLEEVE**

**4 BOOKS IN 1**

## **THE COMPLETE GUIDE**

**Hypnotic Gastric Band**

**Rapid Weight Loss Hypnosis**

**Gastric Sleeve Bariatric cookbook**

**Gastric Bypass Surgery**

**YOUNAN CAMPBELL**

## **HYPNOTIC GASTRIC BAND**

### **Introduction**

**How does a hypnotic gastric band work?**

**The Hypnotic Gastric Band - Does It Work?**

**How to Succeed with Diets**

### **Chapter 1: What is the Hypnotic Gastric Band?**

**Benefits of hypnosis vs. surgery**

**Weight loss through hypnosis**

**Why it works**

### **Chapter 2: Conditioning Your Body for Hypnotic Gastric Band**

**The Power of the Gastric Band**

**Cybernetic Loop**

**What Makes the Hypnotic Work So Well?**

**Visualization Is Easier Than You Think**

**The Power of Context**

### **Chapter 3: Hypnosis and Meditation**

**How they work**

**The best time for hypnosis and meditation**

**The Practical Guide to using hypnosis for weight loss**

**Hypnosis session for weight loss**

### **Chapter 4: Strategies and Mind Exercises that Help Alongside Hypnotic Gastric Band**

**Keep a Journal**

**Avoid the Scale**

**The Calorie Myth**

**Talk About It**

**Affirmations**

**Time Management**

**Practice Patience**

**There is No Rush**

**Set Small Goals**

**Don't Wait for Monday**

**Something to Tend**

### **Chapter 5: Your New, Slimmer, Happier Life**

**Diets Don't Work**

**Guilt**

**Gambling**

Diet Promotion

Hostile

Quit Worrying about Food

Life Changes

Chapter 6: Weight Loss by Stopping Emotional Eating

Effects of Emotional Eating

Intense Nausea

Feeling Guilty

Weight-Related Health Issues

How to stop emotional eating using Meditation

Develop the Mind, and Body connection

Chapter 7: Meditation changes the body and mind

Practicing anti-stress meditation at home

1. Emotional agenda

2. A moment of tranquility

3. Regulate your breathing

4. Focus thoughts

5. Positive images

6. The silence

7. Open your eyes in a renewed way

8. New perspectives

Meditation for a Deep and Quick Sleep

Chapter 8: Binge Eating Meditation

Chapter 9: The Satisfaction Factor

Chapter 10: Relaxation Techniques

Autogenic Training

Basic Autogenic Training Exercises

Recommended positions.

Lie Down.

On the Armchair

Position of the coachman

Other suggestions

Chapter 11: Meditation for a Mindfulness Diet

Mindful Eating Meditation

Chapter 12: Hypnosis portion control session

Is portion control difficult to maintain?

[Hypnosis for portion control session](#)

[Chapter 13: Change your Lifestyle](#)

[Hypnosis Session for Intuitive Eating and Weight Loss](#)

[Chapter 14: Sleep Better](#)

[Chapter 15: Affirmations](#)

[Affirmations for Positivity](#)

[Chapter 16: Workout](#)

[Getting the Most Out of Your Workouts](#)

[Set a Routine](#)

[Cardio and Body Weight Exercises](#)

[Chapter 17: How to practice everyday](#)

[Set a routine for everyday hypnosis meditation and affirmation for weight loss](#)

[Standing Reach Stretch](#)

[Neck Stretch](#)

[Quadriceps Stretch](#)

[Standing outer thigh stretch](#)

[Tendon Stretch Arms Length](#)

[Standing thin stretch stand](#)

[Hip Stretch](#)

[Upper back Stretch and shoulder stretch](#)

[Abs](#)

[Conclusion](#)

## **RAPID WEIGHT LOSS HYPNOSIS FOR WOMAN**

[Chapter 1: What is Hypnosis?](#)

[Chapter 2: Hypnosis and Weight Loss](#)

[Chapter 3: Heal your Relation with food](#)

[Chapter 4: Portion Control Hypnosis](#)

[Chapter 5: Guided Meditation for Weight Loss](#)

[Chapter 6: How Does the Mind Work?](#)

[Chapter 7: How to Practice Every Day](#)

[Chapter 8: Hypnosis for Deep Sleep](#)

[Chapter 9: Affirmations For Weight Loss Success](#)

[Chapter 10: Eat Healthy and Sleep Better with Hypnosis](#)

[Conclusion](#)

# **GASTRIC SLEEVE BARIATRIC COOKBOOK**

[Chapter 1: Gastric Sleeve Surgery](#)

[Chapter 2: What to Expect with a Gastric Sleeve Surgery](#)

[Preparing for Surgery](#)

[Eating Habits](#)

[Challenges and Side Effects](#)

[Chapter 3: Gastric Sleeve Diet](#)

[Chapter 4: Gastric Sleeve FAQs](#)

[Chapter 5: Gastric Sleeve Fluids and Puree Recipes](#)

[Chapter 6: Breakfast Recipes](#)

[Chapter 7: Lunch Recipes](#)

[Chapter 8: Dinner Recipes](#)

[Chapter 9: Clear Liquids](#)

## **GASTRIC SLEEVE SURGERY**

[Description](#)

[Introduction](#)

[Chapter 1: Life Post-Bariatric Surgery](#)

[Chapter 2: Possible Complications](#)

[Chapter 3: General Recovery Tips](#)

[Chapter 4: Mindful Eating Exercise](#)

[Chapter 5: Willpower Alone Is Not Enough for Weight Loss](#)

[Chapter 6: Hydration](#)

[Chapter 7: Ways to Adjust Emotionally and Physically after the Surgery](#)

[Chapter 8: Exercising](#)

[Conclusion](#)



# HYPNOTIC GASTRIC BAND

A Beginner's Guide to Lose Weight, Stop Food Addiction and Eat Healthy  
with Rapid Weight Loss Hypnosis & Meditation. Self Esteem, Confidence, &  
Positive Affirmations

## Introduction

The gastric band (also called a lap band) has become an increasingly popular treatment for people who want to lose weight over the course of the last decade. A band is wrapped around the stomach and inflated to reduce the stomach capacity greatly. It means that the patient consumes less food, resulting in fast and permanent weight loss.

Yet gastric band surgery is not risk-free. There is always an inherent risk of something going wrong with any procedure, but there are also some problems that the lap band can cause in particular. It involves a ribbon (which may lead to too much or not enough stomach capability), acid reflux, nausea, vomiting, diarrhea, regurgitation, blockages as well as other problems. There are definitely hidden dangers, although the results are certainly impressive. But wouldn't it be awesome if the performance of the gastric band could be repeated without risks?

Okay, there's actually away. Hypnotherapists recently succeeded tremendously in replicating the lap band solely with hypnotic suggestions. No scalpels, anesthetics, or wounds - just pure mind control. Because of its safe and effective existence, gastric belt hypnotherapy has become the newest weight-loss craze. A simple search of Google shows hundreds of happy patients who benefit from hypnotherapy of the gastric band and lose much of their excess weight. How does it work, however?

To order to understand how gastric band hypnotherapy functions, we first need to consider hypnosis and the effect on the mind. The most logical hypothesis is that, though human knowledge of the mind is far from total, the mind contains two main components-the conscious and the subconscious. You will be better familiar with the concept of the conscious mind, as this is the basis of your daily thinking pattern. Each time you think "I'm thirsty, I should go have a drink" or something similar that works in your conscious mind. The unconscious mind is, in a sense, much darker and stronger. This regulates all these instinctive behaviors and reactions, your habits, your impulses, and your phobia you do not even know about. The subconscious mind is working on hypnosis. Hypnosis prevails and prepares the subconscious to accept suggestions.

Since we understand how hypnosis works, how gastric band hypnotherapy works is a little easier. A hypnotherapist takes his client to a hypnotic state

and then speaks about them as if it actually happens via the gastric band technique. There is no real pain or painful occurrence, but fantasy and reality are difficult to distinguish from the subconscious mind. That's why sometimes really strong dreams seem too real.

Once the subconscious mind thinks the body is fitted with a gastric band, it is as if you really have one. It ensures that you will feel better, eat more, and eat smaller foods. It obviously leads to a very significant loss of weight.

In addition to being better than surgery, gastric band hypnotherapy is also much more cost-effective—ten times lower than surgery. There are also audio services that are provided by professional hypnotherapists that are exactly the same on CD or MP3, which are still less expensive as the hypnotherapist only has to record the session once for certain clients. It could cost less than \$100.

Therefore, if you think of a gastric band procedure, the natural hypnotherapy approach might well be worth considering.

### **How does a hypnotic gastric band work?**

Gastric band hypnosis is a process that makes very creative use of the imagination of an individual. This is an innovative form in hypnotherapy that has attracted much media attention and very positive ads in the European and English papers. And this is part of this procedure's elegance. It catches the imagination of all. And that is what hypnotherapy and hypnotherapy or hypnotics are all about at its heart. Capture your vision.

Do all hypnotists and hypnotherapists perform this kind of hypnotic weight loss? No. No. This is a new process which started as a concept to help a customer regain control of their appetite. They wanted a reason to stop eating. So they wanted a more concrete reason than the long-term benefit that they could lose weight by following a healthier diet. What more should you than a really negative physical reaction to eating too much? And that's what happens when you hypnotically mount the gastric band. The clients should feel physically full and stop eating quickly.

Any hypnotic or hypnotherapist who works will learn the techniques to help their patients lose weight. The creators of this idea experimented with various methods and found what produced the best results. And when you know which way to help weight loss clients achieve their target, you will have an effective referral-based hypnotherapy practice.

The interested hypnotherapist has several training options. Some of them are distance learning, where you can get written instructions about what to say and when to say. Some are just a one-session recording. And then there are the few in a classroom setting. The final option provides you with an ability to ask questions and an insight into how this process will work for you and your customers.

When you are trained in gastric hypnosis, you can learn how to use the imagination of your client to get control of their diet and activities. You will even teach your customers how to handle the feelings behind their weight problems. An innovative training program for hypnotists and hypnotherapists will provide you with the exact scripts to help your clients to overcome their weight problems and to give them a powerful resource that will automatically improve their responses to the amount of food they eat.

And as most effective training sessions teach you how to deal with emotional reasons your customers eat too much, your customers create new rules to improve your wellbeing.

### **The Hypnotic Gastric Band - Does It Work?**

There has been a lot of news coverage of the virtual hypnotic gastric band recently, but does this work? The vast number of websites out there will make you believe it works and is reliable.

Sure there were reports in the newspapers, but are these not press releases sent to such outlets to make this practice more credible?

There won't be a newspaper writing an article stating that the hypnotic gastric band doesn't work because who would read it? It would be like publishing an article that states that children don't like to eat vegetables. However, if you published an article which states that a new technique was invented to make children love vegetables, it would be a different story.

Nevertheless, the only outlets that can talk with certainty about whether a technique works or not are scientific journals reviewed by peers. Since this technique was on the market, there were no scientific papers proving the effectiveness of the virtual hypnotic gastric band.

This method of weight loss does not vary from weight-loss operations that you assume to have the solution to your weight problem. We want you to believe that their treatment can instantly remove the mental and physiological

factors that produce your weight problem today. For a fact, no treatment can do this if it doesn't address the real reasons why you have a weight problem.

Another such operation is much like cutting off the head of a plant. At first, you think it's gone, and you're making progress, but those roots under the ground continue to pine for the sun. Then slowly, they start to break the surface of the soil and start to take over again your old behavior patterns. Maybe then you say to yourself that because you were so good, you deserve this chocolate bar. At the end of the day, the weeds continue to bloom and take over more of your lawn, and you stop trying to lose weight.

The hypnotic band may help some people temporarily lose weight, but people start extending the limits of this procedure over time, some of which are related to the actual operating version. The only thing about the emotional and physiological aspects of over-alimentation is that they will come back again if they are not treated. This may be at one time when a person is under emotional stress. The person can then use food as a comfort consciously or unconsciously.

The person returns then to the belief that they have a gastric band installed after this incident, but that a small slip has undermined this belief. The next time the person undergoes some emotional stress, then it is easier for them to use food for warmth, as they did it in the past.

Then the individual doesn't believe in a gastric band and resorts to the emotional and physiological aspects of overfeeding, which have never really been dealt within the first place. The person can choose to buckle another £1,200 for some places to do it again.

The mental and physiological factors that lead to overweight need to be overcome to be truly successful not only in the short-term but also in the long term. Then, by solving these things, no real or imagined procedure is required because the roots of the problem are no longer present.

### **How to Succeed with Diets**

Diet means not eating anything today. This is different from what it used to say. It was what you used to eat. But it's changed so that you're limited, restricted, and stopped what you want.

To successfully diet, you have to do one thing. Concentrate on what you want and what's good for your body. You should read all the articles where one

paper says that chocolate is good for you, and another paper says it is good for you. It happens again because we are actually. Some people can have chocolate, and it doesn't have any effect. Some just seem to want it, and their body doesn't help at all.

The best way to eat is for the body to feed. One way to do this is by muscle monitoring or kinesiology. This approach checks your muscles to decide whether something influences the energy field of your body. If it hurts, don't have it. If it doesn't interfere, you can get it. You just check what you're intolerant of.

When you know what you can eat, you eat it and avoid it when you're thirsty. You will raise your weight whether you eat maximum or not hungry. Therefore, concentrate on regulating your eating behavior and consuming what you think is good for your body, and it will be your effective diet.

So, identify the pattern of your eating. What does your body tell you to do and not to do? First, build the eating behavior you like. Identify if you can't have anything. If you have one, you have a preference as to whether or not you have one. Otherwise, as long as it fits your body, you can have food. So, forget all those other diets out and create your own.

## **Chapter 1: What is the Hypnotic Gastric Band?**

If you would like to lose some weight without using surgery, then the hypnotic gastric band is the best tool for you. The hypnotic gastric band is the natural healthy eating tool that will help to control your appetite and your portion sizes. In this sense, hypnosis plays a significant role in helping you to lose weight without having to go through the risk that comes with surgery.

It is a subconscious suggestion that you already have, a gastric band comes intending to influence the body to respond by creating a feeling of satiety. It is now available in a public domain that dieting does not help to solve lifestyle challenges that are needed for weight loss and management.

Temporary diet plans are not effective while maintaining continuous plans are difficult. Notably, these plans are going to deprive you of your favorite foods, since they're too restrictive. Deep down within you, you might have a problem with your body's weight since diets have not worked for you in the past.

If you want to try something that will be able to provide a positive edge for you, then you should be able to control your cravings around food hypnotically. By reaching this point, you must try hypnosis, which has proven some results in aiding weight loss.

### **Benefits of hypnosis vs. surgery**

If you would like to lose weight without starvation or yo-yo dieting, then the hypnotic gastric band is the ultimate resort for you. This gastric band does not require surgery but only meditation and hypnosis. Therefore, it offers numerous benefits that make it the solution to rapid weight loss and craving healthy food.

**It is pain-free:** As opposed to the physical gastric band, the hypnotic gastric band does not require surgery, which is associated with pain and routine follow-ups. Therefore, you do not need to worry about the risks you need to take, as no physical operation will be done on your body. You only need to hypnotize and utilize the hypnosis to work on your body weight.

**100% safe:** As hypnosis is a non-invasive, non-surgical, and safe technique, so is the hypnotic gastric band whose mechanism is initiated in your subconscious mind. Through the practice, there are no expected dangers, and you learn about self-awareness and the course of your life.

**Time-efficient:** You do not need to wait for your vacation to acquire a hypnotic gastric band. The tool does not affect your schedule as hypnosis can be combined with most of your day to day activities. You do not need time off to adjust the band or report complications

**No meal replacement or dieting:** With the hypnotic gastric band, you do not need to stop eating your most enjoyable food. Instead, you develop a principle that makes you feel in control and enable you to lose weight consistently and naturally without dieting. You just exercise and unlock the power in you to make positive changes in life.

**No complications:** The fact that no surgery is performed in hypnotic gastric surgery puts away the worry about future complications. The ease in your mind plays a significant role in focusing your mind on the things that matter, such as visualization and meditation. This way, you can put off negative thinking and live your life fearlessly and positively.

**Helps discover your hidden potential:** The use of hypnosis and meditation makes you learn about how to utilize the power of your mind in changing your perception and erasing negative thoughts. Similarly, you become capable of helping not only with weight loss but also with other psychological and social aspects such as confidence. In this case, hypnosis helps plant a subconscious suggestion in your mind making it stick and become a strong idea.

**Cost-Effective:** Hypnotic gastric band does not snatch away your working time, making you fully productive at your workplace with no deductions. In the same way, there are no costs in hypnosis and meditation as opposed to the physical gastric band. Positively living your life substantially adds to your savings.

### **Weight loss through hypnosis**

Now, as I am walking down the beach, I will come to an area with unpleasant words written by me in the sand. Those labels have been given to me in the past. Those labels are the labels that have held me back in the past from reaching my true capacity and from reaching my true power. I see those labels in the sand, and I begin to use my hand to clean them and use my legs to wash it off and clean the area with sweeping. With my feet, I erase the words away with every stroke of my feet, and I watch as the water comes to the shore to clear them away and clear all this around me.



Those words mean nothing to me; they do not exist again because I was the only one that saw them. I turn them around, and I work a little way down the beach. I feel more confident and taller. I come to the middle of a large rock sitting in the middle of the sand, and on this rock, there is a little pick. I pick it up, and I begin to write all the things that I want about my life. I begin to write all the things that I want about my weight. I am writing all the things that describe me. I am writing that I am confident, I am talented, and I am accomplished. And that I am a good person. I write as many words as possible that describe me.

I write things like positive, attractive, and capable I look at all the words that I have written on this rock and I know that I am a great person. I begin to recall all the moments whereby I felt confident. I think of the time that I felt confident, and I recall those feelings again. I visualize those convenient moments in my life, and what it felt like, what it sounded like, and I then realize what it smells like. I believe this positive moment in my life. I think of the times where I felt confident in my life.

I feel those feelings. I picture those moments again, and I make the colors brighter and more vivid. I feel those feelings of confidence and pride, and I turn off the sounds and the smells. I get back into those moments where I was feeling so confident and powerful that I was feeling so confident in myself and all the things that I was doing. I am confident in the way I look. I am confident in the way I dress, and I'm confident in the way I act. I am confident in my relationship. I am confident in the relationship that I have with the members of the opposite sex. I am confident in the relationship that I have with my family with my friends and my coworkers.

Things come to me easily, with the way I talk to people. Conversations come out fluently from my mouth, and people respect what I have to say. I am strong and respected, and everyone around me sees me as confident and capable I take a look at myself, and I see that I am full of positive energy. I am the one that is radiating how everyone sees me. Everyone around me sees the positive energy in me, not only the people around me, but I also respect myself. I stand tall and strong. I stand proud of myself. I know that I can accomplish whatever I put my mind to accomplish. All I am seeing are positive things in my life.

I have practical and creative ideas, and I fill my mind with positive energy. I

drop the future and go forward with confidence. I imagine myself one year from now, and I imagine the person that I will grow up to be. When I imagine this image, I will not be able to recognize the person that I once was. I have accomplished great things in the past year, great things that will help me to reach my capabilities.

My confidence has enabled others to look at me with great confidence and respect. I enjoy talking with people, and they're interested in what I have to say. My career is going great, and I can voice my ideas and opinions to other people because they value them. The relationship with my friends and families are great. Most of my friends and families come to seek advice from me because they hold me in high esteem. I look at myself, and I see how positive I am. I can point others in the right direction that they should go. I have faith in myself. I have great ideas, and I know that my family and friends respect my ideas, and they know my values too. I hold my head high, and I know that nothing can bring me down. I stand tall and strong because I know that I am an accomplished, beautiful, capable, and confident person.

### **Why it works**

Normally, the conscious mind is receptive to suggestions, because it normally analyzes it.

With hypnosis, you will be able to reach your desired weight, become healthier, and stay in shape for life with the right mindset. You will be able to empower your mind to accept suggestions in a deep and relaxed state. This way, you will be able to reframe your thinking patterns because of all the principles of suggestion and disassociation. With the hypnotic gastric band, you will be able to use suggestions to influence a different response from your body triggered by sensory data to be able to create a new reality. The suggestions will be to provide a guideline for you to follow without questioning or critiquing.

Ultimately, this power will be able to allow you to reframe and reshape your perception regarding a specific behavior. The complex network in your brain has many different interpretations of the world around you, and the most unhelpful and negative thoughts have worked their way into that network.

Thus, you become susceptible to uncontrolled unconscious urges, like overeating and ignoring bodyweight concerns. Hypnotic gastric band will help you to be able to dampen and overcome all those uncontrolled thoughts,

believes, and suggestions that are helping you alter your behavior.

## **Chapter 2: Conditioning Your Body for Hypnotic Gastric Band**

The physical gastric band requires a surgical procedure that involves reducing the size of your stomach pocket to accommodate less volume of food and as a result of the stretching of the walls of the stomach, send signals to the brain that you are filled and therefore need to stop eating any further.

The hypnotic gastric band also works in the same manner, although in this case, the only surgical tools you will be needing are your mind and your body, and the great part is, you can conduct the procedure yourself. The hypnotic gastric band also conditions your mind and body to restrict excess consumption of food after very modest meals. There are three specific differences between the surgical (physical), and hypnotic gastric bands:

In using the hypnotic band, all necessary adjustments are done by continued use of trance.

There is the absence of physical surgery, and therefore you are exposed to no risks at all.

When compared with the surgical gastric band, the hypnotic gastric band is a lot cheaper and easier to do.

### **The Power of the Gastric Band**

A renowned and dramatic case of the power of hypnotic to influence our bodies directly is in the emergency treatment of burns. A few doctors have used hypnotic on many occasions to accelerate and improve the recuperating of extreme injuries and to help reduce the excruciating pains for his patients. If somebody is seriously burnt, there will be damage to the tissue, and the body reacts with inflammation. The patients are hypnotized to forestall the soreness. His patients heal quite rapidly and with less scarring.

There are a lot more instances of how the mind can directly and physically influence the body. We realize that chronic stress can cause stomach ulcers, and a psychological shock can turn somebody's hair to grey color overnight. In any case, what I especially like about this aspect of hypnotism is that it is an archived case of how the mind influences the body positively and medically. It will be somewhat of a miraculous event if the body can get into a hypnotic state that can cause significant physical changes in your body. Hypnotic trance without anyone else has a profound physiological effect. The most immediate effect is that subjects discover it deeply relaxing.

Interestingly, the most widely recognized perception that my customers report after I have seen them—regardless of what we have been dealing with—is that their loved ones tell them they look more youthful.

## **Cybernetic Loop**

Your brain and body are in constant correspondence in a cybernetic loop: they continually influence one another. As the mind unwinds in a trance, so too does the body. When the body unwinds, it feels good, and it sends that message to the brain, which thus feels healthier and unwinds much more. This procedure decreases stress and makes more energy accessible to the immune system of the body. It is essential to take note that the remedial effects of hypnotic don't require tricks or amnesia. For example, burns patients realize they have been burnt, so they don't need to deny the glaring evidence of how burnt parts of their bodies are. He essentially hypnotizes them and requests that they envision cool, comfortable sensations over the burnt area. That imaginative activity changes their body's response to the burns.

The enzymes that cause inflammation are not released, and accordingly, the burn doesn't advance to a more elevated level of damage, and there is reduced pain during the healing process.

By using hypnotic and imagery, a doctor can get his patients' bodies to do things that are totally outside their conscious control. Willpower won't make these sorts of changes, but the creative mind is more grounded than the will. By using hypnotic and imagery to talk to the conscious mind, we can have a physiological effect in as little as 20 minutes.

With hypnotic, we can enormously enhance the effect of the mind. When we fit your hypnotic gastric band, it is a way of using the very same strategy of hypnotic correspondence to the conscious mind. We communicate to the brain with distinctive imagery, and the brain alters your body's responses, changing your physical response to food so your stomach is constricted, and you feel truly full after only a few.

## **What Makes the Hypnotic Work So Well?**

A few people think that it's difficult to accept that trance and imagery can have such an extreme and ground-breaking effect. Some doctors were at first distrustful and accepted that his patients more likely than not had fewer burns

than was written in their medical records, because the cures he effected had all the earmarks of being close to marvelous. It took quite a long while, and numerous exceptional remedies before such work were generally understood and acknowledged.

Once in a while, the cynic and the patient are the same individuals. We need the results, but we battle to accept that it truly will work. At the conscious level, our minds are very much aware of the contrast between what we imagine and physical reality. In any case, another astounding hypnotic marvel shows that it doesn't make a difference what we accept at the conscious level since trance permits our mind to react to a reality that is independent of what we deliberately think. This phenomenon is classified as "trance logic."

Trance logic was first recognized 50 years ago by a renowned researcher of hypnotic named Dr. Martin Orne, who worked for a long time at the University of Pennsylvania. Dr. Orne directed various tests that demonstrated that in hypnotic, individuals could carry on as though two absolutely opposing facts were valid simultaneously. In one study, he hypnotized a few people so they couldn't see a seat he put directly before them. Then he requested that they walk straight ahead. The subjects all swerved around the seat.

Notwithstanding, when examined regarding the chair, they reported there was nothing there. They couldn't see the seat. Some denied that they had swerved by any means. They accepted they were telling the truth when they said they couldn't see the seat, but at another level, their bodies realized it was there and moved to abstain from hitting it.

The test showed that hypnotic permits the mind to work at the same time on two separate levels, accepting two isolated, opposing things. There is a possibility of being hypnotized and have a hypnotic gastric band fitted but then to "distinguish" with your conscious mind that you don't have surgical scars, and you don't have a physical gastric band embedded. Trance logic implies that a part of your mind can trust one thing, and another part can accept the direct opposite, and your mind and body can continue working, accepting that two unique things are valid. So, you will be capable to consciously realize that you have not paid a huge amount of dollars for a surgical process, but then at the deepest level of unconscious command, your

body accepts that you have a gastric band and will act in like manner. Subsequently, your stomach is conditioned to signal "feeling full" to your brain after only a couple of mouthfuls. So, you feel satisfied, and you get to lose more weight.

### **Visualization Is Easier Than You Think**

The hypnotic we use to make your gastric band uses "visualization" and "influence loaded imager." Visualization is the creation of pictures in your mind. We would all be able to do it. It is an interesting part of the reasoning. For instance, think about your front door and ask yourself which side the lock is on. To address that question, you see an image in your mind's eye. It doesn't make a difference at all how reasonable or bright the image is, it is only how your mind works, and you see as much as you have to see. Influence loaded imagery is the psychological term for genuinely significant pictures. In this process, we utilize pictures in the eye of the mind with emotional importance.

Although hypnotic recommendations are incredible, they are dramatically upgraded by ground-breaking images when we are communicating directly to the body. For instance, you will be unable to accelerate your heart just by telling it to beat faster. Still, If you envision remaining on a railroad line and seeing a train surging towards you, your heart accelerates pretty quickly. Your body overreacts to clear, meaningful pictures.

That is the reason I will portray your operation in the trance segment. It doesn't make a difference whether you are listening intentionally, your conscious mind will hear all it needs to recreate the real band, in a similar way that a clear image of a moving toward train rushing towards your influences your pulse rate. You don't have to hold the pictures of the operational procedures in your conscious mind, because during an activity you are anesthetized and unconscious. Notwithstanding what you intentionally recollect, underneath the hypnotic anesthesia, your conscious mind uses this information and imagery to introduce your gastric band in the right spot.

### **The Power of Context**

Contextual cues are another huge part of hypnotic suggestion. For instance, when I played out my hypnotic stage show, the setting of the theatre, the lights, the stage, and the desires of the crowd all improved the hypnotic

marvels, whether or not the members were consciously mindful of it. The equivalent is valid with the gastric band. I outlined in the last part, the planning that surgeons require before the physical gastric band operation, and, significantly, you follow a similar preparatory procedure too.

Keep in mind, naturally slim individuals eat cheeseburgers and chocolate and French fries, they simply don't eat them to abundance, since they can perceive the signs that let them know, "You've had enough." obviously, with your hypnotic gastric band those signs will be exceptionally boisterous and clear, and you basically won't have the option to eat to such an extent. In any case, the extraordinary bit of leeway is that you will likewise feel totally fulfilled.



## Chapter 3: Hypnosis and Meditation

Both hypnosis and meditation do offer a deeply relaxing, calming, and an extremely beneficial state of mind, which plays a significant role in helping you to get through your day. Besides, hypnosis and meditation are the keys to unusual calmness and positivity as you start to address psychological, physical, and social issues.

The distinction between meditation and hypnosis is distorted because they are wrapped around the same state of mind, but they have different belief systems in their purest form. Hypnosis is a common natural state of mind whereby you tend to concentrate on a single thought, while meditation is a means that you use to enter into a hypnotic state.

Meditation is often characterized by relaxation and visualization, especially when you are trying to find tranquility, and reconnect with your personality, or seek guidance on an issue. Notably, this form of meditation has a pure purpose, structure, and it makes use of visualization, to help shape your life, which is referred to as self-hypnosis.

Combinations of the two states of relaxation both provide incredible results as they help to take control of your mind and perception. Meditation is effective as it helps to empty the mind and free it of all thoughts, while hypnosis goal in mind is to either help to overcome an obstacle, develop confidence, or help you to rediscover your potential. It does not matter if you practice meditation or hypnosis, so long as it is pleasant and it offers a positive experience, then it's great.

These two states of mind are very vital to you if you wish to lead a fulfilled and happier life.

### How they work

Normally, your conscious mind usually makes you aware of your thought processes. So, you only tend to think about the situations that you are facing and make the right choice of words and actions to overcome those situations. Also, the subconscious mind is a huge aspect of your thoughts as it functions “behind the scenes” and works closely with the conscious mind.

For instance, if you're consciously trying to remember where you placed your keys, the subconscious mind accesses the information reservoir in your subconscious mind to help you to find exactly where you placed your keys.

Also, the subconscious mind helps you to complete tasks that seem automatic, like breathing and constructing sentences.

Hypnosis and meditation are the most natural ways for you to be able to directly access your subconscious mind, enhance your thought process, and act as the brain behind every operation. The conscious mind is most active when you are awake because it helps to evaluate your thoughts and determines which ideas to put into action. They are responsible for processing the acquired information that the subconscious mind needs. On the contrary, the subconscious mind is the one in control whenever you fall asleep. At that moment, it renders the conscious mind ineffective for your thinking.

This subconscious state of mind allows you to be able to control the brain and gain access to your information reservoir, where you could change your perception about an impending task. Also, it allows you to become more creative as it induces your impulses and imagination. Hypnosis and meditation work together through many different mechanisms. These techniques include emotion, change in self-perspective, body awareness, and attention regulation.

These components are necessary for helping with all the various aspects of your life, and when combined together, the cumulative process thus leads to an enhanced self-regulation capacity. If you lack this capacity on a personal level, then it will cause psychological suffering and distress for you. So, practicing meditation plays a significant role in helping you to develop command over the mind, and makes you capable of controlling your thoughts, when you're done meditating.

The main aim of practicing hypnosis and meditation is to help control your thoughts and achieve the things that seem impossible to achieve through the conscious mind.

### **The best time for hypnosis and meditation**

To succeed in these practices, you should create a routine that will help to keep you on track as you practice often. These practices are very similar to the things that require daily commitment as one of the obvious parts of achieving your results.

The more you hypnotize and meditate, the more you will be able to take

charge of your body. Daily practices are recommended so that you will be able to choose the best time for you, depending on your work schedule and lifestyle. It's better to practice meditation and hypnosis when waking up, during the lunchtime break, or before you sleep.

Also, the practice is suitable to do during morning break or immediately after you finish working. No matter your preferences, you should ensure that the time you choose fits into your lifestyle.

There are different ways of learning meditation, but the most important thing in meditation is the ability to be able to imagine and think about the changes that you are expecting to get in your life. Therefore, it does not matter whether you can visualize it or not; you have to make it a routine so that you will be able to transform your conscious mind and address any complex issue.

Hypnosis and meditation greatly help to enhance your feelings and make it easy for you to deal with all psychological problems like anxiety, stress, and depression. Also, if you want to experience a drastic weight loss and be able to control your eating habits, then you should incorporate hypnosis and meditation into your plan and make it a regular practice. You can practice meditation at any time and anywhere, as long as you stay inactive, and you don't experience any interruptions.

### **The Practical Guide to using hypnosis for weight loss**

It is worth knowing that your unconscious thoughts are purely shaped by your experiences, memories, and expectations. These aspects help to drive your conscious actions without you even realizing it. Your subconscious mind normally sets you up to fail; that's why it's difficult for you to be able to address your bad habits.

Hypnosis is critical in helping to update and alter those negative thoughts, thus making it possible for you to be able to critical conditions like chronic pain, substance abuse, and weight loss. When you begin to train your mind to think differently about setting goals and challenges, then you will be able to get rid of those thoughts that are making you to self-sabotage. Your mind will become suggestible when you're in a trance state, which will then enable you to be able to access and influence your powerful subconscious assumptions. So by following this guide, you will be able to take positive actions towards the changes that you have successfully set for yourself.

## **Hypnosis session for weight loss**

So now you can relax and take this time to wind yourself down, and allow all those tensions to start flowing out and disappearing. So just bring to mind to remember that hypnosis is just self-hypnosis, as you're reading this book now, that this is not something that someone will be able to do for you. Because hypnosis is simply a state of deep relaxation, which successfully helps you to bypasses your own critical factors so that the suggestions that are beneficial to your true self will be readily received and accepted by your deeper unconscious mind.

After all, trance is an everyday natural calming experience, and you're entering into that experience easily and effortlessly. So start by asking yourself, if you've ever put yourself in a calm relaxing state before this moment, and if so, you can recall all those calm and relaxing states that you've previously experienced, whether it's via your favorite hobby, an activity, a journey or a holiday.

The most important thing to realize is that you should bring to your mind, relaxation, and protective magical thinking practices each day in your waking state because you know that the practice imprints it in your mind. And as time goes by, it becomes easier for you to be able to gain the benefits of these experiences, which helps to promote self-acceptance.

Once they become permanently fixed into your mind, you will experience some positive changes in your life, and they will become active by helping you to create positive changes in your life that are for your benefit, and they will lead you forward towards a real realization of those changes. And as you speak directly to the deeper inner part of the self that controls your eating habits and weight, you will realize that you have been eating more food than the food that your body wants or needs. And also, you will realize that your mind controls your eating habits.

Now just seeing all those levers that you can adjust, you can then choose which one to use because you know that you have the power over your weight and your eating habits. And also you know what you're eating. The exact time and amount that you choose to eat are totally controlled in this place, which is the deeper part of your authentic self.

This part of the body is not your stomach or your appetite, but it really controls your food, but it is your own mind, and you get to ask that aspect of

yourself beginning today, to develop new habits for yourself. And set new positive goals for yourself because you are laying a mental foundation for yourself, who is now a cheerful, attractive, positive, and authentic you. The great importance to this new you and to your healthy, active, and attractive body is that you are eating less food, and you're happier.

The more you smile, and the more relaxed you are, the better you will look and the better you will feel. Also, you will be able to find satisfaction in eating less and pride yourself in knowing that each time you do so, you are rewarding your slimmer, healthier, and natural self. And you will know that the slimmer you are deep within you as you exercise, this new strength will grow. And as you eat healthily and sensibly, you will find yourself filling satisfied, and you will discover that the exercise makes it more reinforce and more natural towards your authentic identity.

Because it is like using and strengthening your muscles to become stronger and stronger, now eating sensibly becomes easier, easier, in a practical, and the positive way means that you are mentally asking your body the foods it needs, and then you are taking the time to listen to your own body quietly. And always check in with your body on the little food that your body needs from time to time, and you will be able to take time to integrate these ideas on a deeper level.

If you are listening to these and choosing to drift into a deeper sleep, you can just do so. Now just feeling good will allow your body to be able to drift down and go into a deeper and restful sleep. If you want to get up and continue with your activities, then you have to count from one to five, and when you reach five, you can then open your eyes and come back to the fully conscious reality.

And so on counting one, you should allow yourself to come back to full conscious reality with relaxation and ease. Then as you count two, come back slowly to your full conscious reality, and as you count three, take some nice deep relaxing breath. Moreover, as you count four, allow your eyes to open as if you've bathed them with fresh water, and now, as you count five, open your eyes completely and adjust yourself to your environment while getting ready to carry on with your day's activity.

## **Chapter 4: Strategies and Mind Exercises that Help Alongside Hypnotic Gastric Band**

When we think of weight management, our minds often go to diet and exercise. What's more important than hitting the gym is exercising our brain? If we make sure that the most important organ in our body is taken care of, we can be certain that other healthy habits will soon follow. You can diet, exercise, and do everything else you need to lose weight, but if you continually distract, deflect, or flat out avoid your problems and root issues, you will never find true happiness. The happier you are and the more aware you can be of your mental health, the better it will be in the end, which will also lead to overall better quality of life.

### **Keep a Journal**

Keeping a journal is a healthy habit for many people no matter what their goals, but it's important for someone that wants to lose weight as well. By writing down your different portion measurements and exercise habits, you can better ensure that you'll have a basis for evaluation. When this is done, you can predict future problems that might keep you from your goals by looking back on the days of recorded mistakes or slipups. You can see what kinds of schedules and structures aren't working so you can create better habits in the end. The more extensive your journaling, the better you'll be able to create your own research study of your weight-loss journey, meaning you can share your progress or use it as a structure for future diets.

### **Avoid the Scale**

The biggest issue with weight-loss strugglers comes when they see the number on the scale. Someone that wants to lose ten pounds might get discouraged if they find they only lost nine. Sometimes, people might even have to gain weight before they end up losing a pound. By avoiding the scale altogether, certain failures and disappointments can be avoided as well.

Find a different way to track your progress. You can have monthly weigh-ins, but it shouldn't be something that should be checked once a day. Our weight fluctuates so much throughout our journey that it isn't worth stressing over on a daily basis. Any checking that happens more than once a day is also likely a bad habit; you're using it to distract yourself from a bigger issue.

### **The Calorie Myth**

When many people diet, they focus too much on calories. They'll see that a certain snack pack only has a hundred calories, which means that it's good for you, right? Wrong. When we focus too much on how many calories are in something, we're failing to look at all the other factors that make up that product. Something with zero calories might include harmful chemicals or hidden substances that are bad for us. Something with a ton of calories might be avoided even though it has a large number of vitamins and necessary fiber.

Calories should still be considered, as the more calories you take in, the more you have to burn through exercise. They still shouldn't be a basis for what foods you decide to eat. If you focus too much on calories, you'll end up losing sight of other important issues. Remember that weight loss isn't about numbers. What's on the scale or on the nutrition package is important in making certain measurements, but they shouldn't be the definitive goals that you're creating on your weight-loss journey.

### **Talk About It**

Keeping things in is never good. In fact, it can feel pretty awful. Those that are overweight might find themselves feeling embarrassed about their weight. Maybe they end up making excuses for themselves when they eat certain foods, verbalizing these reasons to others around them as a form of validation. "Oh, I'll just start my diet tomorrow," you might hear someone say as they sneak a few extra cupcakes from the dessert table. This kind of discussion can be counterintuitive. Instead, try talking about the issues and struggles you have rather than about the way you're going to make up for your problems later. You might find that you end up getting some great advice from a person that's going through a similar struggle.

Avoid telling people about your goal before you get on track, however. Talking about your feelings, emotions, and struggles is always a good thing. Sometimes it just takes saying a thing out loud for it to feel real. However, many individuals set themselves up for failure by sharing their goals too early. Those that post on social media about how they're going to lose weight are actually less likely to follow through with their goals. Stay silent with the majority at the beginning of your journey, confiding in just those you know you can rely on and trust.

### **Affirmations**

Practicing affirmations is an important mindset strategy in weight loss. An affirmation is a type of positive reinforcement that helps in combating negative thoughts. Instead of telling yourself you're "no good" because you didn't follow through with a small goal, you should give yourself an affirmation such as "I am capable of continuing" to remind yourself of how powerful you really are. Below is a list of positive affirmations you should use in order to combat negative thoughts and improve overall encouragement:

- 1) I can do this. I am capable of losing weight, and I have the ability to reach my goals.
- 2) I am exercising every day and eating healthy as often as possible. I am actually doing what I should be doing in order to achieve my goals.
- 3) If I can start my journey, I can finish it.
- 4) I do not need processed foods to feel happy. I can feel the same joy from cooking a healthy meal.
- 5) I have exercised before and can do it again. It is hard to start, but I know that once I do, I have what it takes to finish my exercise routine.
- 6) I am healing myself. I have been through challenging times and deserve to feel happy.
- 7) I am loved and am full of love.
- 8) I am losing weight to be healthy.
- 9) I am beautiful no matter what size. Skipping one day at the gym does not mean that I am not beautiful.
- 10) I am eating healthy food full of nourishment. I can feel the positive change in my body, and I know that I only have more to look forward to.

### **Time Management**

The most important part of a weight-loss journey is time management. This doesn't mean setting a quick goal and achieving it as fast as possible. It's all about using time properly and understanding how long it takes to actually do something. We set ridiculous goals for ourselves in the hopes that we'll achieve something great, but what ends up happening is, as the end-date approaches, we become overwhelmed and are set up for disappointment. We



have to be realistic with our time goals and consider all factors when making different plans.

### **Practice Patience**

Patience is hard to achieve. Anyone that wants to lose weight hopes that they can just jump on the scale after eating a salad and see the number drop by double digits. We have to accept before starting a weight-loss journey that this will never happen. We won't be able to just lose the weight overnight.

Sometimes, patience is hard to have when exercising. Many people find themselves getting bored on treadmills or other machines that require a repetitive activity for minutes at a time. Use different exercise methods that you find fun or entertaining, such as a dance class or going on an interesting trail run. If the gym is your only option, use the boring moments on machines as a way to meditate. Clear your head, not thinking of how much weight you want to lose or what else you have to do to get there. Just practice counting or focusing on a quiet place you find peace in, such as a beach or a park. Visualize this in order to find a place of meditation. It'll take practice, but you'll soon find that you can zone out and work hard if you just focus.

### **There is No Rush**

Weight loss takes time; we can't emphasize that enough. Some diets and exercises will help you lose weight quicker than others, but overall, you're going to have to put in a lot of time to lose weight. Remember not to feel too rushed throughout this journey. You have to be strict and consistent to actually see results, but there's no point in forcing yourself into ridiculous time constraints. If you cause yourself anxiety over certain dates, you might feel the need to stress-eat or go through dangerous dieting practices to get there.

### **Set Small Goals**

Instead of looking at a wedding coming up in a couple of months as your goal for losing weight, instead, use that as a small milestone. Many of us get worried about looking at the future, thinking of things coming up as the time limits for which we have to lose weight. Maybe it's March, and you only have a couple of months until the swimsuit season. Instead of going on a diet to lose thirty pounds in three months, use the beginning of summer as a small milestone in your journey. Aim, instead, to be healthier and more confident by the time summer comes, rather than giving yourself a ridiculous goal that

you don't even know if you can achieve.

### **Don't Wait for Monday**

Many people have an unhealthy perception of dieting when looking at certain periods of time. Maybe it's a Tuesday, and so they tell themselves that next Monday is going to be the date to start dieting. In preparation for that date, that same person might make sure to eat all the junk in their house to make sure temptation is removed. But then, by the time Monday comes, something else happens that delays it further.

Even worse, maybe it's Sunday night, and you decide that since tomorrow is Monday, you're going to start your diet right now. But then, Tuesday comes, and the diet doesn't start, so you feel discouraged, and you count that as just another time that you failed! Don't do this! Instead, set a starting point much further into the future. Find a date two weeks away, whether it's on a Monday, the first of the month, or just a random Wednesday. That way, you can prepare for the official diet-start date. This way, you can practice as the actual date approaches.

For example, your New Year's resolution might be to lose weight. If that's the case, throughout December, you should practice incorporating workout routines a few times a week and experiment with healthy dinners. Then, when January comes around, you have more experience in dieting and are better prepared to actually start your journey than if you had only given yourself a few days to prep.

### **Something to Tend**

Your weight is something to tend. Think of it as a plant. You don't just plant a flower and walk away. The flower will grow, but if you don't go back and make sure to water it, the flower will die. Your journey is a flower. By purchasing this book, you've purchased the seeds. As you read these words, you're reading how to plant the seed and how to make sure that it stays alive. After you've finished the book, it's time to plant the seed. This is done by creating a workout plan and diet.

Once the flower blossoms, you'll have reached your weight-loss goal. Just like the flower, if you abandon your goals and don't tend to your weight-loss journey, you will fall off track and go back into your old lifestyle.

## Chapter 5: Your New, Slimmer, Happier Life

You must read and use this part before you fit your hypnotic gastric band. You have to change your mental self-image, your conduct, and your emotions to appreciate and profit by your new slim body completely. If you don't set yourself up, there is an opportunity you could feel awkward or befuddled and neglect to appreciate the advantages of losing weight permanently. This section will guide you on how to lose more weight, you will feel more joyful and confident, and you will have every one of the instruments you have to manage the new circumstances that emerge. When your hypnotic gastric band is fitted, your life will change. You will eat less and get slimmer; however, you will likewise encounter a course of changes that will influence every part of your life. You will also be taking part in a considerably greater change that is moving through society. You will be a part of the movement away from diets towards a genuine healthy weight loss procedure. Starting now, you will eat unexpectedly; however, you won't diet, because diets don't work.

### Diets Don't Work

Dieting makes the body think the individual is starving, so the more they diet, the more they wind up bingeing. When they arrive at their target weight, their body feels it has been starving for a long time, so when they loosen up, it retaliates and gets them to go straight into an unhealthy pattern of overeating. The scientific research is clear and undeniable. Most of the dieters get slimmer temporarily, and after a while, get the weight back on. More regrettable still, more than 70 percent end up heavier than when they began dieting. It is no big surprise that there is presently an army of doctors who are moving against the diet business and diet clubs because, for more than 90 percent of individuals, diets don't work! The diet business insiders have known this dreary truth for quite a long time, but still, they sell their money-making schemes. What's more, even though the proof of disappointment is surrounding us, individuals continue unveiling diet plans daily.

### Guilt

One of the reasons numerous overweight individuals battle endlessly with diets is guilt. At some level, they accept their excess weight is their own shortcoming. They feel regretful, so they think they merit the suffering of denying themselves food and delight from food. These individuals begin

feeling awful, and then because dieting doesn't work, they feel much more dreadful. I absolutely don't believe anybody is a terrible individual because the person is overweight. If you are overweight, it isn't your flaw, and it is the deficiency of your body's programming. You have had bad programming introduced that has just unbalanced the natural system of delight and sustenance from food. I totally realize that you can get slimmer and feel better and appreciate the process.

## **Gambling**

Another explanation that a large number of individuals go on diets, again and again, is the law of intermittent reinforcement. This is a similar motivation behind why individuals become dependent on gambling. The truth of the matter is that even though in the long run, a gambler consistently loses, he does occasionally win. In any case, he never knows precisely when he will win. The likelihood that this time he may win keeps him betting "one more time." This is the intermittent reinforcement. It is the same with diets. Practically all individuals lose more weight in the first month of a diet, and they continue trusting that on this diet, the weight loss will proceed. And, just every so often, incidentally, it does. We, as a whole, know at any rate a couple of individuals who have figured out how to lose more weight regardless of the considerable number of issues of diets. Dieters will, in general, take a look at them—the less than One 0 percent who are fruitful—rather than the 90 percent who come up short. I don't believe in gambling. I believe in a rational, logical way to deal with life. My way of dealing with weight loss and my hypnotic gastric band depends on the best accessible proof to date. Seven out of ten individuals who use my weight loss system get in shape and keep it off. The hypnotic gastric band builds that success rate to more than nine out of ten.

## **Diet Promotion**

Anybody would think that it's simpler to remain on a diet if they had a group of individuals controlling their food consumption. Diet clubs likewise search out a specific sort of specialist, somebody who is set up to support them and consequently be very generously compensated. I was drawn nearer by these diet clubs years ago when I began faulting them, to check whether we could "cooperate." Well, I double-checked the exploration then, and I affirmed the realities. When individuals use my system appropriately over a long time, it works. When individuals diet over a long time, it doesn't work. I could

perceive any reason why they needed me to underwrite their items, but there was nothing in it for you or for me. It would have been unscrupulous.

In the years later, I have always asked diet clubs to go along with me on a broadcast discussion to discuss the benefits and achievements of our various ways to deal with weight loss. In each one of those years, they have never figured out how to take up my call, disregarding all the free exposure it speaks to. Amusingly, diet clubs are not in the weight-loss business.

They do make camaraderie with their weekly gatherings, and that is really an excellent thing since it is extraordinary to have support when you are on a mission. In any case, the gatherings are not their genuine source of benefit. They are an approach to keep individuals included and near their items. As individuals become less effective at getting in shape through willpower alone, they become progressively defenseless to purchasing items that guarantee wonders. What's more, the diet clubs make their genuine money selling low-fat, chemically altered food, and food substitutes. They are in the artificial food business.

## Hostile

Some individuals have asked me for what valid reason I am so unfriendly to the diet business. Why don't I simply quiet down and acknowledge that various individuals have various ways to deal with weight loss? The appropriate response is that I feel very strongly about the subject. I feel irate in the interest of the considerable number of individuals I have met in my weight loss workshops who have languished over the years using diets that caused them to feel guilt and disappointment, and still left them overweight. If diets simply didn't work, that would be terrible enough. However, the reality they leave such a large number of individuals significantly heavier than before they began that gets me truly worked up. I believe this is the principal reason behind why we currently have 60 percent of individuals in the U.K. also, the U.S. overweight is many years of dieting. Diets and diet clubs are the issue!

If we take a look at the science of hypnotic gastric band and weight loss, you need to check on your dieting. Diets and diet clubs are causing enormous measures of hopelessness and ill health, putting an immense weight on our country's social insurance system. Starving your body gives you the fake idea that the diet is working, while you are losing muscle mass, not fat (absolutely

an inappropriate sort of weight), and simultaneously slowing metabolism. It is simple waye killing you, they know it, and everything they can consider is benefits! When I see somebody overweight, I don't simply observe layers of fat. I see layers of dissatisfaction, brought about by a gathering of critical money-makers who couldn't care less for the individuals they misuse, nor about the harm they are causing to the lives of the individuals they should help. So when the diet clubs take my mottos when discussing weight loss, it just makes me increasingly resolved to uncover them and show whatever number individuals as could be allowed that it is so natural to get in shape.

### **Quit Worrying about Food**

I have gone on about diets for two reasons. One, as should be obvious, is that I am enthusiastic about the theme. Secondly, if you have ever dieted earlier, you are currently going to alter your dietary patterns radically. Your hypnotic gastric band will assist you with getting in shape, and you will currently need to eat contrastingly, so you make the most of your new body and don't undermine your bliss with the propensities for dieting. Dieters stress over food. They naturally isolate food into "good" and "bad."

On diets, they consider food practically constantly—except for when they are eating, when they jolt their food and feel regretful. You are not dieting, so you can quit stressing. You won't gorge, so you can get hungry, eat appropriately, and truly appreciate it. Try not to starve yourself. Those days are long gone. You never again must be scared of food. You can quit pondering on it when you are not eating. Now, you can get hungry the normal way and eat appropriately. That implies you truly feel the body's natural want for food and truly fulfill everything securely ensured by your hypnotic gastric band.

A short time ago, I was on TV discussing food, and a lady called in and stated, "I need to thank you for helping me escape from food prison." I asked her what she implied by that. She clarified, "I used to count calories, I weighed myself consistently, and I pondered about food continually. Your system has helped me to understand that my weight naturally goes here and there a bit, I don't need to get frenzy, and I don't need to diet. I'm slimmer than I at any point was, and I make the most of my food ." She had discovered that having a thin, healthy body isn't an ordeal. It is a natural, fulfilling lifestyle.

### **Life Changes**

When you get in shape, your whole life changes. Since you have a hypnotic gastric band, you won't have the option to gorge, so you must set yourself up for every one of the progressions that are coming in your direction. Indeed, even the best things on the planet bring challenges, and we have to figure out how to deal with them, and your prosperity will have exceptionally huge results. For instance, it is anything but difficult to think, "Gracious, I wish I could live in a major, extravagant house," and surely, it would be pleasant to have all the space. Be that as it may, you'll additionally need to figure out what to look like after it! If you would prefer not to invest all your energy cleaning it, you'll need to figure out how to use the ideal individuals and how to deal with making them work surrounding you.

You likewise would need to manage some different things that you probably won't consider from the outset, for example, the various ways individuals treat you and your property when you live in a noteworthy house. It isn't in every case simple—the papers have customary tales about lottery victors who experience difficulties adapting to all that their money has brought them. That correlation isn't extreme. Actually, getting slimmer will transform yourself in a far more profound and more positive route than winning a huge amount of money or exchanging up to a multimillion-dollar house.



## **Chapter 6: Weight Loss by Stopping Emotional Eating**

Emotional eating normally occurs when your food becomes a tool that you use in responding to any internal or external emotional cues. It's normal for human beings to tend to respond to any stressful situation and the difficult feelings that they have. Whenever you have stressful emotions, you tend to run after a bag of chips or bars of chocolate, a large pizza, or a jar of ice cream to distract yourself from that emotional pain. The foods that you crave at that moment are referred to as comfort food. Those foods contain a high calorie or high carbohydrate with no nutritional value.

Do you know that your appetite increases whenever you are stressed, and whenever you're stressed, you tend to make poor eating habits? Stress is associated with weight gain and weight loss. When you are under intense stress and intense emotions like boredom or sadness, you tend to cleave unto food. Now that's emotion napping, and it is the way that your body relieves itself of the stress and gets the energy that it needs to overcome its over-dependence on food. Normally get you to the point whereby you don't eat healthy anymore.

Emotional eating is a chronic issue that affects every gender, both male and female, but research have shown that women are more prone to emotional eating than men. Emotional eaters tend to incline towards salty, sweet, fatty, and generally high-calorie foods. Normally these foods are not healthy for the body, and even if you choose to eat them, you should only eat them with moderation. Emotional eating, especially indulging in unhealthy food, end up affecting your weight.

Emotional eating was defined as eating in response to intense emotional emotions. Many studies reveal that having a positive mood can reduce your food intake, so you need to start accepting the fact that positive emotions are now part of emotional eating in the same way that negative emotions are part of emotional eating.

### **Effects of Emotional Eating**

So here are some effects of emotional eating.

#### **Intense Nausea**

When you are food binging, the food provides a short-term distraction to the emotions that you are facing, and more than often, you will tend to eat very



quickly, and as a result, you will overeat. This will then result to stomach pains or nausea, and this can last for one or two days. So it is very important to concentrate on the problem, that is causing you stress, instead of eating food to solve that problem.

### **Feeling Guilty**

The next one is feeling guilty. Occasionally, you may use food as a reward to celebrate something that is not necessarily bad. It is very important to celebrate the little wings that you have in life, and if food is the way you choose to celebrate it, then you should choose to eat healthy meals instead of going for unhealthy meals. However, when food becomes your primary mechanism for coping with emotional stress whenever you feel stressed, upset, lonely, angry or exhausted, then you will open the fridge and find yourself in an unhealthy cycle, without even being able to target to the root cause of the problem that is making you stressed.

Furthermore, you will be filled with guilt. Even after all the emotional damage has passed away, you will still be filled with remorse for what you have done and for the unhealthy lifestyle that you choose to make at that moment, which will then lower your self-esteem. And then, you will go into another emotional eating outburst.

### **Weight-Related Health Issues**

The next one is weight-related health issues. I'm sure that you are aware of how unhealthy eating affects your weight. Many researchers have discovered that emotional eating affects the weight both positively and negatively. Generally, the foods that you crave during those emotional moments are foods that are high in sugar, high in salt and saturated fats. And in those emotional moments, you tend to eat anything that you can lay your hands on.

Now even though some healthy fast foods are available out there, many of them are still filled with salt, sugar, and trans fat content. High carbohydrate food increases the demand for insulin in the body, which then promotes hunger more and more, and therefore you tend to eat more calories than you are supposed to consume. Consuming a high level of fat can have an immediate impact on your blood vessels, and it does that in the short-term. In the end, if you consume too much fat, your blood pressure will increase, and you will become hospitable to heart attack, kidney disease, and another cardiovascular disease. Many manufactured fats are created during food

processing, and those fat are fats that are found in pizza, dough, crackers, fried pies, cookies, and pastries.

Do not be misinformed; no amount of saturated fat is healthy. If you continue to eat this kind of food, you'll be putting yourself in the risks of HDL and LDL, which is the good kind of cholesterol and the bad kind of cholesterol. And to be frank, both of them will put your heart into the risk of diabetes, high cholesterol, obesity, high blood pressure, and insulin resistance. So these are some of the challenges that you will face when you engage in emotional eating outbursts.

### **How to stop emotional eating using Meditation**

Right now, you already know what to eat, and you already know what not to eat, and you already know what is good for your body and what is not good for your body. Now even if you're not a nutritionist or a health coach or a fitness activist, you already know these things. But when you are alone, you tend to engage in emotional eating, and you successfully keep it to yourself and make sure that no one knows about it. It is just like you surrender your control for food to a food demon, and when that demon possesses you, you become angry, sad and stress at once and before you know what is happening, you have gone to your fridge, opened it and begin to consume whatever is there.

As strong as you, once this food demon has possessed you, it will convince you that food is the only way to get out of that emotional turmoil that you are facing. So before you know what is happening, you are invading your refrigerator and consuming that jar of almond butter that you promised yourself not to consume. And just a few seconds that you open the jar of almond butter, you take the bottle and put it in your mouth, and when you close the door again. And you do it again and again and again, and before you know what is happening, you have leveled the jar up to halfway, and not a dent has been made on the initial in motion that you were eating over.

Now before you know it, if your consciousness catches up with you. You start to feel sad, guilt, and shame. The almond butter that you were eating didn't help you that much, not in the way that you wanted it to help you. So if there is anything that you need to realize is that you now feel worse than you were one hour ago. And so you make a promise that you won't repeat this again and that this is the last time that this will happen.

You promised yourself never to share an entrance with that almond butter again, but then you realize that this is what you have been doing to the gluten-free cookies, to that ice cream, and hot chocolate before now. If this is your behavior, then you'll be able to relate to this. Emotional eating is a strong addiction that you must stop. It is more of a habit and one not easy to control. So there is hope for you if you are engaging in emotional eating today. You have to be able to have control by yourself and over your emotional eating. So there are many strategies that you can use to combat that emotional eating, and one of them is meditation.

Now when it comes to emotional eating and weight management, it is important to acknowledge the connection between our minds and our bodies. Today we live in a very busy and packed world that is weighing us down. However, mindful meditation can be a powerful tool to help you to be able to create a rational relationship with the food that you eat. One of the most important things about overcoming emotional eating is not to avoid the emotions, but rather to face them head-on and to accept them the way they are and to accept that they are a crucial part of your life.

If you want to put a stop to emotional eating, then you need to be able to shift your beliefs and your worthiness. You need to be able to create a means to cope with unhealthy situations. It is very important to note that meditation will not cure your emotional eating completely. Rather it will help you to examine and rationalize all the underlining sensations that are leading to emotional eating in your life. For emotional eaters, the feeling of guilt, shame, and low self-esteem are very common.

Frequently these negative create judgment in their mind and triggers unhealthy eating patterns, and they end up feeling like an endless self-perpetuating loop. Meditation helps you to be able to develop a non-judgmental mindset about observing your reality. And that mindset will be able to help with you and suppress your emotions negative feelings, without even trying to suppress them or comfort them with foods.

### **Develop the Mind, and Body connection**

Meditation will help you to develop the mind and body connection. And once you're able to develop that connection, you will be able to distinguish between emotional eating and physical hunger, and once you can distinguish between that, you'll be able to recognize your cues for hunger and safety.

You will instantly tell when your hunger is not related to physical hunger. Research indicates that meditation will help to strengthen your prefrontal cortex, which is the part of the brain that helps you with will power. That part of the brain is the part of the brain that allows us to resist the urge is within us. Mindfulness will help the urges to eat even when they're not hungry.

By strengthening that prefrontal cortex, you'll be able to get comfortable at observing those impulses without acting on them. If you want to get rid of an unhealthy habit and start to build new ones, then you need to be able to work on your prefrontal cortex, and you can only do that with meditation. Once you start meditating, you will start reaping the benefits. You will learn how to be able to live more in the present. You'll become more aware of your thinking patterns, and in no time, you will be able to become conscious of how you treat food. You'll be able to make the right choice when it comes to food.

## Chapter 7: Meditation changes the body and mind

Meditation is in fashion. As soon as you tell someone that you have a problem, it is a rare occasion when they do not recommend you to practice it. It doesn't matter if the problem is mental or physical.

Sometimes, people's insistence leads us to reject a plan idea. However, wouldn't it be more interesting to ask why so many people agree to advise you the same thing?

Interest in Eastern cultures brought the influence of ideas to the forefront. And they're our existence's nucleus. Nutrition and physical exercise promote our body's optimal working.

Yet it's also true that when our emotions aren't controlled, the brain secretes substances that affect our body and mind.

Therefore, physical sufferings or thoughts that make life difficult for us can appear. In this way, meditation helps to keep us safe.

### Practicing anti-stress meditation at home

We know that sometimes it costs. How to combine our daily obligations with that moment of anti-stress meditation? We get up with things to do and arrive at bed with a mind full of those tasks and commitments that must be fulfilled for the next day.

Be careful if the previous paragraph is an example of what you always live in your day today. It is essential that you know how to organize times and set limits, control all those pressures that do not allow you to get rest.

Ideally, you learn to balance your life. Where you are always the priority of taking care of your health and your emotions. Stress can hurt you a lot, and you should see it as an enemy to dominate, to do small to be able to handle it properly. We explain how to practice anti-stress meditation.

#### 1. Emotional agenda

Do you keep an agenda in your day to day of the things you should do? Of your obligations, appointments, meetings, appointments with teachers of children, or your visit to the doctor?

Do the same with your emotions, with your personal needs. Spend at least one hour or two hours for yourself each day. To do what you like, to be

alone, and to practice anti-stress meditation. Your emotions have priority, make a hole in your day today. You deserve it, and you need it.

## **2. A moment of tranquility**

It doesn't matter where it is. In your room, in the kitchen or in a park. You must be calm and surrounded by an environment that is pleasant, placid, and comforting. If you want, put on the music that you like, but you must be alone.

## **3. Regulate your breathing**

Let's now take care of our breathing. Once you are comfortable, start to take a deep breath through your nose. Allow your chest to swell, then let this air out little by little through your mouth. If you repeat it six or seven times, you will begin to notice a comforting tingling through your body, and you feel better and calmer.

## **4. Focus thoughts**

What will we do next? Visualize those pressures that concern you most. Are you pressured at work? Do you have problems with your partner? Visualize those images and keep breathing. The tension should soften, the nerves should lose their intensity, and the fear will soften. You will feel better little by little.

## **5. Positive images**

Once you have focused those images, what more pressure they cause on your being, let's now go on to visualize pleasant things, aspects that you would like to be living, and that would make you happy.

They must be simple things: a walk on the beach, you touching the bark of a tree, you walk through a quiet city where the sun illuminates your face and where the rumor of nearby coffee shops envelops you with a pleasant smell of coffee ... Easy things, make you happy. Visualize it and keep breathing deeply.

## **6. The silence**

Now we close our eyes. At least for two minutes. Try not to think about anything; just let the silence envelop you. You are at peace, and you are well, there is no pressure. There are only you and a quiet world where there are no pressures and threats, and everything is warm and pleasant.

## **7. Open your eyes in a renewed way**

It is time to open your eyes and breathe normally again. Look around without moving, without getting up. Don't do it, or you'll run the risk of getting dizzy. Allow about five minutes to pass before you walk again. Surely you feel much better, lighter, and without any pressure on your body.

## **8. New perspectives**

Now that you feel more relaxed, try to think about what you can do to find yourself better day by day. Being a little happier sometimes requires that we have to make small changes. And the good thing about anti-stress meditation is that it is slowly changing us inside.

It requires us to make small changes to find the balance so that the body and the mind feel in tune again, and the pressures, the anxieties go out of our body like the smoke that escapes through a window.

## **Meditation for a Deep and Quick Sleep**

Sleep is incredibly important, but sometimes falling asleep can be difficult if we are not in the right mindset.

For this activity, we are going to take you through a visualization that will help ensure that you can get a deep sleep. It's important before falling asleep to relax your mind so that you can travel gently throughout your brain.

Start off by noticing your breath. Breathe in through your nose and out through your mouth. This is going to help calm you down so that you are able to breathe easier.

Begin by breathing in for five and out for five as we count down from twenty. Once we reach one, your mind will be completely clear. Each time a thought passes in, you will think of nothing. You will have nothing in your sight, and you will only think with your mind.

Make sure that you are in a comfortable place where you can sink into the space around you. Let your body become heavy as it falls into the bed. Keep your eyes closed and see nothing in front of you but darkness.

Remember to breathe in for five and out for five. Keep an empty mind and be ready to travel through a journey that will take you to a restful place.

Count from 20 down to 1

You see nothing in front of you, it is completely dark, and you feel your body lifting gently up like a feather. You are light against the bed, and nothing is keeping you down. Continue to feel your body rise higher and higher. You are floating in space. There's black nothingness around you. You are gently drifting around.

You can see a few stars dotting the sky so far away, but for the most part, you see nothing. You feel yourself slowly moving through space. Your body is light and free, and nothing is keeping you strapped down. You're not afraid in this moment.

You are simply feeling easy and free. Breathe in and out, in and out.

You start to drift more towards a few planets, throughout your journey in space. You can really see now that you are up in the highest parts of the galaxy. You see out of the corner of your eye that you can actually catch a glimpse of Earth. You start gently floating towards it, having to put no effort in at all as your body is like a space rock floating through the stars.

Nothing is holding you down.

Nothing is violently pushing you either. Everything that you feel is a gentle and free emotion. You get closer and closer to Earth now and can see all the clouds that surround you. You start to move down, and you gently enter into the cloud area. Normally gravity would pull you down so fast, but right now you're just simply a gentle body drifting through the air. You get closer and closer to the land. You can see some birds here and there and a few cars and lights on the ground beneath you.

You pass all of this, gently floating over a sleepy town.

Look down and let your mind explore what it is that you see down there. What is it that is in front of your eyes? What do you notice about this world around you as you continue to go closer and closer to home?

You are gently drifting throughout the sky. You can see trees beneath you. Now, if you reached your hand down, you'd even be able to gently feel a few leaves on the tops of the tallest trees. You don't do this now because you're just concerned with continuing to float through the sky. That's all that you really care about in this moment.

You're getting closer and closer and closer to home now, almost ready to fall



asleep. You start to see that there is a lake.

You gently float down to the surface of the lake, and you land right in a boat. Your body is a little bit heavier now. You feel it relax into the bottom of the boat. Nothing around you concerns you right now. You feel no stress or tension in any part of your body. You are simply floating through this space now.

The boat starts to drift on the lake gently. It is dark out now, and you look up and see all the stars in the sky. All of this reminds you of the place that you were just a few moments ago. You start to drift closer and closer to sleep.

Do you feel as the tension leaves your body? You are peaceful throughout. You are not holding on to anything that causes you stress or anxiety. You are at ease in this moment. Everything feels good, and you have no fear. You drift around in the water now for a little bit longer. You can see everything so clearly in this night sky. Just because it is dark does not mean that it's hard to see. The moon casts a beautiful glow over everything around you. You can feel the moon charging your skin. As you drift closer and closer to sleep, you feel almost nothing in your body now. You continue to focus on your breathing. You are safe, and you are at peace. You are calm, and you are relaxed. You feel incredible in this moment.

The boat starts to lift from the water. You feel as it gets higher above the water. You are even heavier now. Now you are completely glued to this comfortable surface as the boat starts to fly through the sky. You can look down and see that the city beneath you has drifted to sleep. You're getting closer and closer to home now. You can actually see your home beneath you. The boat gently takes you to your front door, and you float right in. No need to walk or climb stairs. You simply float in and straight to your bed.

You fall delicately into your bed with your head resting nicely on a pillow.

Here you are, in this moment, so peaceful and so relaxed. You are completely at ease. There's nothing that stresses you out or causes any anxiety or tension now. You are simply a body that is trying to fall asleep.

As we count down from 20, you will drift off to sleep. You will be in a very relaxed state where nothing stresses you out. You're not concerned with things that happened in the past, and you aren't going to stay up in fear of what might happen tomorrow, you are asleep. You are relaxed.

Breathe in and out. Breathe in and out.

Count down from 20 to 1

## Chapter 8: Binge Eating Meditation

Sometimes we allow ourselves to fill every hole in our belly, and typically we have many different excuses for doing so. From classical excuses such as “I will start my diet tomorrow” all the way to “just one more bite.” Whatever excuse we have, it is just our own permission to feel bad in the future about our weight and the way we look. The most common reason why we come up with any excuse is that we are trying to increase our sense of comfort. And that is perfectly fine if you want to increase your sense of comfort, but choose the strategy that will not make you feel bad about yourself in the future.

Listening to this guided hypnosis is a good strategy to limit your food intake with the power of your mind, so you can stop binge eating, and certainly start feeling the benefits of sticking to a healthier lifestyle.

We will begin this guided hypnosis session by becoming consciously aware that we are always in control and always have a choice. At this moment, the only choice you need to make now is to choose to go into a deep relaxation right now...or in a few moments...when you make yourself more comfortable...at ease...and when you tell yourself..."I am going to relax... now...completely and effortlessly...while my subconscious mind learns everything that is needed to stop my binge eating..."

Start inhaling purposefully, and a bit deeper than usual... then slowly push all the air out as much as you can...and once you push all the air out pause for a second before you start inhaling again...

One more time...take another deep breath in, and purposefully and slowly push all the air out completely...and once all the air is out...pause for a second before you start inhaling again...that is right...just like that...and don't be surprised if you can already notice that the old compulsions are just starting to melt away...very slowly...as you inhale deeply and allow yourself to relax...

Continue breathing at a steady pace...just like you normally do...and allow the air moving in and out of your lungs and belly to deepen your relaxation...

Imagine that each time you inhale...relaxation energy fills your head, neck, and chest...and as you exhale, that relaxation energy spreads through the rest of your body...just like a wave...

Filling your head, neck, and chest and as you inhale...and spreading that relaxation energy all over your body as it goes down...your arms and belly...all the way down your legs and feet...washing away your worries, concerns and troubling thoughts...

Continue your relaxation by releasing everyday worries, concerns, and troubling thoughts...by simply directing your focus to your body. Make yourself comfortable before you get completely absorbed by the sound of my voice that will lead you into a perfect state of mind to let go...release...and free yourself completely from binge eating...and become more determined to limit your food intake...

As you make those final small adjustments...I would like you to mentally become aware of your feet...it doesn't matter if you are sitting or lying down...as long as you are aware of the sensation in your feet right now...

At this moment, become aware of the sensation in your feet...and imagine how light they would feel like, just after one week of stopping binge eating and consciously limiting your food intake...

Instruct all the small muscles in your feet to relax...and as your feet become even more relaxed...allow that relaxation to slowly move upwards...up your calves and knees...making your muscles soft...and lose...completely relaxed...

Fill that relaxation in your thighs...making you experience that pleasant heaviness of completely relaxed muscles in your legs...

Relaxation and that inspiring image of limiting your food intake are moving up your torso...lower back...and wraps itself gently around your stomach...and slowly start shrinking your stomach to a size that can match your consciously determined limit of food intake as you are becoming even more relaxed...

Each time you think of food and eating, you see this image wrapping around your stomach tightly so it allows only a limited amount of food that is enough for you to stay healthy and become fit...

And naturally, as relaxation reaches your chest, you feel a strong desire to inhale deeply...and fill your lungs with air...as your upper body evenly distributes that relaxation across your shoulders and arm all the way to your fingertips...and that tingling sensation that you feel in your fingers and palms are there only to remind you that you are about to go into a wonderfully

relaxed state of mind...perfect for you to completely let go of all the worries, concerns and stop binge eating...but not just yet...there is no rush...you will do this soon...

Before you go into a wonderfully relaxed state of mind, I would like you to imagine that you are standing in front of a staircase that is leading up... You can see ten steps in front of you...and as I count from one to ten, you will imagine that you are climbing those stairs...and with each and new step, your decision to limit your food intake becomes stronger...the moment you hear me say "ten" you will naturally go into a wonderfully relaxed state of mind and body...and find your self in a room with a dining table and a chair...

Starting to climb the stairs...one...two...feeling that familiar sense of determination ...three...four...increasing the willpower behind your intention to limit your food intake...five...six...feeling deeply satisfied with the decision to stop binge eating...seven...eight...choosing only to have 20 bites of fresh and healthier food for each meal...nine...TEN...you are now at the top of the staircases in a room with a dining table...feeling completely relaxed and with a strong determination to limit your food intake to 20 bites per meal...

This will happen on its own...you don't have to do anything...yet...your body and your subconscious mind will know how to do that for you...once you are ready to let go...release...and free yourself completely...so that you can make more space for building a more stronger intention and follow through your decision to limit your food intake and choose food that is beneficial for your well being...

Consciously imagine a big green number twenty...and see it in your mind... Imagine that this is the number of bites that you are taking per each meal that you have... These twenty bites of carefully chosen healthier food are the perfect amount for the new size of your stomach...that is wrapped up in that inviting image and the idea of limiting your food intake...and stopping binge eating for good...

Each meal you are about to start, remember that big green number twenty...and you instantly know that you have the opportunity to enjoy this healthy food meal as you make your determination to have an healthier lifestyle even stronger...

Give clear instructions to your subconscious mind to follow your lead and

assist you in creating this habit and choices by visualizing yourself doing this...Visualize that you are sitting at the table covered with all kinds of food...and even though that everything is available you are deciding to choose only healthy food that is good for your well being...and you are also deciding to have just a limited amount of that food...

As you prepare yourself to start eating, a big green number twenty appears in front of you...to remind you to completely enjoy these twenty bites of delicious healthy food...

You take the first bite...and start chewing very slowly...so you can experience all the flavors...and satisfy your senses...

Nineteen...you take another bite and you notice the fresh smells of your food as you chew slowly...

Eighteen...you are becoming more mindful when you are eating...and you can notice all the soft sound you make as you are slowly chewing your healthy food...

Seventeen...you are now aware of all the movements that your mouth, tongue, and jaw are making while you are eating...

Sixteen...your awareness is following your food from the moment it touches your mouth, as it makes it way over the tongue...down your throat...into your stomach...

Fifteen...your subconscious mind learns everything that is needed that will stop your binge eating disorder...

You continue to eat slowly...and mindfully as you enjoy every bite...you are now at number ten, and you can notice that your stomach is becoming full... A few more delicious bites and you are now at the number five...nearly there...but far away from old habits...so far away from old compulsions...far away from binge eating...

Now you have one more bite to complete your conscious food intake limit...and when you eat this last bite you feel that your stomach is completely full...and you feel very good about yourself...you know that this is the right choice for you to accomplish your diet goals...

The delicious and healthy meal is now finished...you stand up and move away from the table...and as you are starting to make your way back to that

staircase, the first thing you are starting to notice is that you are lighter and that your feet really relaxed and lighter than before...so proud of your self, because you are doing it...you are finally taking control...

In a moment I will ask you to start going down the stairs as I count down from ten to one...and the moment you hear me say “one” you will allow your subconscious mind to take this vision of you happily enjoying twenty bites for each meal and make it into a new habit...

You will continue to do so, naturally and effortlessly until you are satisfied with the choices you are making to live a new and healthier way of life...or until you find another strategy or a new behavior that will work even better than this for you to stop binge eating and achieve your diet goals...

Start going down the stairs as I do the countdown...ten...nine...filling your subconscious mind with all the necessary information that it needs to support you in this important journey...eight...seven...thinking about all the benefits that will come with your healthy lifestyle...six...five...your decision to limit your food intake is getting stronger...and stronger...four...three...you are following through your plan...two...you take only twenty bites per meal...one...allowing your subconscious mind to create all the changes required to support your new habit...and your healthy lifestyle...

You are now at the bottom of the stairs...and you can see yourself integrating all of these learnings and useful insights...as you prepare yourself to slowly come back to this present moment in time...and whenever you are ready...open your eyes and become fully awake and aware of your strong decision to make healthy choices.

## Chapter 9: The Satisfaction Factor

Wise Japanese people consider pleasure an important aspect of a good lifestyle. In the fierce pursuit of thinness and health, we often overlook one of the main gifts of life - the pleasure and satisfaction of the process of absorption of food. When you eat what you really want in a welcoming environment, the pleasure you receive becomes a powerful help in achieving satisfaction and comfort. Try it yourself and find that to feel “enough” you will need to eat much less.

So what's so satisfying that gives him such power? According to the teachings of Abraham Maslow, we are driven by unfulfilled needs. We want what we can't get, and we are ready to do anything to calm down the feeling of deprivation that inevitably arises when our needs are not realized. Dissatisfaction - whether in food, relationships, or careers - makes us unhappy.

To bring pleasure, your meal should consist of dishes that you like and “hit the bull's eye.” Choking on the salad, when you want fried meat, you will not reach satisfaction. If you are offered a delicious meal or a whole meal when you are not very hungry, joy is reduced. You may still eat, but with moderate hunger, the food is much tastier. On the contrary, if you eat when you are very hungry, the taste buds hardly have time to notice the refined taste of the dishes before you swallow the whole dinner. What satisfaction is there! But when you start a tasty dish with a moderate feeling of hunger, then, most likely, before the end of the meal, you will feel that you are full. If you finish off the whole lunch at once, the taste of food will be weakened. Taste papillae lose sensitivity to food shades, especially when overeating.

Imagine a quarrel with a family member in the midst of, for example, dinner. Do you like to eat in such an environment? Yes, you may not notice what you ate! Or think about how you felt when you ate in the hope of crushing emotions. Again, there is no question of pleasure!

Respect your hunger, make up with food, feel full, and cope with emotions without eating - these are the four spokes of our imaginary wheel. Another spoke includes the rejection of a dietary way of thinking. If the dietary way of thinking is still with you, then during eating, you either do not choose the food that promises the greatest satisfaction, or you choose it but condemn yourself for eating it.



## Chapter 10: Relaxation Techniques

Since we have seen that emotions are the first obstacle to a healthy and correct relationship with food, we are going to look specifically at the most suitable techniques to appease them. Not only is that, these techniques very important to make hypnosis deeply effective in order to achieve the desired goals.

In fact, autogenic training is one of the techniques of self-hypnosis. What does self-hypnosis mean? As the word suggests, it is a form of self-induced hypnosis. Beyond the various techniques available, all have the objective of concentrating a single thought object. To say it seems easy, but it is incredible how, in reality, our mind is constantly distracted and even overlaps distant thoughts between them. This leads to emotional tension with repercussions on everyday life.

Other self-hypnosis techniques that we will not deal with in-depth include Benson's and Erickson's.

Benson's is inspired by oriental transcendental meditation. It is based on the constant repetition of a concept in order to favor a great concentration. Specifically, he recommends repeating the word that evokes the concept several times. It is the easiest and fastest technique ever. It really takes 10-15 minutes a day. Just because it's so simple doesn't mean it's not effective. And you will also need to familiarize yourself with it. Especially for those who are beginners with self-hypnosis. In fact, this could be the first technique to try right away to approach this type of practice.

You sit with your eyes closed in a quiet room and focus on breathing and relax the muscles. Therefore continually think about the object of meditation. If your thought turns away, bring it back to the object. To be sure to practice this self-hypnosis at least 10 minutes, just set a timer.

Erickson's is apparently more complex. The first step involves creating a new self-image that you would like to achieve. So we start from something we don't like about ourselves and mentally create the positive image that we would like to create.

In our specific case, we could start from the idea of us being overweight and transform that idea into an image of us in perfect shape, satisfied with

ourselves in front of the mirror.

Then we focus on three objects around the subject, then three noises and finally three sensations. It takes little time to concentrate on these things. Gradually decrease this number. Therefore 2 objects, 2 noises, and 2 sensations. Better if the objects are small and bright and unusual sensations, which are hardly paid attention. For example, the feeling of the shirt that we wear in contact with our skin. You get to one, and then you leave your mind wandering. We take the negative image we have and calmly transform it mentally into the positive one. At the end of this practice, you will feel great energy and motivation.

### **Autogenic Training**

Autogenic training is a highly effective self-induced relaxation technique without external help. It is called "training" because it includes a series of exercises that allow the gradual and passive acquisition of changes in muscle tone, vascular function, cardiac and pulmonary activity, neuro-vegetative balance and state of consciousness. But don't be frightened by this word. His exercises do not require a particular theoretical preparation nor a radical modification of one's habits. Practicing this activity allows you to live a profound and repeatable experience at all times.

Autogenic means "self-generating," unlike hypnosis and self-hypnosis, which are actively induced by an operator or the person himself.

In essence, the goal is to achieve inner harmony so that we can best face the difficulties of everyday life. It is a complementary tool to hypnosis. The two activities are intertwined. Practicing both of them allows a better overall experience. In fact, hypnosis helps well to act directly on the subconscious. But in order for hypnosis to be effective, it is necessary to have already prepared an inner calm such that there is no resistance to the instructions given by the hypnotherapist. The origins of autogenic training are rooted in the activity of hypnosis. In the latter, there is an exclusive relationship between hypnotist and hypnotized. Those who are hypnotized must, therefore, be in a state of maximum receptivity in order to be able to reach a state of constructive passivity in order to create the ideal relationship with the hypnotist.

Those who approach autogenic training and have already undergone hypnosis sessions can deduce the main training guidelines from the principles of

hypnosis. The difference is that you become your own hypnotist. You must, therefore, assume an attitude of receptive availability towards you. Such activity also allows a higher spiritual introspection, feeling masters of one's emotional state. This undoubtedly brings countless advantages in everyday life.

So I usually suggest everyone try a hypnosis session and then do a few days of autogenic training before they start using hypnosis again on a daily basis. It's the easiest way to approach the relaxation techniques on your own and start to become familiar with the psycho-physical sensations given by these practices. Mine is a spontaneous suggestion. If you have tried meditation and relaxation techniques in the past you can also go directly into guided hypnosis. In any case, autogenic training can be useful regardless of the level of familiarity with these practices. It is clear that if you have little time in your days, it makes no sense to put so much meat on the fire. Let's remember that they are still relaxation techniques. If we see them too much as "training," we could associate obligations and bad emotions that go against the principle of maximum relaxation. So I'm not saying do autogenic training and hypnosis every day, 10 push-ups, crunches, and maybe yoga, and then you will be relaxed and at peace with your body. This approach is not good. It is about finding your balance and harmony in a practice that has to be pleasant and deliberate.

### **Basic Autogenic Training Exercises**

The basic exercises of the A.T. are classically divided into 6 exercises of which 2 fundamental and 4 complementary. Before the 6 exercises you practice an induction to calm and relaxation, while at the end a recovery and then awakening.

These exercises are considered as consecutive phases to be carried out in each session. It is not mandatory to carry out all the steps together. Especially initially each exercise will have to be understood individually. But if you intend to stop, for example, in the fourth exercise, and not do all of them, you will necessarily have to do the other 3 exercises in the same session first. The duration of the session remains unchanged, however, because when you add exercises, you will make each phase last less.

First exercise - "The heaviness." It is a very useful exercise to overcome psychophysical problems related to muscular tensions that derive from

emotional tensions.

Second exercise - "The heat." It serves to relieve circulatory problems, in all cases where there is a problem of reduced blood flow to the extremities.

Third exercise - "The heart." It is a highly suggestive exercise that allows you to regain contact with that part of the body that we traditionally deal with emotions.

Fourth exercise - "The breath." It produces a better oxygenation of the blood and organs.

Fifth exercise - The solar plexus. It helps a lot of those who suffer from digestive problems.

Sixth exercise - The Fresh Forehead. Produces a brain constriction vessel that can be very useful to reduce headaches, especially if linked to physical or mental overload.

### **Recommended positions.**

The following positions are suitable for both autogenic training and hypnosis and relaxation techniques in general. I suggest initially to use the lying down position and to use it later in hypnosis for virtual gastric bandaging in order to simulate the position on the surgical couch.

#### **Lie Down.**

This position, at least at the beginning, is the most used for its comfort. You lie on your back (face up) and your legs slightly apart with your toes out. The arms are slightly detached from the torso and are slightly bent. The fingers are detached from each other and slightly arched.

#### **On the Armchair**

You sit with a chair attached to the wall. Your back is firmly against the backrest, and your head rests against the wall. You can place a cushion between your head and the wall.

Alternatively, you can use a high chair to rest your head-on. Legs should be flexed at 90 degrees with the feet firmly resting on them. The tips of the feet should be placed on the outside. The arms should be resting on the supports (where present) or on the thighs.

If there are supports, the hands should be left dangling.

If they are not present, the hands are resting on the legs, and the fingers are separate.

### **Position of the coachman**

This position allows you to be seated but without particular basic support. It can be practiced wherever you have something to sit on (a chair, a stone, a stool...).

You sit, for example, on the chair very far forward without leaning forward with your back.

Your feet must be firmly on the ground, with the tips pointing outwards. Your back should bend forward by resting your forearms on your thighs and letting your hands dangle between your legs so that they do not touch each other. Pivot your neck forward as much as possible, and relax your shoulders and jaw.

### **Other suggestions**

To achieve the best results, the environment must be quiet, the phone and any form of technological distraction must be disconnected beforehand. In the room, there must be a very soft light with a constant temperature that allows neither hot nor cold. The environmental conditions, in fact, influence our mood, and the acquisition of a correct position guarantees an objective relaxation of all the muscles.

It is advisable not to wear clothes that tighten or bother you during the exercises: for this purpose also remove the watch and glasses and loosen the belt.

It goes without saying that constancy is very important for achieving a psychic balance. It only takes 10 minutes a day, but a real reluctance is to be taken into consideration. Before doing this practice, you really need to give yourself some time. It must be deliberate practice. This is one of the reasons why it is not advisable to practice it in small time gaps between commitments, but rather in dedicated time slots.

Also, it is advisable not to practice the exercises immediately after lunch to avoid sleep. At the end of each workout, perform awakening exercises except for the evening just before going to sleep.

At first, checking the relaxation of the various parts of the body will require

some reflection. But over time and practice, everything will become more instinctive. Do not expect great results in the first days of practice. Do not abandon the practice immediately because like anything else you cannot expect to know how to do it immediately.

One last tip is to not be too picky when it comes to checking the position to take. In fact, the indications provided are broad; it is not necessary to interpret them rigidly. It must be as natural as possible, so look for what makes you feel better.

## **Chapter 11: Meditation for a Mindfulness Diet**

One of the best ways to transition into a diet that's centered around weight loss is to do so using mindful eating. All too often, we eat well beyond what is needed, and this may lead to unwanted weight gain down the line.

Mindful eating is important because it will help you appreciate food more. Rather than eating large portions just to feel full, you will work on savoring every bite.

This will be helpful for those people who want to fast but need to do something to increase their willpower when they are elongating the periods in between their mealtimes. It will also be very helpful for individuals who struggle with binge eating.

Portion control alone can be enough for some people to see the physical results of their weight-loss plan. Do your best to incorporate mindful eating practices in your daily life so that you can control how much you are eating.

This meditation is going to be specific for eating an apple. You can practice mindful eating without meditation by sharing meals with others or sitting alone with nothing but a nice view out the window. This meditation will still guide you so that you understand the kinds of thoughts that will be helpful while staying mindful during your meals.

### **Mindful Eating Meditation**

You are now sitting down, completely relaxed. Find a comfortable spot where you can keep your feet on the ground and put as little strain throughout your body as possible. You are focused on breathing in as deeply as you can.

Close your eyes as we take you through this meditation. If you want to actually eat an apple as we go through this, that is great. Alternatively, it can simply be an exercise that you can use to envision yourself eating an apple.

Let's start with a breathing exercise. Take your hand and make a fist. Point out your thumb and your pink. Now, place your right pinky on your left nostril. Breathe in through your right nostril.

Now, take your thumb and place it on your right nostril. Release your pink and breathe out through your nostrils. This is a great breathing exercise that will help to keep you focused.

While you continue to do this, breathe in for one, two, three, four, and five.

Breathe out for six, seven, eight, nine, and 10. Breathe in for one, two, three, four, and five. Breathe out for six, seven, eight, nine, and 10.

You can place your hand back down but ensure that you are keeping up with this breathing pattern to regulate the air inside your body. It will allow you to remain focused and centered now.

Close your eyes and let yourself to become more relaxed. Breathe in, and then out.

In front of you, there is an apple and a glass of water. The apple has been perfectly sliced already because you want to be able to eat the fruit with ease. You do not need to cut it every time, but it is nice to change up the form and texture of the apple before eating it.

Breathe in for one, two, three, four, and five. Breathe out for six, seven, eight, nine, and 10.

Now, you reach for the water and take a sip. You do not chug the water as it makes it hard for your body to process the liquid easily. You are sipping the water, taking in everything about it. You are made up of water, so you need to constantly replenish yourself with nature's nectar.

You are still focused on breathing and becoming more relaxed. Then, you reach for a slice of apple and slowly place it in your mouth. You let it sit there for a moment, and then you take a bite.

It crunches between your teeth, the texture satisfying your craving. It is amazing that this apple came from nature. It always surprises you how delicious and sweet something that comes straight from the earth can be.

You chew the apple slowly, breaking it down as much as you can. You know how important it is for your food to be broken down as much as possible so that you can digest it. This will help your body absorb as many vitamins and minerals as possible.

This bit is making you feel healthy. Each time you take another bite, it fills you more and more with the good things that your body needs. Each time you take a bite, you are making a decision in favor of your health. Each time you swallow a piece of the apple, you are becoming more centered on feeling and looking even better.

You are taking a break from eating now. You do not need to eat this apple



fast. You know that it is more important to take your time.

Look down at the apple now. It has an attractive skin on the outside. You wouldn't think by looking at it about what this sweet fruit might look like inside. Its skin was built to protect it. Its skin keeps everything good inside.

The inside is white, fresh, and very juicy. Think of all this apple could have been used for. Sauce, juice, and pie. There are so many options when it comes to what this apple may have become. Instead, it is going directly into your body. It is going to provide you with the delicious fruit that can give you nourishment.

You reach for your glass of water and take a long drink. It is still okay to take big drinks. However, you are focused now on going back to small sips. You take a drink and allow the water to move through your mouth. You use this water not just to fill your body but to clean it. Water washes over you, and you can use it in your mouth to wash things out as well.

You swallow your water and feel it as it begins to travel through your body. You place the water down now and reach for another apple slice.

You take a bite, feeling the apple crunch between your teeth once again. You feel this apple slice travel from your mouth throughout the rest of your body. Your body is going to work to break down every part of the apple and use it for nourishment. Your body knows how to take the good things that you are feeding it and use that for something good. Your body is smart. Your body is strong. Your body understands what needs to be done to become as healthy as possible.

You are eating until you are full. You do not need to eat any more than what is necessary to keep your body healthy. You are only eating things that are good for it.

You continue to drink water. You feel how it awakens you. You are like a plant that starts to sag once you don't have enough water. You are energized, hydrated, and filled with everything needed to live a happy and healthy life.

You are still focused on your breathing. We will now end the meditation, and you can move onto either finishing the apple or doing something relaxing.

You are centered on your health. You are keeping track of your breathing. You feel the air come into your body. You also feel it as it leaves. When we

reach zero, you will be out of the meditation.

Twenty, 19, 18, 17, 16, 15, 14, 13, 12, 11, 10, nine, eight, seven, six, five, four, three, two, one.

## Chapter 12: Hypnosis portion control session

### Is portion control difficult to maintain?

Yes, if you're not mindful about what you put in your mouth. If you've ever heard about the saying, "Too much of anything is not good for you," you should know by now that it's the truth, right?

After you've eaten something small or a large meal, you should ask yourself, "How did that meal make me feel? Does my body appreciate it, and will it benefit me in any possible way other than ensuring I'm full?"

Buffet meals at restaurants have become a popular occurrence. Just why do people feel the need to eat as much as they do?

Most therapists would emphasize the fact that their clients and people, in general, have underlying issues that result in bad habits, like overeating, to either forget or overcome emotional baggage, feelings, and unresolved issues.

It doesn't matter what your reasons may be, overeating is not considered healthy, and apart from causing your body to gain weight, it can affect your body negatively. It can also contribute to health issues, which can be recognized with symptoms, such as indigestion, feeling uncomfortably full regularly, water retention, and higher than average visceral fat in the abdominal region.

Needless to say, habits are in control of our lives, and we are more prone to overeating than we'd like to admit. The U.S. is the perfect example of a country that has created a culture around normalizing portions that are far too large for a person to consume. However, it is the norm and has contributed to over half of the country's residents suffering from either obesity or being overweight.

What people need to understand is that obesity isn't considered a body type. It is considered a severe health problem that can cause countless other health issues. These health issues include heart disease, stroke, diabetes, high blood pressure, cancer, gallbladder disease, gallstones, gout, osteoarthritis, and breathing difficulties, including sleep apnea and asthma.

The reason why portion control is considered difficult is that we eat for all the wrong reasons.

Society is prone to gravitate toward foods that have an unbalanced level of

sugar, sodium, unhealthy fats, and caloric content. These foods are also branded more appealing and are promoted wherever we feast our eyes accordingly. People are also used to overeating and have come to adopt it as a bad habit they can't seem to get rid of. Often people also convince themselves that they either can't waste food or feel forced to finish whatever they have on their plate. Other than that, overeating has become perceived as normal. Given that people are more bored, depressed, or emotionally disrupted than ever before, including lazy, eating whatever they can find or opting for the bad option always seem like the best option.

Portion control plays a very important role in our well-being, as it can differentiate us from being healthy or unhealthy. It affects our bodies contributing to how much we weigh and makes us hold on to excess weight. If you're following some type of 'healthy' diet and a reasonable workout routine, always go back and check whether you're eating either enough or too much and if you are being mindful of your eating habits.

Controlling your portions doesn't only account for a slimmer body, but it also gives you more energy and boosts your metabolism. The more food you feed your body, the harder it must work to digest it, which is also why you may feel sluggish and lazy after overeating. Increased food consumption takes a lot more energy and may cause your metabolism to slow down as a means of defending itself against harm.

Hypnosis helps you to rediscover balance concerning your eating habits, allowing you to become in tune with and focused on your goals. In this way, you will also regain your self-worth, which may have become lost, along with your self-confidence and growth. You can attain all this and more by committing to hypnosis.

Taking it one step further to hypnosis is also thought to be much more effective for weight loss and any type of mind-body commitment, as it has been proven to have a success rate of up to 93% compared to other types of therapy.

That statistic alone should make anyone want to give hypnosis integrated with food control a try.

Although many diet and workout routines are being sold online, some of which are even made available for free, the right approach for losing weight

starts with your mind. Hypnosis offers a means of sustainable weight loss that provides us with access to our unconscious mind, eliminates any barriers, and replaces it with thoughts that prove to be more helpful than any type of information. Hypnosis also allows us to dig deep into our minds, almost like we're exploring the files on our computers, and get rid of any negative associations we may have with developing new habits.

### **Hypnosis for portion control session**

In this hypnosis for portion control session, we will be focused on six factors to integrate into your daily life, which will help you make better decisions regarding food choices, as well as the quantity of food you consume. While the goal of this hypnosis session isn't specifically focused on losing weight, but rather in eating less, learning how to control your portions will speed up your metabolism and overall help you experience a better quality of life.

During this session, the six factors we will be focused on include:

1. Focus on eating smart - You will learn how to incorporate a different style of eating that is focused on decreasing your appetite and speeding up your metabolism. This initiative is focused on you eating six small meals per day, which includes a balance of carbohydrates, protein, and vegetables. In this session, you will be focused on creating what you regard as being the perfect day in your mind, in which you imagine yourself eating smaller portions at meals.
2. Focus on shrinking your stomach - Integrating deep breathing into your hypnosis for portion control session, you will be focused on imagining having a small stomach. When you breathe in, you will imagine yourself as having a smaller, flatter stomach. Given that you prefer this image over your current look, you will be able to trick your brain into thinking that you prefer this version of yourself.
3. Focus on eating slowly - Control your cravings, including sugar and fast-food cravings, as well as eating too much at one sitting. This can be done by imagining a timeline in which you finish your snack or meal. You shouldn't be rushing eating. By focusing on eating slowly, will be able to minimize your cravings.
4. Focus on drinking water - Serving as one of the most helpful tools to

reduce cravings and overeating, drinking water to fill up your stomach will play a significant role in helping you overcome portion control. Since drinking water will also help you get rid of ailments, such as stress, fatigue, inflammation, digestive issues, and depression, it will serve you far better than just eating yourself fully.

5. Focus on greens and vegetables - When you're consuming too much food, the chances are that you are eating the wrong types of food. No one wants to eat a big serving of vegetables. That is why filling your plate with 50% of vegetables, and leafy greens is a really good idea to help you imagine that you are still eating enough food visually. You can eat a salad the size of a regular plate for lunch, but you can't eat a plate of fries the size of a dinner plate for lunch. Plus, once you incorporate healthy eating into your daily routine, you won't want to eat as much food because you will learn the value thereof.

6. Focus on the feeling of hunger - During your hypnosis session for portion control, you must acknowledge hunger. If you're not hungry, then you shouldn't be eating, and if you feel like you shouldn't be hungry because you ate a little while ago, drink a glass of water before turning to food. When you are hungry, however, focus on what your body needs and not what is either convenient or tastes better than a healthier option. Finding foods that are healthy to integrate into your daily diet is also very helpful and important. It could make the difference between whether or not you stick to a healthy eating plan.

## Chapter 13: Change your Lifestyle

The best approach to lose weight and maintain your ideal weight requires you to adjust your lifestyle.

The process is not a quick fix, and different approaches are vital in making it successful. Above all, psychological aspects are crucial in achieving positive results of the hypnotic gastric band. Equally, working out the powerful affirmations and visualization for weight loss is vital. By incorporating hypnosis, meditation, and relaxation you are sure to succeed. With the hypnotic gastric band, you should be aware of what, how, and when you eat.

In intuitive eating, you build trust in your body to remain aware of what, how much, and when you eat. I know it sounds simple but it is worth noting that diet-crazy culture has a significant influence on your beliefs about food.

Therefore, you should ignore meal plans and weight loss prescriptions and become the expert of your own body. It is common to find dieters making short term success in weight loss but failing to maintain their ideal weight. As a result, they feel guilty and discouraged from the approach.

Intuitive eating fills this gap as it drifts you away from diet culture rules and helps you remove judgment from eating. It guides you to control yourself and be in charge of your eating. Notably, intuitive eating has no rules and the following principles should guide you to weight loss success and crave less food effortlessly.

**Avoid diet mentality:** Diets are deceiving in promising fast and permanent weight loss. You are likely to blame yourself when they fail. Avoid external control and believe that your own sense of hunger is the only inner control.

**Recognize hunger:** Hunger is your body's communication that you need to nourish it. Keeping the body fed is key to enhance your relationship with food. Eat only to satisfy your hunger and make it happen as soon as you feel hungry.

**Be at peace with your food:** Allow yourself to set no conditions to any band. By eating any food, the body takes time to learn that certain foods are no longer restricted. Consecutively, the food stops controlling you.

**Challenge the restrictions:** Avoid playing by the rules of what you should or

should not eat. It means you do not praise yourself after maintaining your calorie limit or feel guilty after eating a muffin. Food is your friend and not your enemy and is key to saturation and energy.

**Acknowledge your fullness:** If you can tell when you are hungry, you also can tell when you are comfortably full. Your satiety should not be controlled by the amount of food left on the plate but by your internal cues.

**Discover the satisfaction in food:** In your endeavor to lose weight, you may overlook the satisfaction and pleasure found in eating. There is powerful content and satisfaction in eating what we want in a conducive and inviting environment. The experience makes you realize that you need less food to decide you have had enough.

**Do not eat for comfort:** Avoid emotional eating to relieve your woes, for it will not make the problem go away. Eating for comfort should not be a mental anesthetic for it can lead to serious health problems. Focusing on other hobbies, taking a walk, or meditating are some of the alternatives to encourage yourself and raise your spirits.

**Honor your health:** Intuitive eating does not mean that you throw nutrition out the window. By healing and enhancing your relationship with food you are in a better position to incorporate nutrition into your eating choices. Most importantly, when adding the nutrition piece, you should stick it in the respectful self-care rather than diet mentality.

You were born an intuitive eater so you should get back there through internal cues. You should focus on attitudes, changing beliefs, behaviors, and repairing your relationship with food.

**Practical guide to hypnosis for weight loss:** Hypnosis works by allowing you to change your unconscious thoughts and processes to achieve a specific goal. If you want to lose weight through hypnosis you should influence various beliefs in your subconscious mind about your weight.

These beliefs will help you overcome the perceived impossibilities in losing weight and difficulty in deciding what, how, and when to eat.

Your mind becomes suggestible when in a trance state, enabling you to access and influence your powerful subconscious assumptions. By following this guide, you will find that you have taken some new and positive actions towards the new changes in your own life that you have successfully set for



yourself.

## **Hypnosis Session for Intuitive Eating and Weight Loss**

Allowing yourself to relax when thoughts enter your mind you simply choose to acknowledge them then return your attention to the sound of my voice and the sound of my voice goes with you and remains the most important sound you hear.

You feel very proud of yourself you reflect on all the positive things in your life and you know that you will create the most healthy and positive life for yourself and now see yourself clearer on the screen, stomach flat, hips and thighs slim and trim, legs slim and trim, you look great and feel so good you are relaxed and happy, comfortable in your skin and your subconscious mind knows of a time when you only ate to satisfy hunger and you returned now from this moment on to only eat when you are truly hungry.

True hunger and is easily satisfied with small portions of food and embrace change and growth and maintain awareness of the present moment through emotions and feelings in a deep sense of calmness and peace that enables you to eat slowly while aware of the amount you are eating and chewing and feel satisfied from one meal to the other losing weight steadily safely and naturally when you remain aware of what when and how you eat you are confident in the choices you make about how you look so see yourself now walking outside on a bright fresh day perhaps feeling pride and full of energy for the choices you made to eat healthily you radiate vitality and feel fit and slimmer.

You experience your own feeling in a calm and confident state for your health choices and increase your feeling of health and energy and now it is the moment to end this state in a moment I will count back from one to five and you will come up and out of hypnosis bringing all the benefits feeling yourself coming out slowly now one, one, two, three, four, beginning to move and stretch, and five, eyes open wide away feeling good and anchored in each of folding moment of the present.

With the help of powerful affirmations and visualization, you can achieve your ideal weight in the most natural way.

Avoid concerning yourself with what you eat or not but with how you wish to

look.

Do not visualize about disgusting eating or loathing some kind of food.

By staying strong and positive affirmation, you make the subconscious mind direct you to eat the right quantities of food with moderation.

Note that nothing happens overnight and you need perseverance and regular powerful affirmation and visualization to experience the effectiveness of a hypnotic gastric band.

## Chapter 14: Sleep Better

This procedure urges you to relinquish all your undesirable considerations, pictures, pictures, and profound cell recollections identifying with your weight and identifying with nourishment. In mending these pictures, I utilize the representation of light to assist you with making another light body; a body that capacities in flawless agreement, so your digestion and each and every cell inside your body works in immaculate wellbeing. The greater part of your Hypno Slim sessions will incorporate in any event one procedure called Creating Your Light Body, and where applicable, this procedure is additionally rehashed twice for most extreme impact.

The eight Hypnosis chronicles, in addition to intuitive warm-up work outs.

### 1. Intuitive Warm-up Exercises

These activities are intended to heat up your subliminal personality before you start tuning in to your HypnoSlim session. Your subliminal personality is that ground-breaking some portion of your mind that we will access during your hypnotherapy sessions; this is the piece of your mind that envisions, that fantasies and that enables you to make ground-breaking, constructive and lasting changes to the manner in which you think, feel and act. Changes that will push you to all the more effectively, and that's only the tip of the iceberg easy make your optimal immaculate body.

### 2. Unadulterated Motivation

The greatest piece of any effective, enduring change is inspiration. At the point when we hear "change," our mind normally opposes – it's a piece of our body science and not something we can without much of a stretch warm up to. That being stated, this hypnotherapy session will revamp your body's intuitive response to change lastly bond all the fundamental strides to make you wake up and state, "this is the day I venture out arriving at my weight reduction objectives!"

### 3. Passionate Eating

For a considerable lot of us managing weight issues, bogus hunger is a colossal issue. Obviously, it's simple for thin individuals to state "simply don't eat!" yet when your body's getting every one of these signs about how invigorated and fulfilled it will feel subsequent to drinking that sugar-loaded, charged bubbly drink, or by eating that euphorically liberal chocolate bar –

it's extremely hard NOT to give feelings a chance to disrupt everything!

This session will focus on wiping out those bogus food cravings and educating your body on the best way to eat the manner in which you were destined to – eating when you're eager and eating for sustenance. All things considered, how much better do you feel when you've completed that chocolate bar or pack of chips? This is the ideal opportunity you will discharge all the old psychological weight that has been making you clutch your abundance weight. Over and over, I have seen incredible and positive changes happen due to this session. I would need to state this is one of the most dominant sessions of the whole program.

#### 4. Gastric Band

This session offers a progressive new thought in the clinical entrancing field. Similarly, as a gastric band medical procedure takes out abundance weight through substantial alteration – gastric band hypnotherapy works at the intuitive level to assist you with thinning down step by step, aside from without the cost, recuperation and symptoms.

Gastric band trance has been demonstrated to create the equivalent and once in a while preferred results over gastric band medical procedure – without the medical procedure. It may appear to be difficult to accept yet this shows exactly how incredible trance can be with regards to changing conduct and shedding pounds. In this kind of mesmerizing, I utilize explicit systems to retrain your cerebrum in manners that leave it persuaded you have experienced genuine medical procedure and that you have a real gastric band set up. The consequence of this hypnotherapy approach mirrors the aftereffect of the medical procedure. You feel full more rapidly, which encourages you abstain from indulging.

#### 5. Altering the Band

Likewise, with its carefully embedded partner, a hypnotherapy-based gastric band additionally should be balanced. Fortunately, it won't require a touch of cutting, testing or join and once more, is altogether done in the brain. I'll tell your psyche precisely the best way to imagine the band altering as your weight keeps on changing and your frame of mind toward nourishment movements to a solid equalization of control and sustenance.

Simply let my words manage your psyche into a profound, loosened up state

so all recommendations are met with zero opposition and the gastric band can work freely to assist you with getting more fit easily.

## 6. Good dieting

Longings are your body's method for attempting to get something it most likely shouldn't have (like refined carbs, salt, synthetic substances, handled nourishment, and so forth). It's so used to getting what it needs, at whatever point it needs that, similar to a grumpy baby, it will attempt to pitch a fit. It does this not by shouting and beating on the floor, however by flooding your brain with pictures, scents, tastes and a persistent want to make you yield.

Be that as it may, with this hypnotherapy session, you'll not exclusively have the option to step your longings into the ground, yet in addition, supplant those yearnings with solid other options. At this moment, you may not feel that grapes could fill in for chips – however, with the privilege of guided words and feelings saturating your psyche, they will.

## 7. Exercise Motivator

Truly I'm going to state it; the feared 'E' word. A significant piece of any effective get-healthy plan includes venturing up your degree of physical movement.

Let's be honest. At the point when you return home in the wake of a monotonous day of work, cooking a feast, encouraging the family, tidying up and preparing for the following day – the exact opposite thing you need to do is work out.

Be that as it may, with the intensity of hypnotherapy, you can build your craving and assurance to practice every single day. In this session, you will figure out how to appreciate the expanded vitality that originates from each one of those endorphins moving through your body each time you do work out. Envision how invigorating you will feel when you step up every morning with the longing to move your body in some solid manner. When in any event, hearing, thinking, or seeing the word practice propels you to your very center.

## 8. Reward SESSION Think Yourself Thin

The more you envision yourself as the slim individual you want to be, the more rapidly this will end up being your world. In this free mesmerizing

chronicle you will utilize the intensity of your intuitive personality to truly wash away your abundance fat and make your optimal flawless body

## 9. Reward SESSION Boost Your Metabolism

Your ground-breaking intuitive personality controls all your body's oblivious procedures, for example, managing your pulse and breathing rate. In this free trance recording, you will go into the control room of your brain to enhance your digestion and assume back responsibility for your body.

Here are some genuine/life viable instances of Hypnotherapy as related by some trance inducer for weight control:

Mary came to me since she needed to get more fit, yet in addition, since she was feeling so wild that she wasn't getting a charge out of any piece of her life any longer. She was scrutinizing the legitimacy of her reality - the monotonous routine of getting down to business at an occupation where she wasn't valued, where she endeavored to profit, in an association with her significant other that was great however not extraordinary and had been attempting to shed more than 100 pounds for the majority of her grown-up life, at any rate 30 years. Mary was an ordinary customer in that she had a go at everything all alone to shed pounds that she could think about that appeared to be sensible to her. There is unquestionably no deficiency of weight reduction plans and projects to be on, and she had attempted every one of them.

She realized how to shed pounds. She'd done it a lot of times previously. Be that as it may, she generally recovered it. What's more, she was burnt out on intuition about it to such an extent. She was baffled about attempting to "fathom" this issue and investing such a large amount of her energy committed to this one part of her life that appeared to have been as long as she can remember center. Mary is great at her particular employment, and knows how to issue settle. She's fruitful in basically each and every other part of her life, yet this a certain something, losing the weight, just evaded her. It generally had. Furthermore, she was so baffled and tired of it that she didn't have the foggiest idea whether it was worth in any event, attempting any longer.

Mary's story had likenesses to other customers' accounts, yet in addition contrasts. Every customer has one of a kind difficulties and qualities they

carry with them, and to an enormous degree spellbinding works by uncovering what actually needs to occur all together for every person to be effective. In any case, there are numerous parts of how spellbinding functions that are general, in light of the fact that in all actuality trance is only a word we use to depict a characteristic procedure - a way the cerebrum can center and become mindful, that has been around since human presence. So it's not the spellbinding explicitly that is helping - it's what the entrancing can uncover combined with a comprehension of how the mind and body can cooperate to all the more effectively accomplish wanted results. In this part we will take a gander at how our brain can keep us away from getting more fit, and how entrancing can help move the mind away from unfortunate propensities and negative idea designs into increasingly positive ones.

## Chapter 15: Affirmations

An affirmation is a positive statement that reminds you of critical thought. In this meditation below, we have listed a number of affirmations. These are written from a first-person perspective. You can either repeat them back after they are declared or let these thoughts flow into your mind as if they were your own.

We don't always realize just how often we repeat negative affirmations to ourselves. Rather than letting your mind continue to be filled with negativity, look for a way to completely turn your outlook around. You'll want to start to notice the negative things that you say to yourself. These might notice these phrases popping up unsolicited throughout the day: "I am not good enough," or "I am not able to complete this task." These affirmations seem so normal to us now, and positive ones might make us feel uncomfortable. Remind yourself that you deserve to be compassionate towards yourself. Always look for ways to include positive thoughts even if it's difficult to find them.

Throughout this meditation, ensure that you are allowing yourself to believe and understand the statements fully. You can pull some of your favorite ones and repeat them every day, or you can write them down and keep notes around your house so that you stay positive. Look for creative ways to include these affirmations in your life, but most importantly, practice the other breathing.

### Affirmations for Positivity

I am a strong independent person. I do not need to depend on anyone. I am able to take care of myself. I am worthy of everything that comes my way. I understand how to get the things that I want from life. I am completely aware of the things that I am in control of. I'm not afraid of the things that are outside of my control.

I am a capable human being who can achieve anything I set my mind to. I will not let the fear of failure hold me back. I understand that sometimes, failure is a part of the process. I am aware of how to use my mistakes to improve as an individual. I do not need to depend on anybody else for my own happiness. I do not place blame on other individuals for my own mistakes. I do not blame anyone else for the bad things that have come into my life. I am aware of the way that other people might influence certain things in my life, but I am not going to blame them for these things.



I understand what I have to do to achieve the things that I want. I am a motivated person. I am able to motivate myself to get things done. I do not look for any outside sources of motivation. I have the ability to self-reflect and motivate myself from within. I will always honor myself and do what I can to look out for me.

I will always respect myself and the goals I set so I can achieve the things that I want. I know how to set goals and my mindset to be a happier and healthier person.

I am somebody who is actively committed to living a better and healthier life. I am always going to look for methods to improve my life. I will always seek out the moments that make me happier.

I am dedicated to doing the right thing. I am focused on getting the things that I want from this life because I know what I deserve. I am not afraid of being an individual who is not going to get the things that I want. I know exactly how to get the things that I desire the most. My ideas are clear. I have clear and realistic goals. I also have realistic expectations for the things that I will get from this life.

I do not hurt myself. Once I do not achieve a goal. I do not punish myself just because I don't get something that I wanted. I do not hurt myself because I am not happy with who I am. I only love myself. I love the person that I am. I use constant compassion to build myself up. I'm able to self-reflect in a healthy way.

I am aware of my flaws, but I do not beat myself up over them. I know the things that I need to work on. I understand my weaknesses, but I do not let these define me as somebody weak. I know how to change my life in order to get things that I want. I will not let these weaknesses hold me back.

I am aware of these weaknesses, and I am ever vigilant of working on them. I understand my flaws and recognize that they make me a unique and interesting individual. I have my own thought processes that are very important to the creativity and uniqueness that I exude.

I let go of all my negative feelings, and instead replace them with positive thoughts. I am able to self-reflect on my negative thoughts in a healthy way, and make sure that I turn them around. I know how to seek out the positive and everything that comes my way. I am aware of the way that I can switch a

negative perspective and turn it into a positive one. I choose to be positive every day. I understand what a privilege it is to be able to think within the full scope of your mind. I understand there will still be some days where I can't think positively, but I'm going to commit myself to always trying my best.

I let go of the negative thoughts and emotions of the past. I do not keep myself attached to the toxic mentality that has kept me chained back before. I embrace positivity, and I'm not afraid to be a happy person. I recognize that I am allowed to be happy. I am aware that it is okay for me to be positive. Just because other people aren't positive does not mean that I am not allowed to be.

I can be happy. I will be happy. I am happy. I am comfortable with the person that I am. I am happy and grateful for my body. I understand that I could change things if I wanted to, but I am learning to accept me for me. I do not wish to be anybody else. I hope to change things for the better, but I still appreciate my unique characteristics. I admire other people, but I do not emulate them. I am myself. I am an individual. I have my own important character.

I am aware of all the things that I want to change about myself. I only have realistic expectations and look to change myself for the better. I am grateful for who I am. I am appreciative of the experiences that I have had because they have shaped me into the person I am today. I accept everything that has happened to me, because if not, then that would mean that I might not be the same person. I still have things to work on, but I am appreciative of the character that I have right now.

All the things that I have experienced have created the person that I am. I am thankful for these experiences because I love who I am. I am happy with the person that I have become. I do not want to know what might have happened if anything else had gone a different way. I'm accepting that this is the reality, and I am not going to try to change it anymore.

I am only looking to build a better and brighter future. I am very aware of everything that I need to do in order to get the things that I want. I am powerful, and I am capable. I am able, and I am willing. I am ready, and I am excited. I am not afraid. I am not frightened; I am not going to let anything stop me. I'm always going to look for a way to improve my life. I am a happy person. Everyone around me knows that I am a happy person. My life

matters, and it has value.

I have value as an individual; my character has virtue and will share that with others. I am inspiring to myself and to the people that are around me. I am able to accomplish anything that I set my mind to. I permit myself to be positive, and to be happy. I know that being negative is not going to help me. I know that having a negative mindset is only going to hold me back.

I am aware of all the useful things that I do in this world. I am able to contribute to others and to my own life. I use positivity to get me through the most challenging moments in life. I am able to let go of any negative feelings that might come my way. I make the right decisions and use positivity to get me through. I have a high level of virtue.

I focus on healing my inner child, and I make sure that my choices have integrity. I look for ways to work past my negative thoughts. I know how to get to the root of thought. I know that my past experiences have created the person that I am today. I accept the things that have happened to me, but I do not let them define me. I create my own definitions.

I understand that my situation worked out exactly as it needs to be. I understand that even though something might not be good now that there is a plan, and I will be able to see positivity in the end. Even though not everything might happen for a reason, I can still find a reason for everything that has happened.

I use hope and optimism to expect the best. I do not attach my feelings to situations, so I am not disappointed if things don't go the way I planned. I know that I will still be strong enough to push through. I can use positivity to make sure that I make it through any situation that comes my way.

I refuse to give up because I care about myself. I love who I am, and I'm always going to fight for the best.

## Chapter 16: Workout

### Getting the Most Out of Your Workouts

Just as with healthy eating strategies, there are important things to keep in mind about physical activity that will help support your long-term success. Let's take a look at a few important considerations that will help you get the most out of your workouts:

**Rest days:** Even though we haven't even started, I'm going to preach the importance of good rest. Don't forget that you are taking part in this journey to improve your health for the long term, not to burn yourself out in 28 days. Although some of you with more experience with exercise may feel confident going above and beyond, my best advice for the majority of those reading is to listen to your body and take days off to minimize the risk of injury and burnout.

**Stretching life:** Stretching is a great way to prevent injury and keep you pain-free both during workouts and in daily activities. Whether it's a deliberate activity after a workout or through additional means such as yoga, stretching is beneficial in many ways.

**Enjoyment:** There is no right or wrong style of exercise. You are being provided with a diverse plan that emphasizes a variety of different cardiovascular and resistance training exercises. If there are certain activities within these groups that you don't enjoy, it's okay not to do them. Your ability to stick with regular physical activity in the long term will depend on finding a style of exercise that you enjoy.

**Your limits:** Physical activity is good for you, and it should be fun, too. It's up to you to keep it that way. While it is important to challenge yourself, don't risk injury by taking things too far too fast.

**Your progress:** Although this is not an absolute requirement, some of you reading may find joy and fulfillment through tracking your exercise progress and striving toward a longer duration, more repetitions, and so on. If you are the type who enjoys a competitive edge, it may be fun to find a buddy to exercise and progress with.

**Warm-ups:** Last but certainly not least, your exercise routine will benefit greatly from a proper warm-up routine, which includes starting slowly or

doing exercises similar to the ones included in your workout, but at a lower intensity.

## **Set a Routine**

The exercise part of the DASH plan was developed with CDC exercise recommendations in mind in order to support your best health. For some, the 28-day plan may seem like a lot; for others, it may not seem like that much. If we look at any exercise routine from a very general perspective, there are at least three broad categories to be aware of.

**Strength training:** This involves utilizing your muscles against some form of counterweight, which may be your own body or dumbbells. These types of activities alter your resting metabolic rate by supporting the development of muscle while also strengthening your bones.

**Aerobic exercise:** Also known as a cardiovascular activity, these are the quintessential exercises such as jogging or running that involve getting your body moving and getting your heart rate up.

**Mobility, flexibility, and balance:** Stretching after workouts or even devoting your exercise time on one day a week to stretching or yoga is a great way to maintain mobility and prevent injury in the long term.

This routine recommends involving a combination of both cardiovascular and resistance training.

You will be provided with a wide array of options to choose from to accommodate a diverse exercise routine.

My best recommendation is to settle on the types of exercises that offer a balance between enjoyment and challenge. Remember that the benefits of physical activity are to be enjoyed well beyond just your 28-day plan, and the best way to ensure that is the case is selecting movements you truly enjoy. My final recommendation in this regard is to also include some form of stretching, either after your workouts or on a rest day.

## **Cardio and Body Weight Exercises**

In addition to a variety of different cardiovascular exercise options, the strength-training options you will be provided are divided into four distinct categories: core, lower body, upper body, and full body. Per your sample routine, an ideal strength workout will include one exercise from each of

these categories:

## Cardio

**Brisk walking:** This is essentially walking at a pace beyond your normal walking rate for a purpose beyond just getting from point A to point B.

**Jogging:** This is the intermediary stage between brisk walking and running and can be used as an accompaniment to either exercise, depending on your fitness level.

**Running:** The quintessential and perhaps most well-recognized cardiovascular exercise.

**Jumping jacks:** Although 30 minutes straight of jumping jacks may be impractical, they are a good complement to the other activities on this list.

**Dancing:** Those who have a background in dancing may enjoy using it to their advantage, but anyone can put on their favorite songs and dance like there's nobody watching.

**Jump rope:** Own a jump rope? Why not use it as part of your cardiovascular workout? It is a fun way to get your cardio in.

**Other options (equipment permitting):** Activities like rowing, swimming and water aerobics, biking, and using elliptical and stair climbing machines can be great ways to exercise.

In order to meet the CDC guidelines, your goal will be to work up to a total of 30 minutes of cardiovascular activity per workout session. You may use a combination of the exercises listed. I suggest that beginners should start with brisk walking or jogging—whatever activity you are most comfortable with.

## Core

**Plank:** The plank is a classic core exercise that focuses on the stability and strength of the muscles in the abdominal and surrounding areas. Engage your buttocks, press your forearms into the ground, and hold for 60 seconds. Beginners may start with a 15- to 30-second hold and work their way up.

**Side plank:** Another core classic and a plank variation that focuses more on the oblique muscles on either side of your central abdominals. Keep the buttocks tight and prevent your torso from sagging to get the most out of this exercise.

Wood chopper: A slightly more dynamic movement that works the rotational functionality of your core and mimics chopping a log of wood. You can start with little to no weight until you feel comfortable and progress from there. Start the move with feet shoulder-width apart, back straight, and slightly crouched. If you are using weight, hold it with both hands next to the outside of either thigh, twist to the side, and lift the weight across and upward, keeping your arms straight and turning your torso such that you end up with the weight above your opposite shoulder.

## Lower Body

Goblet squat: Start your stance with feet slightly wider than shoulder-width and a dumbbell held tightly with both hands in front of your chest. Sit back into a squat, hinging at both the knee and the hip joint, and lower your legs until they are parallel to the ground. Push up through your heels to the starting position and repeat. Use a chair to squat onto if you don't feel comfortable.

Dumbbell walking lunge: Start upright with a dumbbell in each hand and feet in your usual standing position. Step forward with one leg and sink down until your back knee is just above the ground. Remain upright and ensure the front knee does not bend over the toes. Push through the heel of the front foot and step forward and through with your rear foot. Start with no weights, and add weight as you feel comfortable.

Romanian dead-lift: Unlike the squat and lunge, the Romanian dead-lift puts the primary emphasis on the rear muscles of the legs (hamstrings). Stand in a similar starting position to walking lunges, but this time you will hinge at the hips and push your buttocks and hip backward while naturally lowering the dumbbells in front of you. Squeeze your buttocks on the ascent back to the starting position. You can also do this exercise on one leg to improve balance and increase core activation—however, you may need to use lighter weights.

## Upper Body

Push-ups: These are the ultimate body-weight exercise and can be done just about anywhere. You will want to set up with your hands just beyond shoulder width, keeping your body in a straight line and always engaging your core as you ascend and descend, without letting your elbows flare out. Those who struggle to perform push-ups consecutively can start by

performing them on their knees or even against a wall if regular push-ups sound like too much.

**Dumbbell shoulder press:** A great exercise for upper-body and shoulder strength. Bring a pair of dumbbells to ear level, palms forward, and straighten your arms overhead.

### Full Body

**Mountain climbers:** On your hands and feet, keep your body in a straight line, with your abdominal and buttocks muscles engaged, similar to the top position of a push-up. Rapidly alternate pulling your knees into your chest while keeping your core tight. Continue in this left, right, left, right rhythm as if you are replicating a running motion. Always try to keep your spine in a straight line.

**Push press:** This is essentially a combination move incorporating a partial squat and a dumbbell shoulder press. Using a weight that you are comfortable with, stand feet slightly beyond shoulder width, with light dumbbells held in a pressing position. Descend for a squat to a depth you feel comfortable with, and on the ascent simultaneously push the dumbbells overhead.

**Burpee (advanced/optional):** This is a classic full-body exercise that is essentially a dynamic combination of a push-up, a squat, and a jump. This particular exercise is very effective but may be challenging for some and should be utilized only by those who feel comfortable. The proper sequencing of the movement involves starting from a standing position before lowering into a squat, placing your hands on the floor, and jumping backward to land on the balls of your feet while keeping your core strong. Jump back to your hands and jump again into the air, reaching your hands upward.



## **Chapter 17: How to practice everyday**

For your quick workout routine, walk up through the stairs at the office. Park your car at the farthest spot and trek all the way distance. Take your dog on a long walk. Participate in every way you can. That is the goal of exercising. If you miss any workout or you couldn't get going one day, don't just hang up on it, just get back on track the next day.

### **Set a routine for everyday hypnosis meditation and affirmation for weight loss**

If you are stuck in the same old aerobics classes, then you could mix things up and try to take a new class at your gym. Some of the hottest gym classes that you could take include indoor cycling, boxing based programs, yoga classes acrobatics, and martial art. This will help you to be able to combat boredom, which is the number one reason why you participate in emotional eating and quit exercising. Try always to drink a lot of water while exercising. Warm-up before exercising. If you haven't warmed up, then you have to get into the habit of warming up before every exercise. Make it a habit to warm up. It isn't necessary to warm up before any strenuous exercise, but by doing so, you'll be able to get your blood flowing, and you be able to prepare yourself for any activity ahead.

### **Standing Reach Stretch**

One of the stretching exercises that you can do is the standing reach stretch. This stretch involves the upper body's movement. So start with your arms, keep your arms straight down, besides your body with your palms facing backward. Use one arm, raise it forward, and raise it up as high as possible. Now tighten your abs and use the opposite arm to touch your shoulders and stretch across your chest slightly. Now hold the stretch for 10 to 30 seconds.

Repeat the same stretch with your arms reaching in the opposite direction. The neck stretches the chest and backstretch. Use your hands to grab the ends of a small towel in both hands. Now bring your arms to the chest level and slightly tuck on the ends of the towel and hold it for about 10 to 30 seconds.

### **Neck Stretch**

Neck stretch is the upper-body stretch. This stretch is very good for golfers. Grab the end of a small towel with your end and slightly tuck them to the end

of the wall.

The chest and Shoulders stretch

Now the next stretch is the chest and shoulder stretch. This stretch is great after swimming. So take your hands behind you, and hold the end of a towel at your hip. Now raise your chest high and raise your arms forward now hold the stretch for about 30 seconds.

### **Quadriceps Stretch**

The next stretch is the quadriceps stretch. This stretch is good for runners, high-cut cyclists, and walkers. Sit behind the chair and hold onto the chair for balance and support. Now take one hand and grab your other ankle. Gently push your foot forward towards your gluts. Do not tuck or lean forward but keep your chest lifted high. Now do this stretch for about 10 to 30 seconds. Now repeat the same thing using the other leg.

### **Standing outer thigh stretch**

Stand behind the chair, and hold onto the back of the chair for balance. Place one of your feet behind the chair and diagonally press your heels to the floor. Hold the stretch for about 30 seconds and put it doing using your other leg.

### **Tendon Stretch Arms Lenght**

The next stretch is the tendon stretch stand. Keep your arm's length behind the chair and hold onto the back of the chair to support and balance yourself. Now keep your feet a few inches apart from your toes why you point your heels to the ground. Slowly push your pelvis while bending your elbows and leaning forward. Support yourself with your hands to the back of the chair. Now do this for about 30 seconds.

### **Standing thin stretch stand**

The next stretch the standing shin stretch. Stand at the back of a chair and hold the back of the chair for support and balance. Bend your nails slightly and raise the toes of your feet off the ground while resting on your heels. Do this stretch for about 30 seconds.

### **Hip Stretch**

The next one is the hip stretch. Stand at the back of a chair for support and balance while bending your nails across and cross one ankle over the opposite leg. Now sit back watch and hold it straight for about 30 seconds.

Repeat the stretch, crossing the other ankle over the opposite knee.

### **Upper back Stretch and shoulder stretch**

The next one is upper backstretch and shoulder stretch. This stretch is perfect for activities that require the upper body and bending movements. So, to begin the stretch, stand behind the chair and hold onto the back of the chair for support. Then take one step away from the chair until your arms are fully stretched. Now move and bend forward from your waist and stretch your shoulders forward, then hold onto the knee for about 30 seconds.

Try to stretch as many ways as you can; the more stretches that you do, the more likely, you will be to avoid tight muscles, prevent injuries, and feel better if your muscles are tight, patient with it. It will take some time for your muscles to go back to their normal length. Stretching throughout your life will help to reduce the effect of aging and will help me to lose weight and reduce the wear and tear of your joints and tissue.

Studies have shown that it is possible to maintain your flexibility through a wide-stretching program that you can follow. You should remember that stretching is not a contest, you shouldn't compare yourself with other people because everybody is different. Some days you might be feeling bar where are some days you might feel tighter. Stay comfortably within your limits and allow the flow of your energy to come through you.

Now let us look talk about some simple exercises that will help you during your hypothesis session.

### **Abs**

The first one is the abs. So grab a bubble chair or a dumbbell and then lay your back on it while pointing your feet straight. Take the weight and extend your arms over it, and then contract your abdominal muscles while lifting the weight up towards the ceiling. Exhale while moving up and inhale while moving downward. Now you should remember not to bounce on the ball. Moves slowly so that your muscles will be tight throughout the entire set also try to bring your weight at an angle and try to push the weight straight all perfectly vertical. Now the equipment that you need for this exercise are dumbbells and exercise balls, whereas the muscles that you are working out are the upper abdominal and the core muscles.

## Conclusion

Many use gastric band surgery as a good way to lose weight, and it works to be sure, but did you know it's an expensive strategy that's vulnerable to complications like having a slipped band, acid reflux, constipation, diarrhea, nausea and vomiting, and many more? You have to ask yourself, is the risk really worth it?

What if you found a way to get all the advantages without surgery risk and expense? Believe it or not, hypnosis therapy does this. Gastric band hypnosis is a modern hypnosis technique where you get reminders that you've had the treatment, and surprisingly you'll start behaving and living as if it were real. Hypnotherapy is one of the ways you can lose weight.

As we've shown, this is a drastic measure, but now Gastric Band Hypnosis will achieve the same results without the surgery. Through Gastric Band Hypnotherapy, a hypnotist can trigger a trance and send you advice to make you believe and behave as though you had the operation. Hypnotherapy is a healthy and effective way to lose weight.

Hypnosis is an accepted practice, and it doesn't get the recognition it deserves. Hypnosis dates back decades, and Western society may trace self-hypnosis back to around the mid-1800s.

The use of hypnosis in recovery, pain, obesity, personal and professional issues, sexual disorders, and much more is well recorded, and the results have been nothing less than impressive.

Such strategies of hypnosis help you break the loop, smash bad habits, instantly avoid the mistakes that led you to fatness in the first place, and also give you the will and drive to uplift yourself, change your lot in life, upgrade your self-esteem and more... All weight-gain-related.

What you need to know about weight loss hypnosis methods is that this isn't some mystical all-powerful obesity remedy. Rather, hypnosis stimulates you to help improve your ability to resist the normal temptations that are now your responsibility.

You won't be controlled by hypnosis like a computer until you "come around," you won't get sick from only thinking about pigging out or indulging in the extra ice cream.

Hypnosis offers the extra little drive to fight, hold back, and not succumb to "urge." You'll find the uncontrollable urge now controllable, not so overwhelming and strong. Your impulses will change, and as you achieve further success, you will achieve further confidence and strengthen hypnosis self-suggestion, and so on.

Hypnosis gastric band methods give you the advantage of not strict diets, paired with a deep desire to break the loop and conquer the weight gain-problems. Good luck!

# Rapid Weight Loss Hypnosis For Woman

Increase Your Motivation, Self Esteem, and Confidence with Powerful Hypnosis Psychology. Fat Burn, Deep Sleep, Meditation, Positive Affirmations & Extreme Diet

## Introduction

Have you tried everything to lose weight, but you still can't reach your target weight? Have you been able to follow diets for a while only to rebound after a time? Do you end up getting back all the weight you lost and then some? Do you constantly worry, trying to figure out what you are not doing right?

Weight reduction plans are intended to change the diet and mentality of individuals who can lose weight. This overall improvement in behavior and attitude increases the impact of workouts clubbed with good practices.

If you want to be slim and think this is something you can't do in this life, then you need to change your attitude entirely. While all weight-loss strategies have existed, integrating and putting all those strategies into a cohesive plan to reduce weight and get a lean and healthy body is something that takes a lot of expertise.

There are some psychological studies which suggest that it takes longer and is more difficult when women lose weight compared to men. Researchers believe body appearance and figure have a more significant effect on women's emotions and values. There are some alternative methods to fast weight loss for women, which can supplement standard weight loss programs.

If you want to remain alive, keep fit because you're likely to run into medical complications with age if you let yourself packing on the pounds. Just giving yourself go 20 pounds past your target weight makes you vulnerable to developing all manner of potentially harmful diseases such as high blood pressure, diabetes, heart attacks, and different forms of cancer.

While most people are aware of the risks for their safety of carrying on extra weight, somehow don't have the will power to do anything about it. Exercising and dieting are items to which people with overweight appear to be allergic.

Hypnosis is a powerful state of consciousness in which a person can essentially bypass their conscious thinking mind and tap into their subconscious thinking mind. Most of your habits and behaviors are formed in your subconscious thinking mind. So, being able to tap into this part of your brain means that you can resolve the root cause of any unwanted habits or behaviors that are no longer serving you. Often, the roots of your habits and

behaviors are formed without your conscious awareness or intention, which can lead to issues in your ability to overcome these habits or behaviors. Because you may not be clear on why they started, when, or how, you may struggle to understand them and find an effective resolve that helps you get past these behaviors. Hypnosis is a powerful method that can help you accomplish just that.

Hypnosis itself has been used for many different things, ranging from overcoming addictions or habits to helping people increase their sense of self-esteem and self-confidence. In some cases, people will even use hypnosis and guided visualization as a way to relax their mind or take a small break from the stresses of their day to day lives. In many ways, these “mini-vacations” are similar to daydreaming, except that they tend to be more structured and intentional.

Hypnosis for weight loss is an incredible way to lose weight, and it is more permanent. Not only will it feed you a single day, but it will teach you how to fish so that you will be able to feed you throughout your life.

Without much stress and more suitable results hypnosis can be used for weight loss.

Read on to understand more!

## Chapter 1: What is Hypnosis?

For over 200 years, individuals have been contemplating and contending about hypnosis, yet science still needs to explain how it happens completely. We see what an individual is doing under a trance, yet why the individual is doing it isn't obvious. Ultimately, this riddle is a little piece in a lot bigger riddle: how the human personality works. It is far-fetched that specialists within a reasonable timeframe will think of authoritative clarification of the brain, so it is safe to say that the phenomenon of hypnosis will further remain a mystery.

Be that as it may, specialists know the general aspects of hypnosis. As such, they have some examples of how it functions. It is a condition of stupor portrayed by serious suggestive, unwinding, and expanded dream. It is unlike sleep since the individual is alert all times. On the other hand, wandering off into fantasy land, or the feeling of "losing yourself" in a book or film, is generally common. You are completely mindful. However, most of you're the environment around you is blocked out. To the close to avoidance of some other idea, you focus seriously on the current point.

In the day by day daze of ordinary life, a conjured-up universe appears to you to some degree genuine as in it completely connects with your feelings. Specific occasions can trigger genuine dread, misery, or satisfaction, and in case you're stunned by something (for instance, a beast hopping out of the shadows), you may even shake in your seat. That is why most analysts characterize every single daze as self-trance of sorts.

Milton Erickson, the twentieth century's driving master in sleep induction, contended that people are mesmerized every day. In any case, most specialists focus on the condition of daze brought about by purposeful unwinding and thinking works out. This significant mesmerizing is frequently compared among alertness and rest to the casual mental state.

In a standard trance, as though they were the truth, you approach the trance specialist's recommendations or your considerations. On the off chance that the trance inducer demonstrates your tongue has swollen up to twice its size, you will feel an inclination in your mouth, and you may experience issues talking. In case you're drinking a chocolate milkshake, the trance specialist demonstrates, you'll taste the milkshake and feel it cooling your mouth and throat. If you are frightened, the subliminal specialist shows, you may feel



panicky or start perspiring. Yet, constantly, you know it's everything fanciful. As youngsters do, you "play imagining" on an extraordinary level.

Individuals feel uninhibited and agreeable in this specific mental state. This is most likely because they settle the worries and questions that normally hold their exercises under tight restraints. While watching a film, you may encounter a similar impression; as you get inundated in the plot, worries about your work, family, and so on blur away, until all you're considering is what's on the screen.

You're likewise amazingly suggestible in this state. That is, if the subliminal specialist advises you to accomplish something, you are probably going to embrace the idea completely. This is the thing that makes it so agreeable to demonstrate the stage subliminal specialist. Delicate grown-ups are typically held to stroll around the stage all of a sudden, clucking like chickens or singing as loud as possible. There is, by all accounts, the dread of humiliation flying out the window. Nonetheless, the suspicion that all is the well and good and ethical quality of the subject stays installed all through the experience. You can't get a subliminal specialist to do anything you would prefer not to do.

## **What is Hypnosis**

Throughout our lives, the human brain works continuously. It works instinctively for other behaviors, including breathing: we need not worry about breathing. Hypnosis allows and abuses this unconscious side. Occasionally, hypnosis denials differ from therapist to therapist.

## **How to define hypnosis?**

The concept of hypnosis officially refers to an "adjusted state of consciousness," a condition that can be caused by a specialist but also by ourselves. Often, during the watching of a film, the hypnotic state is routinely entered a time of great focus or, on the contrary, when one "picks up" from reality and one starts to daydream. The mind is then either concentrated on a thought, or released completely, and allows itself to go into its imagination. In these two cases, we are spared by the definition of time. Many examples of the altered state of consciousness are sleep, trance, or even vision.

The term hypnosis can be traced back to its Greek origin ***Hypnos***, which translates to sleep. Hypnosis, however, is far from being a state of sleep.

When you undergo hypnosis, you are, in fact, in a conscious state in which you possess a higher degree of concentration. When in this state, external stimuli are muted while your imagination intensifies. More than that, being in a state of hypnosis enables you to relax and to momentarily let go of pressing issues at hand. Worries about home or work or internal turmoil are temporarily forgotten. This provides you with a kind of freedom that you cannot experience in a normal waking state.

You may not realize it, but you are capable of placing yourself in a hypnotic state by simply performing ordinary day-to-day activities. Take for instance, when you're watching a good movie. Whenever you get lost in the world on the other side of the screen, you are in a state of hypnosis. When you become completely absorbed in a repetitive chore like washing the dishes, you are in a state of hypnosis.

This hypnosis program is for people who want to lose weight, feel confident about their bodies, get toned, and be healthy. If you're reading this right now, one thing is for certain, and that is that you want to make some serious changes to your body. As a woman, your self-confidence and self-esteem are highly influenced by how you feel about the current state of your body. Make no mistake about it, when you wake up and don't like the appearance staring back at you in the mirror, it sets the whole tone for the rest of the day – negative, for the most part.

You know very well that when you feel great in your skin, your day just moves along better. You've put your heart into trying to achieve a body that you can feel good about, but alas, not much has come from your efforts. All of this is about to change.

Well, you had better accept it if you want to see optimal results. But as a woman, you need to be on top of your game. To get the most out of the program, you need to choose one of the hypnosis types and focus on it. Once you have finished this program, you should then feel ready and confident to put your best foot forward and see the optimal results that you are looking for.

With the right approach, you get to satisfy your sugar cravings, you get to enjoy some of your favorite foods, and you still get to reach your optimal weight.

Making the decision to lose weight was easy because everyone wants to look good. However, to enjoy success in the long run, you need dedication and commitment to truly follow through on your decision.

This is when things become more difficult, as following your decisions over some time can be daunting. This is the main reason why people tend to quit.

For the sake of avoiding this happening to you, in addition to working on slightly changing your dieting pattern, you also need to embrace simple, easy-to-follow, yet effective weight loss tips that will keep you focused and motivated.

Moreover, losing weight is not only about looking good, but way beyond this. Losing weight can benefit you in numerous ways, and your dieting choices can make a difference both in the present and in the future.

The best way to go is to follow a dieting plan you can make work in the long run. Once there, with simple weight loss tips, you get to stay on the right track, you get to keep your motivation, and you get to work on your fitness and weight loss mindset.

These, when combined, lead you towards a healthy lifestyle you have always wanted to embrace, but you have lacked motivation, inspiration, or knowledge.

In the direction of starting the journey on the right foot, you must understand why you gain or lose weight. It's using hypnosis techniques to allow you to lose weight. It's a way to shed a few extra pounds. But most of the time, it is paired with a diet plan. You should continue a good regimen of food, followed by moderate exercise. But this will allow you to lose weight faster, and if you're a person who has cravings for things, then this will help you immensely.

There are different modalities of hypnosis. The trance occurs naturally and spontaneously, achieving learning and openness of mind. Instead, classical hypnosis is based on the state of loss of consciousness, through receiving direct suggestions from the therapist, through a formal ritual, for trance to occur. Its purpose is to eliminate the symptom.

Ericksonian hypnosis aims to create new experiences that allow us to have a different point of the symptom, understand it better, and replace it with more adaptive behavior.

In the same way that cognitive therapies, one of the objectives of Ericksonian hypnosis is the reorganization of the cognitive structures of the person who attends therapy. Hypnosis encourages her to carry out this process of restructuring without rational and conscious control so that structures inaccessible to consciousness can be modified.

Hypnosis is based on the connection with the unconscious, leaving critical thinking in the background, to access the person's resources, resources that, on the other hand, maybe unknown to the person himself. This allows you to get to know yourself better, reduce symptoms, and react more adaptively.

### **Is hypnosis relaxation?**

Normally the process of hypnosis involves relaxation of the patient, but the relaxation is not necessary for hypnosis nor the fact close your eyes. There is also awake hypnosis, which can be done with the eyes open. Therefore, relaxation is not the same as hypnosis, although it may be helpful. According to Dr. Heap, the most relevant aspect that defines hypnosis is suggestion and suggestibility.

Generally, a hypnosis session begins with a "hypnotic induction": it consists of a series of suggestions that aim to help the person focus on his own sensory experience. The therapist does not express orders or give direct instructions that are difficult to oppose. This could create more resistance and achieve the opposite effect; that is, the person does not want to visualize or do what they propose. In some way, hypnosis could be understood as self-hypnosis.

The psychologist proposes, but it is the person himself who ends up choosing whether or not to access the suggestions.

Several factors influence the degree of suggestibility :

- The person, with his expectations, beliefs, motivation, imaginative capacity, etc.
- The therapist, with his communicative style, hypnotic procedures, and patient resistance management, among others.
- The therapeutic relationship, that is, the bond and trust between the therapist and the patient.

During hypnosis, the experiences can seem very real and intense ( especially when there is a high degree of suggestibility). It is as if a movie is being watched. You pay attention to what is being watched, and it can be processed as if it were real. This process is possible, thanks to the suggestion.

### **Are we talking about manipulation?**

Due to the influence of the media, such as movies and television shows, hypnosis has sometimes been associated. It is associated with psychological manipulation, although in reality, they have very little to do with it. The only characteristic that relates them is the increased suggestibility that occurs both in hypnotic processes and in manipulations.

The main difference is that during hypnosis, the person can easily get out of this state of increased suggestibility, while in abusive and manipulative contexts, the return can be hindered. Therefore, it is not manipulation since it cannot induce the person to do something against his will. Furthermore, it retains the ability to interrupt the hypnotic process if desired.

### **Major Benefits of Hypnosis**

Hypnosis is known as a state of mind in which another person induces him to do what is suggested. This is a proven technique, which can be performed either by a hypnotist or by the subject itself. There are many forms of hypnosis, but classical hypnosis, Ericksonian and NLP hypnosis are the three main ones. In certain ways, these three forms of hypnosis can be different, but all have the same aim-to offer an individual benefit.

Hypnosis can be a valuable resource for helping us all-cure illness, relieve stress, and avoid health issues. Nonetheless, hypnosis has major benefits that people need to know and get hold of. The following are some of the big advantages that hypnosis brings:

#### **1.) Hypnosis can be used for stress management**

Hypnosis will help your body relax and free your mind from trouble and horrendous thinking. A hypnotist can perform this form of treatment, or the individual himself can do it-which is called self-hypnosis. The advice given to the patient by a hypnotist will help him alleviate anxiety, boost mood, feel more confident and relaxed. On the other hand, self-hypnosis can be performed and practiced in a lot of ways just make sure a true expert like Igor Ledochowski knows about it.

## **2.) Hypnosis can help a person quit smoking**

Studies show that hypnosis will gradually help a person get rid of their smoking habits and finally quit. Via hypnosis, an individual is more likely to follow the hypnotist's suggestions and do so. Although it works for others, it may not work for others because it also typically depends on several factors, including the particular characteristics of an individual.

## **3.) Hypnosis is a powerful tool in losing weight**

Hypnosis can help a person lose weight as the advice they receive will have a significant impact on creating new healthier behaviors for them to pursue in their altered state of mind. Such healthy habits can help them think positively about weight loss and a healthy lifestyle.

## **4.) It can help treat asthma and phobias**

Hypnosis can be effective in treating phobias almost the same as helping a person quit smoking, as people in this state of mind are more receptive to advice and can take the guidance offered by hypnotists positively.

**5.)** The reason phobias exist in the unconscious part of our minds is why Hypnotherapy and NLP are so effective in the treatment of phobias. Indeed, if you suffer from a phobia, you are possibly aware of its irrational existence but yet unable to resolve it with your conscious mind. Several studies also indicate that hypnosis can help improve children's asthma symptoms, but this is still early to conclude.

## Chapter 2: Hypnosis and Weight Loss

### Why Is It Hard to Lose Weight?

You can say goodbye to obsessing over your daily calorie intake, over obsessing over how many carbs you ingested today.

You can say goodbye to extremely restrictive bans on foods as well as on other forced behaviors in pursuance of focusing on getting back into shape in a healthy, natural way by following your body's biology.

You have probably blamed yourself, or your lack of self-discipline in the past. You probably have blamed calories and your dieting formulas, which most certainly did not bring anything good your way.

The truth is that there is no one and nothing to blame here. Every step you have taken in the past can teach you something which will help you to succeed in the future.

Another truth is that losing weight can be an extremely difficult thing to do, and there are several different reasons behind this.

If you are focused on the weight loss industry, you have probably been told many times before how easy it is to shed those additional pounds.

Now, you probably wonder why it is so hard and challenging to lose those additional pounds. It should be noted that there is no magical pill, a magical tool, or magical equipment that can make the process runs smoothly.

Dieting plans which suggest you completely change your dieting pattern, quit eating your favorite foods, and similar restrictions do not work.

There is also scientific evidence as clear as it can get that suggests that cutting your daily calorie intake will not by any means lead to health gains or long-term weight loss.

It would be logical that most dieters have realized they have wrong dieting patterns, but still, individuals set those same weight goals every year.

The truth is that dieting failures are the norm. There is also a massive stigma surrounding heavier people. On many occasions, we can witness the massive blame game which is directed towards dieters who are not able to shed those additional pounds.

Many people are confused to learn that dieting plans suggesting extreme

dieting changes, but that this only comes as a result of the statements does not square with their previous observations.

Some thin people consume junk food and still stay thin without their food choices affecting their weight.

These people most usually think that they stay in shape due to their dieting habits, but the truth is that genetics plays a massive role in helping them stay fit.

These people are praised over their dieting choices as others can only see what they consume, but they cannot examine what is inside their genes.

It's using hypnosis techniques to allow you to lose weight. It's a way to shed a few extra pounds. But most of the time, it is paired with a diet plan. You should continue a good regimen of food, followed by moderate exercise. But, this will allow you to lose weight faster, and if you're a person who has cravings for things, then this will help you immensely.

It's also a part of the counseling that some people get. You'll be able to get help on your issues regarding food, and this form of hypnosis will allow you to have a better time with your cravings. You can do this with a professional, but you can also do it on your own. It'll allow you to be in control of your life, and you'll control those bad cravings you have.

### **How it Works**

How it works is simple. When you're using hypnosis, you're in a state of absorption and concentration. You're also in a very relaxed and suggestible state, so whatever is said to you is taken in a literal manner. You will use mental images to convey the meaning of the words that are said. You'll have your attention focused on that, and when your mind is in a state of concentration, you'll start to have your subconscious handle your cravings. It's a remarkable way to keep yourself in check, and you'll be able to lose a few extra pounds while still trying to keep your body in shape. It's best if you do this with a diet and exercise routine, for it'll allow you to get through it better and achieve more results.

It's best to do this when you have a window of time ready for you to take care of this issue. You'll want at least thirty minutes of quiet time to handle these cravings, ideally an hour at most. You will be handling some pretty heavy matters, so making sure that you're relaxed and able to come back to



reality before and after the hypnosis will make it all the better.

Hypnosis is not what many people think it is. Because of old movies and performers, many people tend to think that hypnosis is some form of party trick that results in people struggling to have any control over themselves and their behaviors. This is not at all true. When you are engaging in hypnosis, you always remain in control of yourself, your body, and your behaviors. The suggestions being offered to you in guided meditations, such as the ones you will follow in this book, are just that: suggestions. Because hypnosis is not the absolute power that many movies depict it as it can take a few tries with hypnosis before you get the results you are looking for out of it. Many people will use about 3-4 sessions per area of focus to start seeing significant results. Some people may use up to 8-10 sessions before they experience absolute resolve of the issue that leads them to seek out the power of hypnosis in the first place.

When you are engaged in a hypnosis session, you are essentially relaxing to the point where you can sink deeper into your awareness. Think of this as being similar to dreaming without actually being asleep. Through this deep state of relaxation and the ability to sink into your deeper awareness, you can take suggestions from guided meditations and essentially rewire your subconscious mind. A great example of this is when people use self-hypnosis as a way to encourage themselves to increase their self-esteem. In this case, they are introducing positive thoughts about self-esteem and self-confidence into their subconscious minds so that they can begin to have a new mental experience around the topic of themselves.

As you “awaken” into your subconscious mind and introduce these new thoughts, you give your brain the opportunity to completely change how it works. Now, rather than your subconscious mind feeding your conscious mind unhelpful thoughts and perspectives, your subconscious mind will feed your conscious mind, helpful thoughts, and different perspectives that support your preferred reality. For example, with your self-esteem, this could result in you having thoughts that reinforce your self-esteem and a reality that fosters a deeper sense of self-esteem.

When it comes to your weight loss goals, your primary focus is on changing your subconscious mind around food. This way, you can eliminate any habits or behaviors that lead to compulsive eating, cravings, or overeating, and you

can begin to instill new habits and behaviors on a subconscious level. What ends up happening is that when you awaken into your reality, you notice that you no longer have such strong cravings or urges around food, and you can have more pleasant and positive experiences with your diet.

Creating these changes on a subconscious level means that you can have an entirely renewed perspective around food and weight loss. Now, rather than depriving yourself, growing frustrated with cravings, or feeling defeated by your diets, you can feel confident and in alignment with your changes. Instead of having to fight off urges within yourself, you simply will not have them to begin with. This may seem too good to be true, but once you begin to engage in hypnosis and experience the changes in your subconscious mind, you will see just how powerful hypnosis is.

### **The Benefits of Hypnotherapy for Weight Loss**

It is hard to pinpoint the single best benefit that comes from using hypnosis as a way to engage in weight loss. Hypnosis is a natural, lasting, and deeply impactful weight loss habit that you can use to completely change the way you approach weight loss, and food in general, for the rest of your life.

With hypnosis, you are not ingesting anything that results in hypnosis working. Instead, you are simply listening to guided hypnosis meditations that help you transform the way your subconscious mind works. As you change the way your subconscious mind works, you will find yourself not even having cravings or unhealthy food urges in the first place. This means no more fighting against your desires, yo-yo dieting, “falling off the wagon,” or experiencing any inner conflict around your eating patterns, or your weight loss exercises that are helping you lose the weight. Instead, you will begin to have an entirely new mindset and perspective around weight loss that leads to you having more success in losing weight and keeping it off for good.

In addition to hypnosis itself being effective, you can also combine hypnosis with any other weight loss strategy you are using. Changed dietary behaviors, exercise routines, any medications you may be taking with the advisement of your medical practitioner, and any other weight loss practices you may be engaging in can all safely be done with hypnosis. By including hypnosis in your existing weight loss routines, you can improve your effectiveness and rapidly increase the success you experience in your weight loss patterns.

Finally, hypnosis can be beneficial for many things beyond weight loss. One of the side effects that you will likely notice once you start using hypnosis to help change your weight loss experience is that you also experience a boost in your confidence, self-esteem, and general feelings of positivity. Many people who use hypnosis on a regular basis find themselves feeling more positive and in better spirits in general. This means that not only will you lose weight, but you will also feel incredible and will have a happy and positive mood as well.

### **Does it Work?**

The effectiveness varies from person to person. It will help you, and, on average, a person loses about six pounds. You might lose more, but you might not lose as much as expected. If you're trying to lose a ton of weight, this might not help. But, if you're looking to help eliminate cravings in your life and live a healthier lifestyle, then this is the right tool for you. It's a way to help you supplement your exercising plans, and with this, you'll be able to have an even better time when it comes to shedding those pounds fast.

### **The Important Steps**

If you can afford to undergo a series of hypnotherapy sessions with a specialist, you may do so. This is ideal as you will work with a professional who can guide you through the treatment and will also provide you valuable advice on nutrition and exercises.

### **Clinical Hypnotherapy**

During your first session, your therapist will usually start by explaining to you the type of hypnotherapy he or she is using. Then you will discuss your personal goals so the therapist can better understand your motivations.

The formal session will start with your therapist, speaking in a gentle and soothing voice. This will help you relax and feel safe during the entire therapy.

Once your mind is more receptive, the therapist will start suggesting ways that can help you modify your exercise or eating habits as well as other ways to help you reach your weight loss goals.

Specific words or repetition of specific phrases can help you at this stage. The therapist may also help you in visualizing the body image you want,

which is one effective technique in hypnotherapy.

To end the session, the therapist will bring you out from the hypnotic stage, and you will start to be more alert. Your personal goals will influence the duration of the hypnotherapy sessions, as well as the number of total sessions that you may need. Most people begin to see results in as few as two to four sessions.

### **DIY Hypnotherapy**

If you are not comfortable working with a professional hypnotherapist or you just can't afford the sessions, you can choose to perform self-hypnosis. While this is not as effective as the sessions under a professional, you can still try it and see if it can help you with your weight loss goals.

#### **Here are the steps if you wish to practice self-hypnosis:**

Believe in the power of hypnotism. Remember, this alternative treatment requires the person to be open and willing. It will not work for you if your mind is already set against it.

Find a comfortable and quiet room to practice hypnotherapy. Ideally, you should find a room that is free from noise and where no one can disturb you. Wear loose clothes and set relaxing music to help in setting up the mood.

Find a focal point. Choose an object in a room that you can focus on. Use your concentration on this object so you can start clearing your mind of all thoughts.

Breathe deeply. Start with five deep breaths, inhaling through your nose and exhaling through your mouth.

Close your eyes. Think about your eyelids becoming heavy and just let them close slowly.

Imagine that all stress and tension are coming out of your body. Let this feeling move down from your head, to your shoulders, to your chest, to your arms, to your stomach, to your legs, and finally to your feet.

Clear your mind. When you are relaxed, your mind must be clear, and you can initiate the process of self-hypnotism.

Visualize a pendulum. In your mind, picture a moving pendulum. The movement of the pendulum is popular imagery used in hypnotism to

encourage focus.

Start visualizing your ideal body image and size. This should help you instill in your subconscious the importance of a healthy diet and exercise.

Suggest to yourself to avoid unhealthy food and start exercising regularly. You can use a particular mantra such as “I will exercise at least three times a week. Unhealthy food will make me sick.”

Wake up. Once you have achieved what you want during hypnosis, you must wake yourself. Start by counting back from one to 10, and wake up when you reach 10.

Remember, a healthy diet doesn't mean that you have to significantly reduce your food intake. Just reduce your intake of food that is not healthy for you. Never hypnotize yourself out of eating. Just suggest to yourself to eat less of the food that you know is just making you fat.

## **Chapter 3: Heal your Relation with food**

### **Poor Eating Habits For Better, You Can Crack.**

To lose weight, you've lined your kitchen with nutritious foods and prepared meals with care. But somehow, your diet doesn't work. Rich sound? Sadly, it might be more than just your pantry that requires a revision. You can need to know how to break down unhealthy eating habits to produce real results.

Not sure where to start? The first step is to recognize certain habits that do the most harm. Check this list of daily eating habits, which add to your diet empty calories, excessive fat, or add sugar. See what improvised routines look familiar. You may not be aware of such habits affecting your waistline.

If you can define and monitor important behaviors, finding a solution is more straightforward, and you can see tangible results on the scale. You would want to change it out for better conduct until you recognize an action to remove. In most situations, replacing it with a healthy routine that is simple and feels right is the best way to improve a poor eating habitude. That way, you'll want to pick the new habit periodically.

As a base point for improvement, you are using the suggestions mentioned under each bad habit. But make improvements to the approaches that suit your lifestyle. You can also get imaginative and create a custom plan that makes more reason for you.

### **You're a Happy Snack Kitchen.**

Once you have set aside your decision, it is time to improve your healthy eating routine by creating a positive environment. The kitchen is the best place to continue.

Should you have foods with high calories on your kitchen counter? Will you store empty-calorie snack meals in cabinets at eye level? Are traces, sugary beverages, or fat sweet treats taking over the refrigerator's middle shelves? These patterns of storing food can promote unhealthy, mindless eating.

### **You forget the calories in Meal Prep.**

When you enjoy cooking, you're one step ahead of the pack once it comes to eating healthily or losing weight. The emphasis on quality ingredients and portion control is more straightforward when you prepare and cook balanced meals at home.

But have you ever noticed how many calories you add to your everyday diet when you lick the spoon out of the peanut butter jar, pick an additional dollop or two of cookie dough, or try your home-made pesto recipe again ... and again ... and again? It can increase to hundreds of calories a day that is not taken into account in your smart calorie count. You may get discouraged as a result, and may even give up on a balanced diet or weight loss if you eat with distractions.

Practicing distracted eating is the perfect way to eat more than you should (and add extra pounds to your waistline). If you usually eat in front of a TV or a laptop, you're likely a distracted eater. Sometimes eating with books or magazines can distance your attention from your meal.

If you enjoy your meal more, you are more likely to consume slowly, enjoy your meal, and understand signs of hunger and fullness so you can consume the right amount of food. To do so, create a fulfilling mealtime experience.

Sneaking food is an unhealthy practice which many of her customers want to alter. She states that when others are around, we also have healthy eating habits. You might eat well, for example, during the day while your spouse is nearby. But when you go to bed with your husband or wife, you find yourself nibbling on things you would typically avoid. One research found a link between eating alone and the risk of metabolic syndrome.

When you're home, you may want to explore why you feel the need to break away from healthy habits. Your food schedule might be too restrictive, and you may need some changes.

### **You fell for Halo Foods on fitness.**

Advertising statements on the food packages front will make the product look safer than it is. A box of cookies, for example, may advertise that they are made with all-natural, non-GMO, organic ingredients — but they are still cookies. And those cookies can be very high in eating disordered added sugar and empty calories.

Some work has shown that we prefer to over-eat food, which we believe is safe.

### **You Eat Beyond The Fullness Stage.**

Our culture of “clean plate” tells us that finishing all the food on our plates is

respectful – even though we’re already loaded. But this good manners practice is an unfortunate eating habit which can cause us to over-eat. And to make matters worse, whether you’re a fast eater or a disturbed eater, you can also find that you’re eating right past the fullness point.

The easiest way to stop overeating is to slow down your eating routine so you can feel the sensations of your body when you become full. These activities allows you more time to notice a full belly feeling so that you can avoid eating when you have enough.

### **You underestimate the number of calories you share in food.**

If you’re a mom who’s cooking for her family, from time to time, you’re likely to nibble at your kid’s meals. This can seem like the most efficient way to feed yourself as a busy parent. However, if you make this a daily occurrence, it may turn into an unhealthy habit. It can be challenging to maintain a healthy weight if you are not conscious of the amount or quality of food you are eating.

### **From the box, you eat straight.**

How many times did you grab a cereal box and eat it dry straight from the fridge? Do you check the serving size while eating snack crackers or chips, then put a small bowl in a bowl or on a plate? Or do you drop your hand into another bag and start nibbling?

It’s easy to eat straight out of the box or bag, and it can help cutaway on your dirty dish count, but that unfortunate habit does little good for your waistline. It can potentially add hundreds of calories excess to your daily count.

### **You also order In Too Many.**

If you live in an area where food delivery is fast, then if you don’t have time to cook, you could be taking advantage of the service on crowded evenings. But if you order too much, it can turn out to be a bad habit.

As a consequence, it is convenient to order extra food and overeat. Furthermore, many of the foods available for delivery (think pizza, sandwiches, fast food) are disproportionate in size and full of fat and calories.

If you can prepare ahead and have healthy meals ready to go when you’re too busy to cook, your wallet and waistline would thank you.



## **You're eating your calories.**

A flavored latte or frothy cappuccino could be a perfect way to begin your day. Unfortunately, a coffee habit will increase the consumption of sugar and fat more than you know.

Many of Starbucks' beverages and other coffee shops have calories, fat, and sugar worth of a whole meal. You can eat more calories from beverages than you do from safe and nutritious food if you introduce a super-sized soda at lunchtime and a bottle of wine or two at dinner.

## **The Probiotic Benefits.**

Are you aware that probiotics would play an important role in your natural weight management? Maybe it's the lack of probiotics that stops you from meeting your goals for weight loss? Additionally, a digestive tract that is unbalanced or toxic may compromise your overall health and vitality. Maybe you don't know the hidden world inside you that has a drastic impact on your health and longevity.

This vast inner ecosystem, otherwise known as our human intestinal flora, profoundly influences the personal state of health and well-being of every individual. This concerns our physical and mental health, our metabolism, and our life span, very likely. It also performs a large number of tasks required to maintain high energy levels, proper immune function, and counteracts compounds that cause cancer in the colon.

Much work is currently being centered on the possible correlation between the lack of pleasant gut flora in our intestines and the rising obesity epidemic around the world.

We've all heard the saying, "Death Starts in the Colon." According to that theory, many alternative doctors claim that a compromised gastrointestinal tract ecosystem may be at the root of up to 90 percent of all reported human diseases.

An intestinal system that functions properly protects the body against harmful bacteria, yeast, and viruses. It also activates the role of the digestive system as a whole and produces essential vitamins, controlling their levels. Total health begins in the intestine, and if your GI tract is not in good condition, then your overall health will be affected.

Science now understands that 80 percent of your immune system resides in your digestive tract right away.

The human body consists of approximately 100 trillion bacterial cells from at least 500 organisms, excluding viruses and fungi. These bacteria (probiotics) are classified as “good” bacteria and have many essential biological functions. Some of these functions include helping with digestion, keeping certain dangerous bacteria at bay, and stimulating the immune system. Probiotics are live microorganisms (mostly bacteria), similar to the beneficial microorganisms present in the human intestine. They are often referred to as “warm bacteria” or “healthy bacteria.” If not, may your body be declaring war on you?

The delicate bacterial balance can easily get disturbed in the intestines. What we’ve found is that there is a clear link between the intestinal flora of our bodies and the capacity of our bodies to avoid serious illness and add to our lives critical years. The healthy bacteria in your digestive tract weakens when you eat a diet high in sugars and refined foods, take antibiotics, undergo stress, or suffer from lack of sleep. Eventually, a continually damaged gut contributes to the overgrowth of dangerous bacteria such as E. Coli, salmonella, candida albicans, and many others that cause illness, food intolerance, and excessive weight gain.

The more frequently you take antibiotics or medications containing cortisone, the more the intestinal flora’s normal balance is disrupted. When your intestine’s flora is gradually out of control, two things happen: your intestine’s lining weakens, and you develop a hunger for sugars and carbohydrates to try and feed the unnaturally large amount of yeast throughout your intestines. Antibiotics (which means anti-life) destroy bacteria indiscriminately all over your body. This is good if you have bacterial pneumonia or an infected wound because eventually, the “evil” bacteria will threaten your life. Antibiotics, however, also destroy the “healthy” bacteria, especially those that live in your digestive tract and help digest your food. This upsets the natural balance of bacteria and yeast that usually live in peace in your digestive tract because antibiotics do not affect yeast.

Although bacteria and yeast are a natural occurrence in the body, it can make us sick when the yeast is rising and overpowering the usual beneficial

bacteria. What is it that makes it grow? Starch and sugar. Candida feeds on too much sugar and starches. The more sugar and carbs you eat, the more out of control the yeast grows, and the greater the desire for even more sugars and carbs becomes. Because of the abnormal combination of microorganisms and the increasingly compromised immune system, the intestine lining weakens in response.

If, in reality, you're not feeling well and you've had an antibiotic course, you've been under tremendous stress or consuming nutrient-poor food, the cause may be a bacterial imbalance. In preserving your health, a high-quality probiotic solution may be of great benefit to you. With proper diet including food items rich in beneficial bacteria (such as cultivated yogurt, buttermilk, kefir, and other soured dairy products) and additional supplementation, everybody can attain and sustain extraordinary new vigor and vitality well into the future, regardless of age.

Some studies have shown that probiotics have many health benefits, such as prevention or regulation of:

- Children's food and skin allergies
- Bacterial vaginosis
- Premature labor in pregnant women
- Inflammatory bowel disease
- Recurrent ear and bladder infections
- Chronic diarrhea

And now ... Obesity Probiotics perform a variety of important functions, including improving the immune system, helping with digestion, helping with nutrient absorption, and controlling our calorie intake by signaling the brain when we are complete. Mother's milk, raw fermented products, including yogurt and sauerkraut, and new, processed, and organically produced products are the most popular sources of pleasant bacteria. None of those sources of friendly bacteria mentioned above are a normal part of the diet for most people.

They control and strengthen the overall function of the bowel, including digestion, assimilation, and elimination. This greatly improves health by increasing the use of nutrients from food sources and, by eliminating bowel toxicity, it greatly reduces immune stresses.

We guard against pathogens like bacteria, fungi, viruses, and parasites that are not friendly to them. This will lead to improved overall immune and endocrine function, as well as decreased infections, food poisoning, and allergies to food.

Not only are these friendly bacteria perfectly healthy for pregnant women, babies, toddlers, children, and pets of any age, but they are also vital for optimum safety. Less than sufficient levels of friendly bacteria are closely associated with high infection incidences, including ear infections, food poisoning, and acne.

Not to mention, it is extremely important to use probiotics during pregnancy to produce a healthy, happy baby. This is via the birth process that the first probiotics colonize the body of a child, providing protection against infection and disease, as well as helping with digestion. All those babies with colic problems or with digestion lack PROBIOTICS. In the first months of life, the form of bacteria residing in a mother's vagina at the time of birth will decide the health of her infant, and even longer than that. It is essential for this purpose alone that the mother does not take any antibiotics or do not have a yeast infection during the birth process.

In addition, our newborn babies are receiving healthy, beneficial bacteria (probiotics) through the milk of their mother. Another great reason to breastfeed your infants is that the probiotics in your milk will provide a foundation for healthy, efficient immune and digestive systems for your children.

Today, individuals in the world are overfed and undernourished. Bad nutrition, excessive antibiotic use, hormone imbalance, stress, among others, contribute to the epidemic of our poor, overweight, sick population. It is time for an inside peek. With only a few quick tweaks to your diet, you too, regardless of your age, will gain and sustain incredible new vigor and vitality well into the future. Probiotics will change your life, and now the missing connection to weight loss can prove to be.

## Chapter 4: Portion Control Hypnosis

### HOW HYPNOSIS CAN HELP CONTROL FOOD ADDICTION

The national holidays begin, and with it, the temptations of tasty choripanes, roasts, empanadas, earthquakes, and a host of other foods, a situation that becomes a real challenge for those who suffer from problems to control their weight and eating disorders.

A few days before the national holidays begin, there are several who are already preparing to enjoy a weekend of celebrations, a situation that becomes a real challenge for those who have problems controlling their weight. Empanadas, choripanes, anticuchos, and earthquakes are the temptations and true enemies of those who suffer from eating disorders or true food addiction.

However, the good news is that, like other uncontrollable desires, appetite can also be controlled through psychological therapies or hypnotherapies with great effectiveness, which would help you enjoy an 18 with no excesses.

Hypnosis points out, eating disorders or the inability to control food consumption have various causes. “Some factors that could contribute to these eating disorders are low self-esteem, lack of control of life, depression, anxiety, anger, loneliness, personal psychological factors.

Others are more interpersonal, and that can help people to lose control of their diet at an unconscious level, such as family problems, difficulty expressing their feelings and with hypnosis, you can go to the source of the problem, in this case of food ”

Eat portions in smaller plates and have measures to eat, for example, half of the bread, half of the vegetables, of soups, either at home or in a restaurant. Fad diets usually cause rebound. Therefore it is recommended to eat four times a day, and only when you are hungry this can work through hypnosis.

Through hypnosis, you can visualize and consume food more slowly. Be clear that in the national holidays the food does not end ”, advised the professional.

Regarding treatment with hypnosis to maintain a nutritional balance, the expert explained that “it consists of two stages. First, educate the patient, explain what it is and what is the scope of hypnotic therapy. Second, explain

that there is a job on their part.

As for weight control, it has to do with generating the patient a cognitive modification of their brain through hypnosis that allows them to visualize differently in physical and psychological terms and also change the eating habit in terms of the amount of food eaten.

For this, we work with reinforcements, which is where the patient takes audio recorded by the Center for Clinical Hypnosis, where there are three levels and thus gradually move towards a new vision regarding what it is and what we eat. ”

Unlike other methods, the specialist stressed that “does not generate rebound effect. It is so powerful when people do the work they decide to do what they are taught, such as generating behavioral change, hypnotic work with reinforcement at home, that it is a natural way to understand again what food is.

The rebound effect is generated in other instances. With hypnosis, a profound change is generated in the person’s behavior and perception of what they eat for. ”

On the other hand, it is difficult not to gain weight is this holiday season, since “at least on average we gain four kilos, depending on the holidays.”

Anyway, he gave some tips that can help not to overdo the diet and control weight. For example, “drink with sugar change it for one without sugar.” Do not use dressings such as mayonnaise or others, consume roast but with salads and not with potatoes or rice, ideally green salads that have fewer calories, or one day eat empanadas and another day roasted.

The important thing is not to mix everything on the same day and avoid canned fruit if you are going to drink alcohol, try it with a light or zero drink, and thus decrease the caloric intake.

Whether you wish to shed many pounds or maintain a healthy weight, proper portion consumption is as necessary as the consumption of appropriate foods. The rate of obesity among youngsters and adults has increased partly owing to the increase in restaurant portions.

A portion is the total quantity of food that you eat in one sitting. A serving

size is the suggested quantity of one particular food. For instance, the amount of steak you eat for dinner maybe a portion; however, three ounces of steak, maybe a serving. Controlling serving sizes helps with portion control.

### **Health Benefits of Portion Control**

Serious health problems are caused by overeating. For example, type 2 diabetes, weight problems, high blood pressure, and many more. Therefore, when you are looking to lead a healthy lifestyle, portion control should be a significant priority.

### **Fullness and Weight Management**

Feeling satiable, or having a sense of fullness, will affect the quantity you eat and the way you usually eat. According to the British Nutrition Foundation, eating smaller portions slowly increases the feeling of satiety after a meal.

Eating smaller parts also permits your body to use the food you eat right away for energy, rather than storing the excess as fat. Losing weight is not as straightforward as solely controlling your portion sizes. However, once you learn to observe the quantity of food you eat, you will begin to apply conscious intake, which might assist you in making healthier food decisions.

When you eat too quickly, you do not notice your stomach's cues that it is full. Eat slowly and listen to hunger cues to enhance feelings of fullness and, ultimately, consume less food.

### **Improved Digestion**

Considerably larger portion sizes contribute to an upset stomach and discomfort (caused by a distended stomach pushing down on your other organs). Your gastrointestinal system functions best when it is not full of food. Managing portions can help to get rid of cramping and bloating after eating. You furthermore may run the danger of getting pyrosis, as a result of having a full abdomen will push hydrochloric acid back into your digestive tract.

### **Money Savings**

Eating smaller parts may lead to monetary benefits, mainly when eating out. In addition to eating controlled serving sizes, you do not have to purchase as many groceries. Measuring serving proportions can make the box of cereal and packet of nuts last longer than eating straight out of the container.

Take, for instance, the method to apply portion management at restaurants is to order kid-sized meals, that are typically cheaper than adult meals and closer to the right serving size you ought to be eating.

Adult portion sizes at restaurants will equal two, three, or even more servings. Therefore, immediately the food arrives at your table, request for a takeaway container and put away half of your food from the plate. Take your food home, and this way, you will have two meals for the worth of one.

### **How to Control Portions Using Hypnosis**

Hypnosis can take you into a deeply relaxed state and quickly train your mind to understand when to do away with excess food instinctively, and allow your digestion to be lighter, and more comfortable. You may discover the pleasure of being in tune with what your own body requires nourishment. Hypnosis will re-educate your instincts to regulate hunger pangs. As you relax and repeatedly listen to powerful hypnotic suggestions that are going to be absorbed by your mind; you may quickly begin to note that:

- Your mind is no longer engrossed in food
- Your abdomen and gut feel lighter
- You now do not feel uncontrollable hunger pangs at ‘non-meal’ times
- You naturally forget to have food between meals
- You begin to enjoy a healthier lifestyle

There is a somewhat simple self-hypnosis process for helping you control your appetite and portions. In a shell, you are immersing yourself into a psychological state and picture a dial, or a flip switch of some type that is symbolic of your craving and your real hunger. Then you repeatedly apply to develop a true sense of control, then you employ it out of the hypnotic state and when confronted with those things and circumstances to curb the perceived hunger and control your appetite.

**Step 1:** Get yourself into a comfortable position and one where you will remain undisturbed for the period of this exercise. Ascertain your feet are flat on the ground and hands not touching. Then once you are in position, calm yourself.



You can do that by using hypnosis tapes; they are basic processes to assist you in opening the door of your mind.

**Step 2:** You may prefer to deepen your hypnotic state. The best and most straightforward is imagining yourself in your favorite place and relaxing your body bit by bit. Keep focused on the session at hand (that is, watch out to not drift off) then go to the third step.

**Step 3:** Take a picture of a dial, a lever, or a flippy switch of some kind that is on a box, or mounted on a wall of some sort-let it fully control your mind's eye. Notice the colors, the materials that it is created out of, and the way it indicates 0-10 to mark the variable degrees of your real hunger.

Notice wherever it is indicating currently let it show you how hungry you are. Remember when last you ate, what you ate, whether or not the hunger is genuine, or merely reacting to a recent bout of gluttony and wanting to gratify that sensation!

Once you have established the dial, where it is set, and trusting that the reading is correct, then go to the subsequent step.

**Step 4:** Flip the dial down a peg and notice the effects taking place within you. Study your feedback and ascertain that it feels like you are moving your appetite with the dial. The more you believe you are affecting your appetite with the dial, the more practical its application in those real-life situations.

Practice turning it down even lower and start recognizing how you use your mind to change your perceived appetite utilizing a method that is healthy and helps keep you alert when you encounter circumstances with plenty of food supply. Tell yourself that the more you observe this, the better control you gain over your appetite.

You might even create a strong affirmation that accompanies this dial "I am in control of my eating" is one such straightforward statement. Word it as you wish and make sure it is one thing that resonates well with you. Once you have repeated the meaningful affirmations to yourself severally with conviction, proceed to the next step.

**Step 5:** Visualize yourself during a future scenario, where there is going to be constant temptation to continue eating although you are full, or to consume an excessive amount. See the sights of that place, take a mental note of the

other people there, notice the smells, hear the sounds. Become increasingly aware of how you are feeling in this place. Get the most definition and clarity possible, then notice that once the temptation presents itself, you turn down the dial on your craving. You realize that you are not hungry to eat anymore, then repeat your positive affirmations to yourself a few more times to strengthen it.

Run through this future state of affairs severally on loop to make sure your mind is mentally rehearsed about your plan to respond.

**Step 6:** Twitch your little finger and toes, then open your eyes and proceed to observe your skills in real-life and spot how much control you have.

### TIPS

Do not diet. Most likely, dieting will make you feel restricted and consumed by your cravings. Instead, focus on maintaining a healthy lifestyle.

First, consume healthier foods. If you are at a party, start with some healthy entrees, which will slow your appetite and make you less likely to enjoy less healthy foods later. Never eat standing up. Take your time to sit down to eat and focus on food.

Control the portions. Never eat anything from inside a bag or box, or you will not know how much you are eating.

## **Chapter 5: Guided Meditation for Weight Loss**

### **How Can Meditation Help You Lose Weight?**

#### **You eat what is necessary**

At times we eat not because we are hungry but because food is available. The same way you make random decisions to purchase items you don't need in a supermarket in the same way we purchase food at times. For instance, you might recently have acquired a job, and it's your first time to acquire some financial freedom. You find that there is that expensive restaurant you have wanted to go to, but you couldn't afford it since you had money at that particular time. Now that you can afford it to visit it frequently and purchase food that you do not need but you are buying just because you have the money and food is available. Most of the bad decisions that lead us to eat food that we do not have to eat can be avoided if we focus our thoughts on getting that which is necessary. This process will require that an individual acquires some personal discipline. Before you purchase any food, you ask yourself if it is really necessary. See if the food that you are taking will add any value to your health. After asking yourself such a question, you get to know the right thing to do based on your response to the questions. It is an easy process that will save you from consuming some carbs that make you add unnecessary weight.

#### **It helps you avoid emotional eating**

You might fall into the category of those people that eat anytime they feel stressed out or any time they have some negative thoughts. You find that anytime you are angered or someone makes you feel sad about yourself, all you want to do is eat. In the process of wanting to eat more, you start adding some weight. You could be consuming some carbs, refined carbohydrates, and fast foods. The body acquires more food than it needs. For instance, the glucose levels increase, and it is unable to convert all the sugars into energy. As a result, the individual adds extra weight since the sugars are converted into fats. Meditation allows you to challenge negative feelings and stressful thoughts. You get to understand the cause of the challenges that you are facing. In a calm state of mind, you can come up with a possible solution for the issue that you are struggling with. If it is beyond your control, you can learn how to accept the situation as it is and let it not affect your feelings negatively. When you learn to do this, you can avoid emotional eating, and in

the process, lose weight.

### **Helps us in making the right decisions regarding food**

We live in a time where people are becoming creative with food. People are trying out new recipes to see what can work and what cannot. We are having increased production of processed foods as people venture into the food business. At the end of the day, they want to make money and provide foods that people will love and will make them keep coming for more. They learn their target audience and give them what they want. Most people will eat something just because it is sweet, and they like how it tastes in their mouths. You might be hungry, and you are looking for something to eat. You have the decision to choose a healthy meal or eating an unhealthy meal. You know the benefits of taking a nutritious meal, and at the same time, you understand the disadvantages of taking an unhealthy meal. Meditation allows you to make a better and more informed decision regarding your life choices. Some of these life choices are in the decisions we choose to make for the meals that we want to take. Most times, we overlook the power of such decisions and the impact they could have. Meditation allows you to consume that which is necessary at that moment. In this case, you chose to take a vegan meal over some processed food. In the end, you are healthy, and it helps you lose extra weight since you only take foods that are well utilized by your body.

### **Improves your mode of eating**

How do you chew your food? Did you know it can influence your weight? Some of the things we do look simple, and you would not expect them to have any effect. Surprisingly, how you chew your food matter. When you chew your food fast and swallow it immediately, the food particles are not well broken down. The body might find it hard to utilize the contents of the food, and much of what you consumed becomes waste. After the food leaves your mouth, it goes through other processes. The body may not be able to break it further, and hence it becomes extra bulk in your body. When this happens, the body converts it into fats, and you end up gaining weight. You might have consumed a little amount of food, but due to your poor mode of eating, you add some extra weight. Meditation allows you to concentrate while chewing food. Once the food particles are completely broken down, it becomes easier for your body to process them. In the process, each nutrient content present in the food consumed is well utilized by the body. Afterward,

there will be no extra food that needs to be converted into fats. It prevents you from adding extra weight, and in the process, you get to lose weight.

### **You realize the effects of certain foods on your body**

Once we consume food, our bodies respond to what we have consumed. It could be a negative or positive response. Different foods generate different feelings. We may not believe what some of these feelings are unless we focus our minds on realizing them. The power of meditation is that it allows you to focus, concentrate, and point out certain things that need your attention. This is an easy thing to accomplish; you only need to evaluate how your body reacts to the foods that you consume. After consuming some foods, you will notice that some make you feel energized while some make you feel tired. Anytime you overeat, there is some sudden feeling of tiredness. You feel like your body is too heavy, and all you want to do is take a nap or rest. This is a sign that whatever you ate was unnecessary, and hence the body will not use it. As a result, most of what you ate will be waste that your body needs to eliminate. In that process, you add some extra weight as the excess food becomes excess fat in your body.

On the other hand, if you eat and immediately feel energized, it means that your body was receptive to the food that you consumed. It can convert much of it into energy, and each component present in the food is well utilized. This is beneficial for the wellbeing of your body and can help you in loss of weight and prevent you from adding unnecessary weight.

### **It helps you realize your cravings**

A variety of things can cause the various food craving that we have. You might be busy viewing posts in your various social media accounts, and all over sudden you come across a picture of a good-looking hamburger that seems to taste as good as it looks. Immediately, you develop a need to eat some. Before you saw the picture, such a thought had not crossed your mind, but now that you have seen it, you suddenly want to have some. As a result, you automatically develop a craving for a hamburger. You might find yourself walking to get fast food to get some, or you might want to order some online. The craving makes you make suddenly rushed decisions to eat, which can contribute to adding some extra weight. Some cravings are generated from wanting to consume the foods that we like eating. You might be an individual that loves taking tacos. All you think of any time you want

something to eat is how you will get those tacos that you love so much. Being aware of some of these cravings can help you in avoiding them. Meditation helps you to realize the cravings that you have. After conducting an evaluation, you can find out if some of these cravings are beneficial to your body. If you realize that they are doing more harm than good, you get to avoid them.

### **You get to realize when you need food and when you are full**

At times we confuse cravings with hunger. There is a difference between wanting to eat chocolate when you are hungry and wanting to get some food when you are hungry. The chocolate bar contains some sugars that make you full once you consume them. You might be having a busy day at the office, and you grab a lunch bar during lunchtime, and it's probably all that you will eat at that particular time. In that moment of choosing what to eat, you can still decide to eat a healthy meal that will still satisfy the need at that moment. Meditation allows you to distinguish between when you have a craving, and when you are really hungry, this allows you only to eat when necessary. You avoid eating foods that are not helpful to your body, and as a result, you are highly unlikely to gain weight.

On the other hand, mediation allows you to know when you are full. Earlier, we stated that we, at times, eat just because food is available and not that we are hungry. With the help of mediation, you can easily know if you are eating food just because it is available or if you for sure need to eat. Such minor decisions are major when it comes to weight loss as they ensure you only eat what your body requires.

### **You formulate the good eating habits**

There are certain ways in which we consume our food. Some of these ways are not beneficial and cause us to create more harm to our bodies. Most of the time, we ignore the time factor as far as eating is concerned. We barely look at the decisions we make regarding food, and all that we do is make some rush decisions. Having an eating routine is very important. Nutritionists are constantly advising us on the right ways to consume our food. For instance, it is wrong to drink water immediately after a meal. You first have to allow the food to settle; then, you take your water after some 30 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 the meals, they may not have the huge impact they would have if; you had consumed them before the meal. Some of these healthy facts are simple and easy to follow; we just choose not to. Additionally, you will find that we consume our foods in moments that we should not be consuming it. For instance, you eat a lot of food at night, and the only activity that you are performing then is sleeping. You find that much of this food is not well utilized in the body, and it becomes waste. The result is that you end up gaining weight due to poor eating habits. Meditation allows you to realize the impact of the decisions that you make and helps you change how you make decisions. For instance, you may realize that you have poor eating habits and so you decide to change them for the sake of your health and for you to be in the right shape and weight.

### **You get to forgive yourself**

At times we generate a lot of guilt from the poor choices that we make. Some of these choices are made without carefully thinking about our actions and the impact that those actions might have on our lives. You might have gone through a moment of emotional eating. Afterward, you might be feeling all emotional and guilty about the choices and the decisions that you made. When such a thing happens, some individuals are unable to handle the issue at hand properly, and it could result in depressions. You, at times, need to realize the importance of forgiving yourself for some of the decisions that you make concerning your life.

We have had people get stressed out due to the bad decisions that they made, and in some severe cases, they could result in further complications. To avoid such incidences, one has to learn how to be forgiving. Anytime you eat something that you should not have eaten, learn how to forgive yourself and decide to make better decisions the next time. Meditation allows you to learn that it is human to make mistakes, and once they occur, that will not be the end of life. When you get in a weight loss journey, you will realize the struggles that come once you backslide from eating a healthy diet. You at times find that cheat days have been prolonged for weeks, yet it was only meant to be a one-day thing. You will need to know how to forgive yourself for completing the weight loss journey successfully.

### **One can avoid foods that lead to weight gain**

Processed foods have posed a challenge in eating right. You find that they contain addictive substances, and you desire to keep eating. Snacks have become the biggest cause of weight gain. With a busy schedule, you may not find enough time to eat. At that moment, you look for a snack that you can easily consume while you perform your other activities. In the process, you get to consume a lot of junk that is not useful to your body. Meditation allows you to realize some of the bad decisions that you make. It also allows you to see the impact that those choices have in your life, and you are likely to realize that some of those impacts are negative. From the realizations that you make, you get a chance to make better decisions that you will be happy about. You might decide that instead of getting an unhealthy snack, you consume something helpful, like a fruit or some nuts. By avoiding unnecessary junk, you can manage to lose some weight.

### **Guided Meditation for Weight Loss**

Now I am about to take you on a journey of visual imagery and relaxation to a far-off place. Enjoying vibrant and compelling images, you will hear powerful and positive statements that will endorse many feel-good affirmations that will improve your perception of yourself and improve your overall wellbeing.

We tend to turn to food whenever we are stressed in life. When problems overwhelm us, most of us tend to stress-eat, and then we experience a cycle of guilt and regret. In time, this cycle can impact how we feel about ourselves.

During this guided meditation, you will remember how to feel good and understand your connection to food. During times of stress, you will learn about letting go of tension and to experience all that is natural and instinctive.

The experience of this guided meditation will be enhanced if you find yourself a comfortable and ventilated spot.

Ensure that there is no disturbance from anything or anyone for thirty minutes.

You need to choose a position to lie down or maybe sit comfortably for the duration of this exercise. It is a good idea at this time to unplug or mute your phone.



Now, you need to close your eyes and prepare for a deep sense of relaxation and wellbeing. Remember that this is your time, and embrace the opportunity to escape from the stressful world you live in. You can now relinquish all the unhealthy habits and learn to boost your inner spirit.

At this particular moment, there is nothing that you need to worry about. You are at peace, and you are safe. You will allow the tensions of the day to dissipate so that you can connect with your inner self. With your eyes closed, breathe deeply and slowly through your nose and then exhale through your mouth. When you breathe in, you are taking all that is good and positive about this world into your body, and when you breathe, you are letting go of all tensions and unnecessary fears.

Now, inhale again. Breathe in slowly through your nose to the count of four.

One, two, three, and four.

With your lungs now full of oxygen, hold your breath for two seconds.

One and two.

And now exhale slowly through your mouth. You need to exhale to the count of four.

One, two, three, and four.

When you breathe in, you can slowly feel your diaphragm expand when you feel the air enter your lungs. Breathe in until you feel like your lungs are full of air.

Strive to control the exhalation of air and make sure that you breathe out steadily

You need to continue this cycle of rhythmic breathing.

Inhale to the count for four.

Hold your breath for a count of two.

Exhale your breath to the count of four.

You can resume breathing normally, and you will feel all the tension in your body slowly dissipate.

Acknowledge that your body is now starting to feel more relaxed. Your arms and legs will start to feel heavier.

Relax the tension in your lower back, middle-back, and your upper back. We often tend to store tension in our shoulders. Learn to release it. When you let go of the tension you feel in your body, you can feel your body relax.

Elongate your neck so that there is space between your ears and shoulders. When you slowly elongate your neck, you can feel the mattress you are lying on or the chair that you are sitting on support your back.

Now, scan your body and check if there are any areas of tension left. If you feel that there are some, then you need to deliberately tighten the muscles in those areas and let go. Once you do this, you can feel your body relax. You can feel the tension leaving your body.

Now, you need to go into a state of deep meditation.

To do this, you need to continue the rhythmic breathing exercise.

Imagine that you are now standing in a beautiful meadow with soft rays of sunlight falling on you.

You can see an arched doorway that is carved into a rising cliff.

Your surroundings look quite peaceful, and you feel good.

You can see golden sandy beaches behind you and azure blue skies above you.

Now, you are slowly making your way to the arched doorway. The door is within your reach; the wood feels warm under your fingers. As you trail your fingers across the door, you can feel a sense of excitement and wonder as you imagine what lies behind the door.

To enter, you need to keep your mind open to the wonders that lie ahead. Reach out and slowly turn the handle of the door.

As you emerge, you can see a lush and beautiful, bright-green rainforest.

The air feels cool and pleasant under the canopy, and the welcome change from the sun-drenched beach a few moments ago.

Take a deep breath and then exhale to embrace this sense of peace.

As you start to walk forward, you notice a trail that leads through this beautiful rainforest.

As you look up, you can see the glimpses of a beautiful blue sky that's

speckled with soft, cotton-like clouds.

Continue scanning the sky all around you.

You are surrounded by majestic mahogany trees that reach up tall towards the zenith.

You marvel at the dark brown bark of the trees that seems to have a very pleasant sweet odor.

Space is limited here, but you are grateful for the narrow trail that leads you through this place of natural wonder.

You can listen to the melodious chirping of birds all around you.

It feels like the forest has come alive around you.

All of this appeals to your senses, and you can experience nature in its pristine form.

Consider if you strip back your own life and were to live more naturally, how much better will you feel.

Only a small percent of sunlight can penetrate onto the floor of this rainforest. So, you move further out in the wilderness; you can see the flashes of exotic blue butterflies dancing around you.

You can hear the melodic sound of running water in the distance, and you feel compelled to move towards it.

As you take in the wonder of the beautiful nature all around you, you move towards the larger expanse of the forest area that leads to a delicate stream of water.

There are natural stepping-stones that lead you to a pool of water that looks crystal clear. Green plants surround the pool of water.

You walk closer to the pool, and you notice plants with colorful berries all around.

There are several fruit-bearing plants, and everything looks rich, exotic, and tempting.

You take a bite of these delicious berries, and you can feel a burst of flavors.

The berries taste delicious, and you can feel this deliciousness as it makes its

way down to your stomach.

Your body feels energized.

Some stones are present around and across the water, and as you walk, you start to become one with nature.

You notice carefully carved out steps higher in the rocks, and you start to climb.

The climb is quite easy, and it feels almost effortless.

You feel a wonderful stretching in your muscles when you grip the rocks for balance.

There is no fear of falling.

As you grip the rocks and make your way up, you feel slimmer, stronger, and toned.

You feel exactly how you want to feel and how you want to be.

You pull yourself up higher and higher. You are slowly progressing towards the canopy.

You can feel the air become purer.

You start to breathe in pure oxygen and let go of any tensions you are holding onto.

Your 'normal' seems like it is miles away.

You consider how good you feel at this moment.

You continue to make your way towards the canopy.

You don't have to fear the height since it is safe, and you cannot fall.

You don't feel tired or exhausted. In this world, you feel fit, healthy, and experience an abundance of energy. You are determined to get to the top and see the view from the top of the canopy.

Imagine walking up through all these steps until you reach the final step, and you reach the pinnacle of your journey.

You reach a large platform that overlooks the tops of the trees.

Directly across from you, there is a rock face with water cascading down.

The water is frothing up on its way down the rocks, and the sight is mesmerizing.

You can reach up and touch the clouds. You can feel the clouds around you.

The sky looks beautiful.

Visualize all these wonderful sensations that course through your body in this instance.

You experience a sense of relaxation. Every inch of your being feels good.

Take this moment and visualize yourself stretching.

Stretch up high and feel the wonderful sensation as you elongate your spine. Now, keep your back flat and move forwards and down. Allow your body to relax forward. Imagine the wonderful stretch you can feel in the backs of your legs- there is no pain, just a joyful sensation of movement. Your spine starts to relax, from your lower back through to your neck as you lift your arms. Your neck and your head relax as you lie on the mossy platform.

Keep your arms behind your head and your elbows wired. Engage your core muscles and try to lift your shoulder and your head towards the clouds above.

Visualize yourself lifting and engaging those core muscles while you draw in your stomach and tighten your abdomen. All of this makes you feel so good.

Now start to relax once again.

Start to concentrate on your breathing. Inhale as you open up your chest and exhale slowly.

It is time that you start to feel good about the person you are. It is time to feel content and embrace pure inner peace. Here in this rainforest, you are free to explore and be the person that you want to be.

Let go of any unhealthy eating habits; it is time to be kind to your body and to nurture and protect your body.

Repeat these affirmations to yourself and believe in each word.

Believe in the message and the power these words have to change your life.

I will change my perception of my body.

I recognize my self-worth.

I will change my eating habits so that I see my food as fuel and nutrients rather than comfort food.

I will exchange binge eating for breathing techniques and guided visualization.

I will start exercising and changing how I look and feel.

I will create an activity diary and plan on how to embrace exercise.

I am ready to face my inner fears and make the necessary positive changes.

Sit quietly for a moment and let these affirmations become a part of you.

It is time to feel positive about your life.

It is time to face any weight issues head-on.

You have the power to do so.

At any time, you can return to this rainforest and experience the wonders of nature. You can find your inner strength and inspiration in this haven.

You are centered, and you retain the feeling of peace and wonder.

Enjoy the moment and the feeling of harmony that you experience.

Breathe in, and then out.

Retain your sense of peace and your desire to nurture your body.

Breathe in and out.

You will change your association with food.

Breathe in and out.

Slowly open your eyes on the count of three.

One, two, and three.

Now, you are back in your reality.

Stretch your body slowly and continue to take deep breaths.

Realize how good you feel in this moment.

Remember your desire to improve your fitness and your wellbeing.

Return to this haven of yours whenever you want to improve your health.

You can use this technique anytime you feel tensed or nervous. Whenever you feel stressed, instead of reaching for a packet of chips or any other junk food, you can try this simple exercise to calm your mind. You can breathe your way to a stress-free life.

## Chapter 6: How Does the Mind Work?

### The Right State of Mind

Find a peaceful place to sit or lie down for complete relaxation. Bring your attention to your breath. Notice as the air flows in through your nostrils. Notice how your belly lifts to the ceiling and gently falls back to your spine as you breathe out. Notice your body sink deeper into the surface you're on. Allow gravity to hold you securely in place. Breathe as naturally as you can. Do not force your breathing and take notice if your breath is quick or slow and steady.

As you breathe in, accept gratitude and let warmth fill your lungs. Think of the things you are grateful for. Think of something that makes you feel happy and peaceful. Say to yourself, "I am thankful to be alive. I am secure and safe. I am confident and pure." Pay attention to your heart now. As you say these words to yourself, feel them deep within you. Give these statements positive energy and feed them with love. "I love myself; I can do anything I put my mind to. I trust that my brain, body, and soul are capable of providing me with what I desire most in life."

Breathe in now and fill your mind and soul with love and warmth. Imagine as you breathe in that there is a radiant light that fills your lungs before rapidly escaping your body. This light gives your patience, it gives you strength, and it provides you with the ambition and motivation to tackle the barriers that stand in your way. Breathe out naturally and notice as your body becomes heavier. With every breath that flows out, let go of negative thoughts; push those thoughts aside. You are good enough. You can do this. You are loved. You are special. Breathe out and release all of the tension that holds you back now. What other people believe and what you think are two different things. Say this now, "I believe in myself."

Count your breaths now. As you breathe in, breathe with your belly and count. One, two, three, four, and five. When you let go of this breath, make sure it is steady and slow. Breathe out, two, three, four, five. You are accepting this positive light to vibrate through your entire being. You are letting go of all the negativity that holds you back. Breathe in one, two, three, four. Breathe out one, two, three, four. And inhale for one, "I am happy," two, "I am strong," three, "I am kind," four, "I am brave," five, "I am driven to succeed." Breathe out now. You are counting your breath from one to five



slow and steady. Positivity embraces you now; you feel light and in complete control. Nothing can disturb you; nothing can bring you down; you are perfect the way you are. Repeat this step until you are ready to watch your thoughts flow in and out.

Bring focus to your inner thoughts now. What pops into your mind? If you have any negative thoughts, let them be there as long as they want to be without judging them. Watch them, and then let them go. With every in-breath, notice your thoughts pop in without judgment. These thoughts are neither positive nor negative. When you breathe out, just let go of all hostility and anger you might be holding. Let it escape into the universe and breathe in, one, two, three, four, five; you are accepting all honesty and trust within yourself that you can make it through anything. “I am resilient. I am beautiful. I am a leader.”

If you notice any negative thoughts, just see them and replace them with positive, self-loving thoughts. Where are they coming from? For example, “I hate my job and the people I work with.” Why? Maybe you are afraid of change or bored with consistency. Say to yourself, “I can handle change. I will not let it hold me back.” Consistency is the practice to become something great one day. I will use this consistency to help me grow and learn in everything that I do. I will overcome fear. Imagine now you are looking up at the clouds. One grey cloud is filled with dark, negative words - you are not good enough. Exhale and blow this cloud away. Replace it with “I am good enough. I know I can do anything I set out to do.” Inhale, and notice another thought cloud. Exhale replace it; “I will overcome all barriers and beat my weaknesses. My personality means more than my outer image. My weight is not a problem, it’s a challenge, and I will conquer every challenge that comes my way.”

Bring your attention to this moment now. Where are you? How are you feeling? Whatever challenges you have come across in the past, you have beaten them. You are here today because your past experiences have made you into the person you are today. The person you are now is a learning experience to become what you will achieve in the future. All that matters are the present moment right now. Inhale for a count of five. Exhale and let all the fear, change, responsibility, and tension flow out of you like water going down a drain. Everything you have now is everything you have worked for and succeeded in getting and overcoming. Reflect on the challenges you have

gone through in your life. You are perfect the way you are for yourself today. There is no need to focus on what is wrong. Instead, ask yourself, what is right? You have the strength to get through the worst, and in your life now, you are your own worst enemy. It doesn't matter what others' opinions of you are; all you have is you and the people who love and support you. Say to yourself now, "I support myself. I will carry myself through more barriers to come. I am appreciative for all that I have. I am grateful for the people in my life. I am thankful for my strength and resilience. Life is a journey that I will finish."

Inhale, two, three, four, five. Exhale, two, three, four, five. Believe everything you share with yourself at this moment. This is the time where you can reflect on the hard times and realize how far you've come. Your weight doesn't exist in this space. Your ideal weight doesn't exist right now. All that matters are that you understand yourself now and always. Say to yourself, "I have the tools to get me closer to my goals. I can and will beat every struggle that comes my way. I am not envious, I am grateful. I am not ashamed, I am confident. I am not unworthy, I am bold. I am not a child; I am a champion. I can do anything right now. I will succeed. I will grow." Inhale, two, three, four, five. "I believe in myself and my future." Exhale, two, three, four, five.

As we come to an end, breathe in all of these statements and fill your lungs with the love and guidance that the universe has to give to you. Breathe out all of the negativity and tension that still corrupts your thoughts. Relax your breathing now and return to a natural breath. Reflect on this experience. You feel lighter. Your body feels lighter. Your soul is more luminous.

## **Breaking Barriers**

Make sure that you are in a place where you are completely comfortable and will not be disturbed for at least thirty minutes. Have the room you are in set to a comforting temperature and make sure that the lights are low. Adjust your body so that your shoulders are relaxed, your arms are lying on either side of you, and your palms are facing the ceiling. You want to become as comfortable and relaxed as you can, so that your focus is not on your body but on the meditation. Gently close your eyes and take a deep breath inward until you can no longer breathe in. Exhale slowly and steadily so that all of the air escapes your lungs. Repeat these two more times.

Notice how your mind and body are relaxing into this guided exercise now. Breathe naturally now and bring your attention to your breath. Notice as the air fills your lungs and escapes as quickly as it entered. Breathing is something we do every day that we often take for granted. It's one of the many gifts that life gives us. Just be mindful of this moment you are in right now. Don't worry if your mind wanders; that's natural. There is no wrong way to do this. Put trust in yourself that right now, you are not performing; you don't have to be perfect.

Bring your attention to your body and your weight now. Visualize in your mind what you look like and try not to judge yourself too harshly. You are who you are, no matter what you look like or how you feel about that. Erase the tension and negativity from your mind; just be present with yourself right now. Say to yourself, "I am beautiful, I am strong, I can do this. I will lose weight, and I will not let anyone or anything stand in my way. The only opinion I will accept is what I think and feel about myself. At this moment and in my future moments, I believe that I am beautiful just the way that I am." Let your breath suck in all these thoughts and have your mind believe everything you tell yourself as if it was your last wish on Earth.

As you visualize your weight right now, I would like you to imagine that you are at the starting line of a race. There are people just like you are competing for success. Say to yourself, "I got this, I will not give up. I will succeed, and I will make it to the finish line. I will conquer my fears and overcome every obstacle that stands in my way." In the background, you hear a coach shout, "Ready, get set..." Bring your awareness to your breath again. Inhale deeply and as you breathe in, get yourself fully committed and ready to take your

first step toward losing weight. “Go!” Breathe out and visualize your feet taking that first, second, and third step forward. Feel the pressure of your body press down on your legs and carry you forward. You realize this is hard, but you don’t give up. You continue to jog ahead. Repeat this – “I know I can, I know I can, I know I can. I won’t give up; I can do this.”

You are now coming up to a bicycle, and as you get on it, you feel the bike hold your weight. You will not fall. Put your feet on the pedals and start cycling. As you cycle, you continue faster and faster. Your heart is racing from the much-needed exercise. You feel good. Your lungs begin to hurt, but you push yourself as you notice the wind flying through your hair. Notice the droplets of sweat cool your skin. You got this. You are coming to a curve in the course now. Turn your bike and follow the path to the finish line. As you look back, you can see people just like yourself competing to finish; there are a few behind you and a few ahead of you. While exercising, take a steady breath in and push it out forcefully. You should hear a push sound coming from your pursed lips. Inhale and say, “I got this, I won’t give up. I will succeed.” You are coming to the finish line now, but the course isn’t over yet. As you cross the finish line, you get off your bike in third place. Way to go!

Bring your attention now to your breath. You are breathing heavily, your heart is racing, your chest hurts, but it’s a euphoric feeling. You feel free; you broke out of the cycle and crossed the finish line. As you take a look down your body, you notice your body has become thinner. There is a scale in front of you on the sidelines; you’ve lost ten pounds. The feeling you are experiencing at this very moment is breathtaking, so you want to try it again. Trust that your body knows you and what to do. Trust in yourself that you will get through this.

You get ready again and wait to hear the coach. Take a deep breath in for a count of five. When I count down, you can start your course. Five, four, three, two, one, and go! Let out your breath and feel your legs carry your ten-pounds-lighter body. This time it’s a little more comfortable than the first round. Your breath quickens, and your heart speeds up. You can do this. Say to yourself, “I will complete this course. I am strong enough to conquer any barrier that stands in my way. This is hard, but nothing easy is worth doing. I got this.”

In front of you now is a blow-up house with a wide opening. You crawl

through this opening and are covered by colorful plastic balls. They are flying at you from all angles, and it becomes hard to see. Soon, you are swimming through these balls moving forward. You push these balls aside, and as you look up, you see another opening. "I got this," you say to yourself. "I will make it through, and nothing can stop me now." As you reach the opening, you crawl through and are entirely on your stomach. You are in a narrow hole that you must army-crawl through to reach the end. Take in a deep breath now. Nothing scares you. Nothing can get to you. Imagine this hole the way everyone else bullied you or picked on you. You might have felt small, or enclosed, singled out, or trapped.

You have complete control. You can do this. You are coming closer to the light at the end now. Nothing can stop you. As you reach the end of the tunnel, you jump out and start doing jumping jacks and yell to the universe, "I did it!" You beat your fears, and you conquered the darkness, but your journey isn't over yet. On the right side of you is fresh water on the table with a scale right next to it. You down the water and step on the scale. You notice your weight dropped another ten pounds. As the euphoric energy escapes you, you feel happy and delighted.

As you look ahead of you, you see one more course twenty feet away and the finish line at the end. Take a step forward now. Walk or jog at your own pace. You got this. You have faced more difficult challenges before, so you are going to get through this one. Twenty steps later and you reach a potato sack, and five tires on the ground laid out in a straight line. You jump into the potato sack, and while holding it up, you jump into the first tire hole. Take a deep breath in, and now the second tire hole. Breathe out, jump into the third tire, now the fourth, and take your time. Breathe in and jump into the final tire.

As you jump out to finish, exhale slowly. You can feel your heart aching from the exercise. Pat yourself on the back; you're almost there. On the left side of the track, you notice weight balls that attach to your ankles and two five-pound dumbbells. You connect the ankle weights, pick up the dumbbells in each hand, and look forward. The finish line is ten steps away. Take a deep breath in. "I'm almost there, I won't give up." Breathe out and take your first step. The weight around your ankles was the same amount of weight you carried at the beginning of the race. You notice how much of a difference this is and never want to feel like this again. Take another step forward and feel

the sweat drip down the back of your neck. Feel the exhaustion.

Now visualize your ideal weight. Let that be your motivation to continue. With every step, you become more and more tired. Your body becomes more and more exhausted, but you don't give up, you keep moving forward; the finish line just steps away now. Take a deep breath in; there is no way you are giving up now. You are so close to your ideal weight. You have almost accomplished your goal. You hear the people on either side of you cheer you on. Yes! You crossed the finish line and feel that it was all worth it as you step onto that scale beside you. And right before your very eyes are the numbers you have wanted to see for so long. You did it! Congratulations! You are now at your ideal weight. Visualize what this looks like and take in the excitement. Visualize what feeling you would experience after completing your goal. Stay relaxed in this moment for as long as you would like.

When you are ready, come back to the present moment. Bring your awareness to your breath. Move each finger and wiggle your toes. Feel good as you remember your visualization. You completed your goal, and you didn't give up. That's what you will choose to do in your waking life every day. Everyone has obstacles, but you have the willpower and now the skills to beat everyone that gets in your way. You may open your eyes now.

## Chapter 7: How to Practice Every Day

What's the key to taking out weight issues? I'll let you know. The mystery is to demolish the old subconscious squares, produce new idea designs, and fit your cognizant and subconscious mind. Hypnosis can assist you in defeating the difficulties of subconscious squares.

You will feel all the more powerful. You will feel in charge. You will feel sure that you can control your weight with motivation and vitality to adhere to your weight-loss objectives. Hypnosis doesn't have any of the destructive or negative symptoms of diet pills or surgery. If you pick decent eating and exercise plan and, at that point, reconstruct your mind with the goal that follows you're eating and movement program is not, at this point, hard yet simple, pleasant, and powerful, you will be fruitful.

Have a ton of fun practicing and eating in a solid manner, with the goal that you quit causing self-actuated clash, stress, and demoralization. You will start normally doing the things that will bolster you in your objective to be sound and get in shape. You should dispose of the unfortunate idea designs that are making you overweight. These idea designs, which are put away in your subconscious mind, must be supplanted with solid contemplations and sound propensities so you will consequently do what you are required to manage while never mulling over it.

Does this sound confound? It's in reality far less troublesome than you may figure. You will require about 10 to 20 minutes per day for a time of at any rate 21 days (the time it takes to build up a propensity).

Presently you can have the stuff to program your mind to shed pounds expediently. Hypnosis is one of the most misconstrued yet viable devices for self-change realistic on the planet today.

At the point when you state "hypnosis," a great many people consider Vegas enchantment shows or senseless stage acts. Those individuals in front of an audience were exceptionally picked for their defenselessness to the proposal. They would do nothing in front of an audience that they would not regularly do. They simply "don't mind" acting senseless in front of an audience for the consideration they get. If they don't perform, they realize they will be removed from the stage and back to their seat. Nothing could be further from reality. Hypnosis is essentially an exceptionally loosened up perspective in which you are increasingly open to proposals. You ordinarily go into

hypnosis commonly during the day.

If significant clinical affiliations have endorsed the utilization of hypnosis to treat malady, envision how incredibly compelling and powerful, it is when treating thought designs that hold up the traffic of the solid body you merit. The utilization of hypnosis to treat ailment has been around for over 50 years.

If you choose to utilize hypnosis sound tapes or CD's, study the content used to decide whether the proposals bode well for you. Ensure there are no negative proposals.

The mind doesn't hear "no or not," so the accentuation of the recommendation will be: I WILL not eat stuffing nourishments. This will give you something contrary to your target. Continuously use recommendations in a positive manner. "I generally eat new nourishments that cause me to feel solid, fulfilled, and sound" is vastly improved.

It is critical to discover how you decipher the proposals. If somebody said, "That entryway ought to be shut," would you get up and close the entryway or simply think, no doubt it most likely ought to be shut and let another person close it. If you got up and shut the entryway, it implies you "surmised" that you should close the entryway. A few people don't care to be determined what to do (direct proposals). You might be increasingly effective in making your sound. You could play a loosening up the sound and afterward peruse or work out your proposals.

The best time for your mind to acknowledge these positive recommendations is in the first part of the day when getting up and in the night before hitting the sack. You need a tranquil space where you won't have interfered. If you have a ton of movement in your home, you may need to discover a room where you can close the entryway and be undisturbed. It is for just 10 to 20 minutes.

For the vast majority, hypnosis is certifiably not a one-time fix. The impacts of hypnosis are aggregate. The more hypnosis is drilled with post-hypnotic proposals, the more changeless the outcomes become. Not very many individuals can be spellbound once and stopped smoking or get thinner. If they do, they, as a rule, build up another propensity to supplant the one they simply halted. Numerous individuals who quit smoking begin to indulge.



They just supplanted one undesirable propensity with another. If you found the root(s) of the issue, there would be no compelling reason to substitute another propensity.

It may demonstrate significant to locate an expert prepared in hypnosis and the difficulties of weight loss. Working with an expert will assist you with comprehension and wipe out the prior programming.

Particularly with weight loss, to be compelling, utilize the unwinding and self-hypnosis each morning and evening, changing and culminating your proposals as you get thinner. You might need to include different destinations after you show up at the weight you are OK with alongside strengthening your good dieting and practicing propensities.

From the start, you should start with the full unwinding, anyway following a week or so, you will have the option to go into the casual modified state effectively by simply checking from 10 to 1. Continuously end your meeting with a proposal that you will feel better, better than anyone might have expected, loose and either alert, perceptive, invigorated, and brimming with vitality for mornings or loose and ready to sleep sufficiently, if hitting the hay around evening time.

Ensure to have a paper and pen close by to record any bits of knowledge that ring a bell while tuning in or perusing your proposals. You may recollect things said to you as a kid that influence your conduct now. For me, I began recollecting a ton of things that were said to me when I was a kid that I never thought annoyed me until I was particularly more seasoned. I simply didn't interface the things I recollect to my conduct. At the point when I remembered, I turned out to be furious. I understood the existence I missed by accepting what these individuals had said or let me know as a kid and strengthened by others and occasions throughout the years.

### **Weight Loss Affirmations: Are They Enough and How to Practice Them**

Weight loss affirmations would one say one is of the numerous everyday affirmations that individuals practice to develop themselves, yet would they say they are sufficient without anyone else to cause change and how to do you practice them successfully? This article examines what to incorporate with your positive affirmations for weight loss just as approaches to make them viable.

In the first place, when rehearsing weight loss affirmations or some other self-regard affirmations, recall that you are "working from the back to front." What that implies is that to roll out any improvement in your life, regardless of whether it is centered on your physical body or your funds, you need to change your mindset and internal mind (your subconscious) before any external switch will appear.

While numerous individuals think about this idea, it's not constantly polished so that positive affirmations for weight loss or other self-regard affirmations function as well as possible. To "be slim," you must, as of now, "accept" that you are dainty, and this is the place the vast majority "tumble off the wagon" and quit doing their everyday affirmations when the external change doesn't come quick enough.

In this way, when you start, choose to give yourself sufficient time to roll out the inward improvement with no "desire" of seeing any external change.

Next, you need to incorporate other every day positive affirmations, for example, self-love affirmations, otherworldly affirmations, and affirmations of confidence and trust. Why? Since when you are attempting to make a change, particularly when it is about your self-idea, you truly need to "pour on the adoration" to yourself just as ingrain as much "trust" all the while, and in yourself, as could be expected under the circumstances.

Indeed, expanding yourself love and capacity to believe the procedure is basic for any self-affirmations on your run of affirmations to work since when you can build yourself, love, you have raised your "vibration" to the degree of affection, which shows things quicker. Additionally, when you have more noteworthy self-love, you are bound to treat yourself distinctively, and before you know it, you've shed pounds easily.

Believing the procedure is additionally significant because the vibration of trust is fundamental for pulling in what you need, which for this situation is to be thin. What's more, coincidentally, when rehearsing weight loss affirmations, it's crucially significant that you not use words, for example, "don't" or "weight" since they center your mind on "what you 'don't' need."

For instance, "I would prefer not to gorge" centers around "overeating." On the other hand, weight loss affirmations that incorporate words like thin, excellent, fit, and sound are better decisions since they "center" on being

slim, wonderful, fit, and solid."

Affirmation Examples to Use:

"I love myself unequivocally similarly as I am present."

"I confide in my procedure in getting increasingly slim."

"I feel increasingly lovelier consistently."

**Inventive Visualization:** Once you locate the correct weight loss affirmations that cause you to feel tremendous, get an image of the "ideal for your body" and put it up someplace around your bed so when you get up in the first part of the day, you promptly observe your objective. At that point, close your eyes and truly "feel" like your body resembles that and state you're positive affirmations for weight loss, self-love affirmations, affirmations of confidence and trust, and feel appreciative.

The key point to recollect at the start is that you need to roll out the inward improvement happen first, and affirmations are an extraordinary starting advance. Yet, self-hypnosis could be a superior decision for changing your internal mind. Self-hypnosis for weight loss is extremely mainstream essentially because it attempts to change your internal mind first, which prepares for external change to follow.

When you allow yourself to roll out the internal improvement of seeing yourself more slender with no desires for seeing the external difference in getting more slender, and you've gotten the hang of envisioning your weight loss affirmations that incorporate self-love affirmations and affirmations of confidence and trust, you'll be shocked at how quick you'll witness the external change.

### **Learn Self Hypnosis to Lead A Better Life**

Is it correct to say that you are thinking about whether you can learn self-hypnosis, or is it conceivable by any stretch of the imagination? Numerous individuals blow a gasket when I notice they ought to learn hypnosis procedures, not by any means recognizing what self-hypnosis is and how it can profit their life from multiple points of view.

In the present quick lives, we are regular observers of numerous major issues like pressure, time the board, and a wide range of mental issues that individuals experience. Much of the time, we are not by any means mindful

that we have an issue in our mind, we simply trust it's a brief condition of bothering or apprehension that will pass without anyone else. All things considered, it won't.

Shouldn't something be said about all the negative behavior patterns and character characteristics that we create after some time? Smoking, overeating, nail gnawing, drinking, tranquilizer misuse, alarm assaults, nervousness, social fears, bashfulness, withdrawal from public activity, sleep deprivation, absence of self-certainty, becoming flushed, stammering, binge eating, sorrow, outrage, barrenness... furthermore, the unjust proceeds. The dominant part of individuals will involvement with least a portion of the above conditions sooner or later in their lives.

That is the reason for learning a few strategies for clearing up all the chaos in your mind is fundamental for your general prosperity, and you ought to have begun yesterday!

You likely wash your hands and teeth a few times each day, however, how regularly do you clean your mind and soul? Have you taken in a strategy to do it successfully yet?

There are numerous approaches to unwind and arrive at your subconscious mind to reconstruct it and change it constructively, and my conviction is that perhaps the best technique to achieve that is to learn self-hypnosis. When you ace the method, it will take you not any more than 10-15 minutes every day to deal with yourself to arrive at a definitive objective, regardless of if it is simply to stop smoking or taking care of numerous different issues you may have.

It isn't difficult to learn self-hypnosis basics. The verification for that is more than 500 million individuals all around the globe rehearsing it consistently to show signs of improvement and a more beneficial life.

Self-hypnosis is essentially a perspective in which:

You can encounter extraordinary unwinding

You're giving supreme consideration to the recommendations you need to try

What's more, it permits you to acknowledge the recommendations made and not condemn them.

Self-hypnosis permits you to program your subconscious straightforwardly with positive affirmations and useful proposals and is an exceptionally successful strategy for decreasing and overseeing pressure and actuates deep recuperative unwinding.

Here we'll be taking a gander at such inquiries as:

When would it be a good idea for me to rehearse self-hypnosis?

Where is it best to rehearse self-hypnosis?

Am I happier resting or sitting?

Is it important to close my eyes?

Individual Change, What may I envision?

Is it conceivable to make the procedure simpler each time?

When would it be a good idea for me to rehearse self-hypnosis?

You can without much of a stretch practice self-hypnosis at whatever point you have a couple of moments liberated from interference, disturbance or interruption. Anyway, you ought to never under any conditions what so ever, practice whist driving, working, or working with any sort of hardware or while you complete some other activity, movement, or procedure that requires your full and full focus.

Where is it best to rehearse self-hypnosis?

Someplace private, sheltered, agreeable, and quiet would be a perfect spot to rehearse for self-hypnosis. Generally, inside, even though it is similarly as possible to rehearse self-hypnosis anyplace. You will achieve more if you guarantee that you can unwind, be agreeable, and free from as much outer commotion, unsettling influence, or interferences as could reasonably be expected.

To what extent would it be a good idea for me to rehearse self-hypnosis?

Quality over amount - as a guide 15 to 20 continuous quality minutes daily is more critical than 30 to an hour of interruption and unsettling influence. Put an assigned time aside when you won't be upset.

Remember, constantly, you put resources into rehearsing self-hypnosis will be reimbursed as you make positive, life confirming self-change. Practice all

the time, as you become progressively capable, you will most likely find that the time you have to rehearse is diminished.

Am I happier resting or sitting?

Being agreeable is by a wide margin increasingly significant I accomplishing your hypnotic goal(s). Doing what generally feels normal to you will work best and produce better outcomes. Resting to rehearse self-hypnosis may perhaps make it unreasonably simple for you to float off to sleep - yet if your definitive objective is to tumble to sleep, at that point, resting would be alright.

On the other hand, numerous individuals discover sitting in a casual, agreeable situation with the head upheld produces the necessary outcomes.

Is it important to close my eyes?

Numerous individuals experienced in self-hypnosis can go into stupor rapidly and effectively with their eyes open. However, a great many people feel progressively loose and will think that it's simpler with eyes shut, to begin with.

Individual Change, What may I envision?

The outcomes you accomplish will be altogether founded on the proposals you give yourself during your self-hypnosis meeting. Hope to make positive life changes, expecting change that will profit your life is impeccably regular. Change is common its piece of our reality, and it happens to us and each one of everyone around us every single day.

Is it conceivable to make the procedure simpler each time?

By giving yourself a proposal at some point during your self-hypnosis meeting that you will enter stupor all the more rapidly and effectively next time. A model, while in a stupor, maybe: "I can without much of a stretch come back to this deeply loose and focused condition of mindfulness again at whatever point I pick, just by taking a couple of deep and loosening up breaths."

### **Self-Hypnosis - Practical Applications**

How might you build up a cast iron self-control and a solid will to succeed?  
With Self-hypnosis - to earth application

If you haven't got great order as of now, out of the blue, what is the ideal approach to obtain it rapidly and successfully?

Through self-hypnosis, you unwind into a significant daze - the perfect state for engrossing, significant new groundbreaking affirmations - powerful hypnotic proposals, in view of a sound mental investigation into the underlying foundations of achievement, will be focused on straightforwardly into your oblivious mind.

Each time you practice self-hypnosis, you will wind up encountering another explosion of coordinated vitality and responsibility. As you see what occurs in your life consistently, you will consistently see that you:

- focus more on your and expert objectives
- learn to give no consideration to those seasons of self-uncertainty
- eliminate tarrying, become a 'hard worker.'
- attain and keep up a 'can do' disposition
- gain a more noteworthy feeling of fulfillment and self-worth

### **The Most Effective Method to Rehearse Self Hypnosis**

1. Discover someplace agreeable and calm, and plunk down.
2. Loosen up your body by close your eyes and envision floods of unwinding running your body from your scalp downwards to your toes.
3. Feel the muscles in your body unwinding as the floods of unwinding wash over them.
4. Use the recommendation to deepen the condition of unwinding. This can be as basic as saying: "I am feeling loose and agreeable to yourself. With each breath, I am turning out to be progressively loose and more comfortable..."
5. When you feel loose, utilize the affirmation(s) you need to impart, you can blend these in with the unwinding recommendations.
6. Average self-hypnosis meetings can last somewhere in the range of 15 and 25 minutes; in any case, they can keep going for whatever length of time that you like.
7. At last, when feeling better and need to approach your day, turn around the

procedure, envision yourself increasingly alert and wakeful, disclosing to yourself you will be prepared to open your eyes and go on with your day, feeling incredible, when your eyes open. Take as much time as necessary for getting up. At that point, say so anyone can hear - I'm wide alert. Get going. This will return your mind to the cognizant state.

## Outline

Self-hypnosis is a successful method for unwinding deeply. It tends to be utilized with or without affirmations, contingent upon what you need to accomplish.

To utilize the procedure, discover someplace agreeable and calm to plunk down. Consider and set up any affirmations that you should utilize. Start by shutting your eyes and loosening up your muscles. A decent method of doing this is to utilize symbolism. Proceed onward to utilize recommendations to loosen up yourself significantly more. At the point when you feel extremely loose, utilize any affirmations that you have arranged. Appreciate the condition of hypnosis for whatever length of time that you like.



## Chapter 8: Hypnosis for Deep Sleep

Welcome to a deep sleep session. I am going to assume that you are lying in the comfort of your bed or someone else's bed. Please cover yourself up with a comfortable duvet if you are cold or lay on top of the duvet if you are getting hot. Fluff your pillow before we begin because I want you to start in the most comfortable position possible.

Switch the light off and become aware of the background music in this session. Isn't it soothing? Allow your thoughts to flow with the calm rhythm of the sound you hear. As you fade the sound of the music just slightly, you grab onto the sound of my voice. Listen to the sound of my voice and the background music in harmonious balance. I want you to close your eyes. Your eyes are feeling droopy now. You have had a long day, and your eyes are allowed to feel heavy. Keep your eyes closed and use your sense of hearing to follow my suggestions. You feel a deepening trust in my instructions with every word I speak. Allow my suggestions to flow through your mind, bringing more comfort with each moment.

You are going to focus on your breathing now. I want gentle inhales and exhales. Keep a consistent rhythm with each breath you take. Feel your body soften further with each exhale. Stop thinking about the thing that just crossed your mind and come back to me. I want you to feel a small wave of guilt for allowing your mind to wander. Now start your breathing over again. Small, shallow breaths—gently in and gently out. Keep doing this till you maintain an even rhythm. Allow your breathing to slow your heartbeat, one breath at a time. Your eyes are feeling more and more drowsy with each beat of your heart. However, something is keeping your mind from giving into your fatigue. Your mind refuses to shut down, and you don't know why. Shift your focus back to your breathing now and follow the air as it flows into your body. You can feel your body rise and fall as you inhale and follow the flow of air as it exits your body. You are becoming more confident in this session.

I want you to focus on your surroundings once your breathing is even and relaxed. What do you see? You only see darkness, but this darkness seems to beckon you. There is a strange comfort in it. I want you to focus harder this time. Listen to your body inhaling and exhaling as you lay there. Indeed, there is something appearing in the darkness. What is it? It's just a little white speck.

Now I want you to focus on your body. Think about the way your head feels. Does it feel heavy? Strain your muscles a little and hold them for a moment. Feel the tension release from your muscles as you slowly relax them. Now your head feels clearer and more comfortable. Do the same with your neck. Make your muscles tense in your neck and hold for a moment. Count to three in your mind, and then you may release them. Can you feel the tension of the day dissipate? All the horrible stress leaving your neck area. You feel more relaxed now.

Bring your focus back to the darkness for a moment before we continue. What do you see now? Oh, the white speck looks like a light, a very distant light. Can you hear any sounds yet? No? I didn't think so.

Shift your focus back to your body and pay attention to your arms this time. I want you to make tight fists with your hands and hold them. Now you can count to three again before you unclench your fists slowly. Allow yourself to become aware of the sensation of your action. Focus on the negative energy that is leaving your hands. Your arms feel relaxed now.

Go back to the darkness now. What do you see? The light has come closer now. Oh but wait, you can hear a distant sound now too. I want you to focus on that sound for a moment. You feel excited to find out what the sound is, but with much focus, you still can't identify the sound.

Okay, come back to me again. I want you to pay attention to your stomach muscles now. Pull your stomach muscles and hold them for a moment. Keep holding them. Count to five this time and release. Focus on the comfort and relaxation the release has brought you. You are reaching a level of comfort that is strange to you. Welcome this newfound comfort.

Please go back to the darkness. I need you to know that I am here with you every moment of this session. Don't be afraid of anything. What do you see? The light has drawn nearer again. It's bright now, and you can't quite make out what it is. Hear my voice speak calmness over you as the light approaches. The sound is getting louder now too, but it's a disturbing sound. It would normally make you worry. However, you are not worried right now. You feel a deep-seated sense of safety in this session. Even though this feels strange and familiar at the same time, you know you must have been here before. You are finding it easier to overpower the sound with the calming background music now. Keep your focus on the music and the sound of my

voice.

Let's return to your body once more. I want you to shift your attention to your legs. If you are not too far into your relaxation, I want you to move your ankles from side to side for a moment. Count to three and stop. Now you may pull your muscles stiff. Please don't strain them enough to injure yourself. Hold them like that for three seconds before releasing them. Pay close attention to how soft your legs feel now. You are in a deep state of relaxation, a state of mindfulness.

Now I want you to focus on your breathing again. Make sure it remains steady. Feel your body conform to each inhale and exhale. Your arms are too relaxed, and you don't feel the need to touch your body to feel this. You are in an unfamiliar state of mind now. You have become one with your subconscious mind. You feel a deeper need to trust the sound of my voice now as the time draws nearer. All doubts have swiftly removed themselves. It's just you and my voice now.

Follow me back to the darkness that you have been curious about. There is a certain level of calm in this darkness. As it comes back into your inner sight, you see exactly what the light is. The sound is clear and distinct now. You are blinded by the light heading straight at you and deafened by the screeching noise. My voice is never silenced by this unbearable noise coming closer to you. The sound of metal grinding against metal makes you shift your attention to where you are standing. The bright light shows you the tracks beneath your feet. Your mind wanders off to an old western movie you've seen where someone looked like a deer stuck in headlights. Please bring your concentration back now. You feel your heart skip a beat for just a split second when suddenly, a great sense of calmness comes over you. You feel safe and accepting of this huge metal train coming your way. You are fully capable of stopping it dead in its tracks.

This train is filled with memories that plague your sleep every night. It's also filled with worries about tomorrow, the stresses of today and, various other thoughts and feelings. This is your speeding train of thoughts that disrupts your sleep every night. A monstrous metal machine that won't leave you alone. This train comes to take away your peaceful darkness every night after you reach the first stage of sleep. It's a menace that makes you sit up for hours, fighting your heavy eyelids. The sound of this train alone is enough to

drive anyone mad. It's the first time you are facing it directly, identifying it, visualizing it.

Now I want you to concentrate hard on the background music and the sound of my voice. Keep your breathing steady and use welcomed sounds to drown the noise out. You know you can do it. Breathe in gently and breathe out slowly, one breath at a time. Listen to the calm tone of my voice and allow it to reassure your comfort and safety. Nothing will happen to you because you are stronger than you think. You know that this train is nothing more than a figment of your imagination. You also know that all those worries in the cargo can be dealt with tomorrow. There is no need to face this train now. Tomorrow is another day and trains shouldn't be running this late. You know your thoughts will be clearer when tomorrow comes.

Now listen closely to my suggestion. Allow every word to resonate through your mind. You have created this train; you have brought the image to life. Only you have the power to erase this image. Your imagination has brought it to life, and your imagination will remove it. Now take your attention back to your breathing and focus on your heartbeat. Can you feel the steady rhythm of every beat? Take a moment and count your beats. Follow each beat and feel how it pumps the calmness through your veins. Now I know you are ready.

You stand on the train tracks, facing the oncoming train, and know that you are now in control. You can control the trains every movement. You make the train slow down as you watch the sparks on the tracks from the train's brakes. The sound doesn't even penetrate your hearing anymore because you have drowned the sound out now. You can feel the vibrations in the tracks as the train draws nearer, but you have no fear. You cannot fear something that doesn't exist in a physical form. You dig deep in your subconscious and find the strength you need to make this train vanish.

Suddenly, you are transported back into complete darkness. A darkness that feels safe and peaceful. You have successfully stopped the train, and you're alone now. No thoughts or worries can cross your path anymore. Your physical form is feeling feather light now. You are connected to it and don't need to leave your darkness anymore. You feel proud of yourself, and you have never felt this tired before. Your mind is still connected with your subconscious mind. Give your subconscious mind permission to leave you

now. You will be perfectly fine in this quiet space. There are no more possible disruptions. You can feel yourself floating into a deeper, more peaceful state of sleep.

## Chapter 9: Affirmations For Weight Loss Success

Weight gain has been linked to many kinds of human diseases. Many people with any type of obese body mass continue to try therapies that help reduce body fat. There are quite a variety of therapies on the market that can help individuals accomplish this activity; however, most of these therapies cannot be as welcoming and manageable as a person needs them to be.

There is also another downside to these types of therapy, and many people experience weight gain after the break from such therapy, such as people who participate in diet or physical activity for a long time. However, physical therapy and diet can never be substituted by any treatment if a patient is interested in a healthy body. Subliminal methods are one of the effective strategies to promote successful weight loss affirmations.

As we all know, the brain is every human activity's key guiding facet. By training the mind to think rapidly, one can achieve desired results. Subliminal's key therapy means is to stimulate the mind to think in a manner appropriate to a particular therapy. Weight loss reinforcement happens when thinking systems are built around the prospect of weight loss. There is a very common saying that, before it materializes, you must see in your mind what you want. Affirmation of weight loss by subliminal signals helps individuals develop supportive thought configurations that help influence body weight loss.

The mechanism by which subliminal effects activation therapy is very complex and cannot be discussed in-depth in this writing field. However, a person must understand how subliminal technology works to influence therapy. Subliminal methods operate by injecting prearranged subliminal messages into the subconscious mind, and the conscious mind does not understand any subliminal message. Usually, subliminal produces bypasses from the conscious mind to the subconscious mind. The results of injecting subliminal signals into the subconscious mind are learning mechanisms that benefit behavioral improvement.

Someone should realize that, like any other subliminal therapy, it needs time to materialize. One should be consistent in influencing subliminal therapy to produce desired results. Similar to other treatments such as yoga and hypnosis, this treatment is the favored form of therapy. More subliminal information can be found on several websites online, collecting information

from reputable websites considered to show unbiased information is very useful in gaining knowledge of subliminal techniques.

Weight reduction claims by subliminal technologies are one of the easiest ways to reduce body fat. The brain influences any aspect of an individual's body activity, preparing an individual's brain to influence affirmations of weight loss is a sure way of lifelong success in fighting obesity.

## **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.

On any given day, give yourself the 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 the 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 breath-taking with it your stress, anxiety, and tension; visualize this as clearly as possible, for it will help you relax deeply. Hold the breath out to 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).

As such, in addition to being careful of the words you use to word your affirmation, you should also be mindful of your vibration (feeling and emotions) as you use the affirmation.

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 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 level and 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 do 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 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 can 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 is one of the best ways to create thought awareness.

Get into the habit of doing it every day. 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). Get into the habit of 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.

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 a 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.

Once you're ready to reach your ideal weight, get more energy every day, and get higher self-esteem, this simple, straightforward, effective formula for weight loss affirmations is just what you're after.

### **Set Your Target Weight**

In making successful weight loss statements, you must first and foremost establish a specific target weight that you will be pleased to achieve. Many people opt for weight loss simply because they want to ... Weight loss. The problem with this thought process is that our minds are programmed to think of losing something as evil. And when the subconscious mind mentions weight loss, it automatically connects weight loss to a negative emotion

besides a depressed state of mind arising from depression issues.

One wants to lose weight ... They just want to meet their target weight, but this is a very simple but important difference as one tries to achieve rapid weight loss.

### **Decide What You're Going to Change**

Positive weight loss arguments or diet pills alone won't motivate you to lose weight rapidly. You ought to make adjustments in your lifestyle and behavior that are still compounded by the symptoms of depression. Efforts to find a shortcut and to reach a fast weight loss would simply hit the body, which is worth noting. Decide precisely what adjustments are required to achieve your aim in addition to choosing the target weight. In doing so, you can give your subconscious mind a certain set of actions to guide the body to take. It can also help with the symptoms of depression you face, as it gives the mind something different to consider.

### **Daily Rehearsal**

Reconditioning the subconscious mind and reconditioning the body follows a common set of rules, and if practiced, it will help with your struggles with depression. For example, if you wanted to go a few days to the gym, you wouldn't expect lasting results from yourself. You must then participate in daily behaviors and adapt them as a part of your lifestyle. And above all, enjoy it, and you might even overcome your depression problems. As soon as your affirmations of weight loss are made, say them aloud every morning and night.

### **Positive Affirmations For Weight Loss Success**

Positive affirmations are important words we repeat about ourselves (in our minds or out loud) and typically are something we want to do. They are used to develop our inner thought and have an effect on our actions and our progress. Then your subconscious mind must embrace them frequently with confidence and true conviction. You will be empowered by this new positive self-image and filled with positive energy. As soon as your mind gets honest, you will change your mindset, actions, and thought to bring about gradual improvement. Positive statements can be tailored for any target, including weight loss, that you like.

*Positive affirmations for weight loss*

You must use a handful of positive weight-loss statements that inspire you and reflect what you want to achieve.

Here are some tips for positive claims related to weight loss: -

- Losing weight is natural for me.
- I will achieve my weight loss goals.
- I am losing weight every day.
- I love the taste of healthy food.
- I am in control of how much I eat.
- I like to exercise, and it makes me feel really good.
- Through exercise, I am becoming fit and stronger.
- I am developing healthier eating habits all the time.
- I get thinner every day.
- I look and feel great.

Seek to use constructive words to make you feel confident and work for yourself. You will inform them regularly (at least 3-4 times a day) with real confidence to work with them. Tell them when you wake up in the morning and last before you go to bed. If you have the time alone, it can be motivational to say it clearly. Write your optimistic comments on some cards and take them around at any time of the day for an instant boost. You can even put it in your refrigerator, a perfect way to think about a snack in front of you.

It should be said that you always (every day) build your optimistic affirmations for at least 30 days. It is also important that when your head enters, you get into the habit of expelling negative habits. Using optimistic statements every day for good weight loss and look forward to a new look and welcome you.

### **Affirmations and Visualizations For Weight Loss**

Affirmations and visualizations are methods that can be used effectively in life and weight loss. If so, why do some people believe that statements don't work?

They must be done correctly to work. Some people think that they can only master a particular subject by seeking knowledge here and there. Very often, in order to achieve success, a mastery of the subject is required.

The bad life people create for themselves because of negative thinking is a perfect example of assumptions at work. Every day affirmations play a part in negative thought.

### **How to use affirmations and visualizations for weight loss success?**

Do not use derogatory sentences. Affirmations are directed at the subconscious mind, and the subconscious mind is not negative. For instance, if you say "I am no longer overweight," the unconscious mind concentrates on the 'overweight' aspect, making you feel like it is overweight.

Using your comments only at this time. Do not use the software to say, "I'm going to lose weight," they say, "I weight now 120 pounds" (if you're idealizing 120 pounds).

Be constant. Just never give up. Never give up. Anything you've got in your life is because of years of pessimistic thinking. It takes a while to see good changes in your life, but it can sometimes shock you how easily things can change.

### **Using the Law of Attraction For Accelerated Weight Loss**

The law of attraction is a strong method that can be used in all aspects of our lives, but the law of attraction can also be used to speed up a balanced weight loss regime. An often unused strength can only be manipulated by dreaming and believing in your weight loss goals, and how much easier will that make your diet success? The Attraction Law works by matching 'like with like,' so your thoughts will affect your future positively or negatively.

The law of attraction has worked endlessly for everyone because if people don't organize their thinking and know they want to do something concrete, they don't receive the results they need. Most feelings are pessimistic like, "I'll never lose this weight" or "I'm not that lucky," because if you assume it isn't going to happen, it won't.

You will cause the same thing by returning if you feel frustrated and unhappy and throw these ideas out into the Ether. Of course, optimistic and focused thoughts can be very difficult to project all the time, and we can all seek to

minimize the number of negative thoughts that are sent outwards and send out constructive thoughts about specifically what we want to accomplish in life. There is not a rule of attraction to judge our predictions clearly, but if we want, we can use their influence throughout our lives.

*The following tips may help:*

- Stop thinking in its tracks as soon as a negative or harmful thought crosses your mind. Yet step one is about understanding certain thoughts and making a concerted attempt to alter current patterns of thinking. It is not an easy job to avoid the various negative factors that constantly cross the mind.
- Speak about the final goals. If you want to lose a certain amount of weight, think about what you need to do to reach that target.
- Give concrete thoughts on how your weight loss goals can be met. Send optimistic energy and watch your return. Be positive.
- To accept these texts, using Affirmations. Affirmations are straightforward statements of true purpose and should be written in an individual style to affirm the meaning of the letter. Assertions like "I'm sticking to my diet and losing weight" or "I deserve slimness and happiness" fit well.

The law of attraction reflects our thought and feeling and makes it magnified to us so that we can make everything that we need to make our lives happy and satisfied by making the most of that crude energy.



## Chapter 10: Eat Healthy and Sleep Better with Hypnosis

Make yourself comfortable.

Find the perfect sleep position.

Inhale through your nose and exhale through your mouth.

Again inhale through your nose, and this time as you exhale close your eyes.

Repeat this one more time and relax.

Sharpen your breathing focus.

Find stillness in every breath you take, relieve yourself from any tension, and relax.

Let your body relax, soften your heart, quiet your anxious mind, and open to whatever you experience without fighting.

Simply allow your thoughts and experiences to come and go without grasping at them.

Reduce any stress, anxiety, or negative emotions you might have, cool down become deeply and comfortably relaxed.

That's fine.

And as you continue to relax, then you can begin the process of reprogramming your mind for your weight loss success because with the right mindset, then you can think positively about what you want to achieve. It begins with changing your mindset and attitude because the key to losing weight all starts in the mind. One of the very first things you must throw out the window (figuratively) before you start your journey to weight loss is negativity. Negative thinking will just lead you nowhere. It will only pull your moods down, which might trigger emotional eating. Thus, you'll eat more, adding up to that unwanted weight instead of losing it. Remember that you need to break your old bad habits, and one of them is negative self-talk. You need to change your negative mental views and turn them into positive ones. For example, instead of telling yourself after a few days of workout that nothing is happening or changing, tell yourself that you have done a set of physical activities you have never imagine you can or will do. Make it a point to pat yourself on the back for every little progress you make every day, may it be five additional crunches from what you did yesterday. Understand and

accept that this process is a complete transformation, a metamorphosis, if you will. This understanding is going to make the process smoother and less painful.

Don't compare yourself to others, because it will not help you attain your goals in losing weight. First and foremost, keep in mind that each one of us has different body types and compositions. There is a certain diet that may work on you, but not so much for the others. Possibly, some people might need more carbohydrates in their diet, while you might need to drop that and add more protein in your meals. Each one of us is unique. Therefore, your diet plan will surely differ from the person next to you.

Comparing yourself to other people's progress is just a negative thought and will just be unhelpful to you. Remember, always keep a positive outlook and commit to it before you start your diet. For the sake of your long-term success, leave the comparison trap. You're not exactly like the people you idolize, and they're not exactly like you, and that's perfectly fine. Accept that, embrace that and move on with your personal goals.

Be realistic in setting your goals. Think about small and easy to achieve goals that will guide you towards a long term of healthy lifestyle changes. Your goals should be healthy for your body. If you want to truly lose weight and keep it off, it will be a slow uphill battle, with occasional dips and times you'll want to quit. If you expect progress too fast, you will eventually not be able to reach your goals and become discouraged. Don't add extra obstacles for yourself; plan your goals carefully.

If possible, try to find someone who has similar goals as you and work on them together. Two is always better than one, and having someone who understands what you are undergoing can be such a relief! An added benefit of having a partner-in-crime (or several) is that you can always hold each other accountable. Accountability is one thing that is easy to start being lax after the first few weeks of a new weight loss program, especially if results aren't quite where you want them to be.

Write down a realistic timetable that you can follow. Start a journal about your daily exercises and meal plan. You can cross out things that you have done already or add new ones along the way. Plot your physical activities. Make time and mark your calendar with daily physical activities. Try to incorporate at least a 15-minute workout on your busy days.

When you become aware of a thought or belief that pins the blame for your extra weight on something outside yourself, if you can find examples of people who've overcome that same cause, realize that it's decision time for you. Choose for yourself whether this is a thought you want to embrace and accept. Does this thought support you living your best life? Does it move you toward your goals, or does it give you an excuse not to go after them?

If you determine your thought no longer serves you, you get to choose another thought instead. Instead of pointing to some external, all-powerful cause for you being overweight, you can choose something different. Track your progress by writing down your step count or workouts daily to keep track of your progress.

Celebrate and embrace your results. Since the path to a healthy lifestyle is mostly hard work and discipline, try to reward yourself for every progress, even if it is small. Treat yourself for a day of pampering, travel to a place you have wanted to visit, go hiking, have a movie date with friends, or get a new pair of shoes. These kinds of rewards provide you gratification and accomplishments that will make you keep going. Little things do count, and little things also deserve recognition. But keep in mind that your rewards should not compromise your diet plan.

You can also do something like joining an athletic event, a fun run, where you can meet new people that share the same ideals of a healthy lifestyle. You get to learn more about weight loss from others and also share your knowledge. You need to find a source of motivation and keep that source of motivation fresh in your mind, so you don't forget why you embarked on this journey to begin with.

As you focus on your journey of weight loss, keep your stress at bay because too much stress is harmful to the body in many ways, but it also can cause people to gain weight. When the body is under stress, the body will automatically release many hormones, and one of them is cortisol. When the body is under duress and stress, cortisol is released, can ignite the metabolism for a period of time. However, if the body remains in stressful conditions, the hormone cortisol will continue to be released and slow down the metabolism resulting in weight gain.

Everyone experiences stress; there is just no getting around that fact. However, minimizing stressors, as well as learning how to manage the stress

in your life, will not only help you with losing weight, but it will also make a more attractive you! High stress in anyone's life often brings out the worst in people. When you are trying to get a man, you want them to see the best of you, not the stressed-out you. While you are decreasing your stress level, you will want to increase the amount of sleep you get each night. Lack of sleep is a link to weight gain, and because of this, ensuring adequate and appropriate sleep is crucial when trying to lose weight. Sleep is vital for the well being of the body, and the ability for the mind to function, but it is also related to maintaining weight. If you are tired, make sure you sleep, rest or relax, so you are not prone to gaining weight. When a person gets more sleep, the hormone leptin will rise, and when this happens, the appetite decreases, which will also decrease body weight.

Gratitude is important in this journey because it teaches you how to make peace with your body, no matter what shape, size, or weight it has at the moment. It makes you look at your body with full acceptance and love, saying: "I'm grateful for my body the way it is." It stops you from beating yourself up for being overweight, unhealthy, or out of shape. Be grateful for this learning experience, accept yourself the way you are, and take massive action to get your balance back.

When you express gratitude, you vibrate on a higher energy level, you are positive and happy, and you are simply in the state of satisfaction.

The more things you can find to be grateful for during your weight loss journey, the easier it will be to maintain a positive attitude and keep your motivation up.

It will also get you past those tough moments when you are feeling demotivated to take action and stick to the exercising or eating plan.

This means that you start expressing gratitude for the aspects of your body you would like to have as if you already have them now. Be grateful for your sexy legs and slim waist. Be grateful for your increased energy levels and strength. Be grateful for the ability to wear smaller clothes. You get the drill. Feel the positive energy of gratitude flowing through your body as you imagine these things are true. By going through this exercise, you'll notice the positive change in your thought patterns.

With the level of personal growth, you will achieve and the habits you will

change on this session of hypnosis, you will feel like a completely different person. You will have more power, self-confidence, and love yourself more than you ever thought possible before. That's a change from the inside out. That's what lasts. And that's what truly matters.

Take a deep breath and allow your breath to return its natural rate as you return to your normal consciousness.

As you continue to breath, note that, right now, in this moment, you have no worries. You are just a relaxed body. Any distractions that arise while you tell yourself this can wait.

Repeat the following phrases:

I am relaxed

I am balanced

I can deal with any worries later

I am relaxed

I am balanced

The whole earth supports you in your relaxation and balance. Feel yourself supported and held.

Feel that everything you have done in your life has brought you to this moment without errors or mistakes.

This moment is perfect.

When you feel doubt, say hello to it and let it know it can't distract you from your purpose.

You are relaxed

You are balanced

You can deal with all doubts and worries.

Know that you can achieve this at any time because you are supported and held in balance.

Thank yourself for taking this time to connect with your body and balance.

Open your eyes and gently move your hands and feet.

Three eyes open and completely awake.

## Conclusion

The more you allow these mindset 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 can 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.

No longer do you have to endure this kind of physical struggle. You are an incredibly powerful person. You can get everything that you want from this life with a healthy body that you create.

Heal your mind, body, and soul to get the things that you desire from your life. You might always look for external sources, but remember that you have the power to get everything you want within your mind.

The next step would be to reap the benefits of hypnosis by practicing your newfound skills. Use these skills to overcome whatever it is that's preventing you from reaching your goals. Lastly, return the favor and utilize this knowledge to help others in achieving their positive purpose.

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 takes some time to reach that ideal weight, both time and effort, and 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 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 are 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.

The best way to get the most from each of these activities is by repeating them on a daily basis. We have been taught having a negative mindset is the norm, so it's not easy to instantly switch your thought process. In order to ensure that you are going to be living the happiest and healthiest life possible, always look for positivity.

It is not going to be an easy task to do each day that you wake up, but we must choose to look at things from a positive outlook.

Good luck!



## Introduction

I want to thank you and congratulate you for downloading the book, “Gastric Sleeve Bariatric Cookbook.”

While your doctor likely gave you some suggestions for what to eat or sent you to his dietitian, you can use this book to explore additional recipes. This book contains proven steps, strategies and blender recipes for creating tasty meals that will best enable a gastric sleeve patient to recuperate.

You’ve just lost part of your stomach and now you need to figure out tasty menu options that you can have in small amounts for the next several weeks. You also need to be sure that you get sufficient nutrition from much less food than you are used to eating, though you will also need to take supplements now and for the rest of your life.

You won’t feel well during those first few weeks after your surgery, so you won’t want to spend a lot of time in the kitchen. Yet, you need to feed yourself nutritious and good-tasting meals and drinks.

We understand. You will find strategies in this book that will help you to get through this difficult time with as little trouble as possible. You will also discover many recipes for easy-to-make, tasty and nutritious smoothies and shakes, along with ideas for some soft food combinations that will help you on your journey back to good health. You will, no doubt, continue to make some of the delicious smoothies and shakes after you have recuperated!

# GASTRIC SLEEVE BARIATRIC COOKBOOK

Diet Guide with Simple Meal Plans - Easy Recipes for You After  
Weight Loss Surgery

## Chapter 1: Gastric Sleeve Surgery

Gastric Sleeve Surgery is a surgical procedure for weight-loss. It is a restrictive operation that makes your stomach smaller so that you will feel fuller more quickly and eat less food. This procedure involves the removal of more than half of your stomach. The reduction is performed surgically by removing a portion along the greater curvature of the stomach. After your surgery, only a vertical tube about the size of a banana is left. The operation has become a popular choice for people looking for extreme weight loss options.

This surgery should be considered as a tool for weight loss rather than a quick fix because the patient will need to eat a healthy diet and exercise following the surgery. The gastric sleeve surgery is a simple medical procedure that removes parts of the stomach to lose weight. Not only will the surgery shrink your stomach and physically reduce the amount of food you can eat, but it will also change hormonal signals between the stomach, brain and the liver. In simple terms, your appetite and the need for food will be reduced. It is not cosmetic surgery where fat is removed. Only part of the stomach is removed.

### History of gastric sleeve surgery

Almost all other major health insurance companies began to cover this procedure during the next two years.

It is extremely difficult to get health insurance companies to approve new procedures, but gastric sleeve surgery was approved because there was evidence that the procedure brought about significant weight loss and the complication rates were low.

Additionally, surgeons were already doing the procedure on patients who were covered by insurance. That was an accomplishment because surgery on obese people is riskier than surgery on people of normal size.

The gastric sleeve procedure was the first of two surgeries normally performed. Insurance companies paid for the first surgery and then paid for the second one a year or so later after weight was lost. However, it was discovered that the sleeve procedure was successful in getting people's weight off without the second surgery being performed.

Sleeve patients lost as much weight over time as the gastric bypass patients did. The gastric sleeve procedure proved to be quicker, less complicated and safer than the gastric bypass procedure, and the surgeons quickly started to prefer performing the sleeve operations.

Patients liked the results too because they didn't experience hunger anymore. In fact, some of them had to remind themselves to eat!

## Importance of Gastric Sleeve

Less complicated than the other types of surgery

Gastric bypass is a complex surgery and takes an average of 4 hours to perform. There is a shorter variation of gastric bypass surgery, but it's considered very difficult. The duodenal switch surgery is the most complicated because it involves a lot of rearranging. Since it's done in two parts, it can take up to three hours. Lap-band surgery is relatively short at one to two hours and isn't complicated for experienced doctors, but the gastric sleeve surgery only takes an hour and is considered the least challenging.

Doesn't trigger dumping syndrome

When you get parts of your stomach removed, the dumping syndrome often results. It happens when sugar moves from your stomach to your small bowel too quickly. You will experience cramps, diarrhea, vomiting, dizziness, and other symptoms, 10-30 minutes after eating. Dumping syndrome is especially common after eating meals high in sucrose or fructose. Gastric sleeve patients rarely get this, while it's commonly associated with gastric bypass surgery.

Results in significant weight loss

Following gastric sleeve surgery, patients lose about 60-70% of excess weight in just a year. With exercise and proper eating, patients can lose even more weight in the coming years. Five years after surgery, on average, patients keep off over half of their extra weight. If you are diligent about diet, exercise, and doctor follow-ups, you can keep off all of it.

Can improve obesity-related diseases

When patients are sure to follow-up with their doctors following surgery, it's very common to see improvement in conditions like diabetes, hypertension, asthma, and more. Some even become cured. The benefits of maintaining a

healthy weight cannot be overstated.

Less follow-up and risk of complications than other surgeries

For many, the most significant benefit of the gastric sleeve is less need for regular check-ups and fewer complications. Both gastric bypass and duodenal switch surgeries reduce the body's ability to absorb nutrients, so blood tests are required for the rest of your life to prevent malnutrition. Tests are still necessary following gastric sleeve, but the follow-up isn't as intense because gastric sleeve surgery does not inhibit nutrition absorption.

## Chapter 2: What to Expect with a Gastric Sleeve Surgery

Have you been thinking about having the gastric sleeve weight loss surgery because you have tried to exercise and diet for what seems like forever and you still have a ton of weight that needs to come off? You need to know what the benefits and risks are, what would make you a good candidate for this particular weight loss surgery, and what you are going to have to adhere to in order to keep the weight off.

Gastric sleeve surgery might just be the most reliable and safest option if you are 80 or more pounds overweight. It provides fast, significant and long-term weight loss.

For this procedure, surgeons are going to remove about 75% of your stomach and then connect the different portions together to create a new stomach that looks like a banana or “sleeve”. You will be left with a small sack that is about a tenth of the size of your stomach used to be. This will help you feel full a lot faster than normal. You aren’t going to be able to eat the same amounts of food that you used to. This will help you lose weight.

### Different Than Gastric Bypass

The most popular weight loss surgery is the gastric sleeve surgery. Just in the US, it makes up more than 60% of the weight loss procedures that are performed. This has increased by more than 24% since 2011.

During the last few years:

- Gastric bypass decreased from 62% to 37%.
- Gastric banding has gone down from 7.5% to 0.8%.

With the gastric bypass surgery, a surgeon will create a pouch that skips the majority of your stomach and goes right into your intestine.

With gastric sleeve surgery, no foreign objects are implanted (unlike the gastric band) and it doesn’t require the intestines to be arranged strangely. Many patients realize after a decent recovery that they can eat a variety of foods like fibrous vegetables and meat.

People who have a BMI of 40 or more are perfect candidates for gastric sleeve surgery. This means having a weight that is 100 pounds more than it should be. Some people might be too large to have gastric bypass surgery, so

this is a better alternative.

Newer procedures are being done like the gastric balloon, AspireAssist, and vBloc Therapy. Their numbers aren't even close to those of the gastric sleeve surgery.

Stomach stapling or sometimes called horizontal gastroplasty is a procedure that is so outdated it is no longer performed. Gastric sleeve is a much safer and better procedure.

There are many positive things about the gastric sleeve surgery that has helped it earn the place as being the most popular surgery:

- Weight loss is comparable to gastric bypass. Some even think it is better than the Lap-Band surgery, vBloc Therapy, and gastric balloon.
- Improvement in health problems is better than any other procedure except the duodenal switch.
- Less hunger – the vBloc Therapy, duodenal switch, and gastric sleeve are the only procedures that will make you not feel as hungry.
- Risks for gastric sleeve are shorter than with Lap-Band surgery, duodenal switch, and gastric bypass.
- No devices are left in the body. With the vBloc Therapy, gastric balloon, Lap-Band, and AspireAssist there are devices put inside the body. These can cause a risk of problems with device issues. The risk is low for vBloc Therapy, AspireAssist, and gastric balloon. There is a higher risk for Lap-Band surgery.

Let's look at the differences between gastric bypass (GB), duodenal switch (DS), and gastric sleeve (GS) weight loss surgery:

- GS has comparable improvements in health problems related to obesity.
- GS has a faster recovery time.
- Complications are lower with GS.
- The problems with acquiring a vitamin deficiency are a lot lower with GS.
- There isn't as much of a risk for dumping syndrome with GS compared

to GB.

- Side effects such as vomiting, diarrhea, or nausea are not as likely with GS. If it does happen, it is usually less severe than GB.
- GS doesn't cost as much. The cost is similar if you have insurance that covers this type of procedure.
- If you are currently taking blood thinners, then GS would be the better option as opposed to GB because it helps to lower the risk of developing marginal ulcers.

Let's compare gastric sleeve surgery (GS) to the Lap-Band procedure:

- The risk of developing GERD is lower with GS.
- The risk of pouch dilation, food trapping, and esophageal dilations is not as high with GS.
- With GS, there is no need to worry about device-related issues such as Lap-Band erosion, port problems, or slippage.
- There is less of a risk of experienced long-term problems with GS than there is with Lap-Band.
- Not as many follow up visits to your doctor after GS.
- GS doesn't tend to be more expensive than the Lap-Band surgery. The cost will decrease if you have insurance that covers part of the cost.

You should not experience any dumping syndrome with gastric sleeve. It has been experienced by about seven out of ten bypass patients. Many gastric sleeve patients see this as a good thing because it helps them to stay consistent with their diet.

The price for a gastric sleeve tends to be one of the lowest along with bypass, Lap-Band, and duodenal switch with insurance help. The vBloc Therapy and gastric balloon aren't covered by insurance at this time.

Since this surgery is irreversible, does it make it a bad thing? Not really.

The issues of vomiting, diarrhea, or nausea are all short term. Around one in five patients have experienced GERD but this will improve with time. This rate will drop after three years.

Patient's bodies seem to handle a gastric sleeve procedure better than bypass



or Lap-Band. The gastric sleeve has a significantly lower risk rate when compared to these of the Lap-Band:

- Food trapping
- Pouch dilation
- Esophageal dilation
- Port problems because gastric sleeve doesn't use any devices

### **Preparing for Surgery**

You will be working closely with your doctor in the weeks that lead up to your surgery. Some things they will cover include:

- Completing a health assessment. This will include questions about any surgical history, medications, and medical history.
- Running tests such as blood tests, X-rays, and an ECG.
- Creating a pre-surgery diet:
  - o 2 weeks prior
    - Lots of water
    - Increasing intake of vegetables
    - Increasing intake of protein
    - Lowering intake of carbs
    - No sugar
  - o 2 days prior
    - One protein shake each day, broth, and clear liquids
    - Speak with the surgeon about stopping your medications
  - o 12 hours prior
    - No tobacco, drink, or food

Another goal for you to meet before surgery is to lose all the weight you can. Here are some reasons why:

- If you can lose a significant amount before surgery, you will find it easier to lose more after your surgery.

- If you have a low pre-op weight, you will have fewer complications.
- You will gain weight if you go back to your old habits. The faster you get into a good diet habit, the greater the chance of maintaining it after the surgery.

On the day of your surgery, these things will be done:

1. Removal of jewelry and clothes.
2. Put on a hospital gown.
3. Meet with an anesthesiologist and nurse.
4. Your nurse will insert and begin an IV.
5. Your nurse will give you medicine to help you relax and go to sleep.

### What Happens

On the day of your surgery, you will get to the hospital two hours before the time for surgery so the nurse can get you prepped. The entire surgery will last about one to two hours. The surgeons will create a few small cuts in the stomach and will place in a laparoscope. This nifty instrument has a small camera in it that will provide the surgeons with a picture on a monitor that they will look at throughout the surgery. They will place other instruments through the other cuts they made and take out three-fourths of your stomach. Last, they will reattach the parts of the stomach to form a tube or “sleeve”. This sleeve will connect your esophagus with your small intestines. Some surgeons will choose to reinforce this with a staple line.

After the surgery is over, you will have a nurse who will help manage your pain level and keep a check on your vitals. You might experience some challenges such as digestive problems, nausea, and changes that will go away with time.

You will probably be in the hospital for two to three days. Some surgeons might let you go home the day of your surgery – although this is a lot rarer, as it means your surgery must have been more straightforward than usual. If you want to have a home recovery, you need to ask your surgeon if this is possible. This procedure is permanent and can't be reversed.

When you have returned home, you will need to go see your doctor in two weeks to make sure you are recovering well and to ask any questions you

may have. Your doctor will schedule any subsequent visits.

This procedure is safe for all ages, from children to the elderly.

### **Eating Habits**

Weight loss will take center stage for most patients after surgery. You need to think about what your daily life is going to be like.

This surgery works as a tool. To be successful, you have to have diligence and make quite a few difficult changes in several different areas.

The following information will give you a good idea of what you can end up experiencing before your surgery and after your surgery. Every surgeon is going to be a little different just like each patient is going to be a little different. Make sure you have a chat with your doctor before you decide to do any of the following.

Transition Schedule:

- Two plus weeks before surgery you will be placed on a special surgery diet.
- Two weeks before surgery you will only eat low carbs, low sugar, and high protein.
- One week before surgery you will change or stop certain medicines.
- Two days before surgery you will only drink clear liquids.
- You will not drink or eat anything from midnight before the day of the surgery and up to one week after surgery.
- At the hospital, you will be given clear liquids only.
- The day after to two weeks after surgery you will only consume protein shakes and pureed foods. Absolutely no chunks.
- Day two to three weeks after surgery you will slowly add some soft foods to your diet.
- Day three to four weeks after the surgery you will test solid foods.

These points may vary per surgeon. You are going to have to change the way you eat for the rest of your life.

Here are some pointers to keep in mind:

- You have to chew everything well before swallowing.
- Never drink while eating; this could cause your stomach to overflow.
- Wait 30 minutes before drinking anything after you have eaten.
- Stay away from snacking and high-calorie soda.
- Take mineral and vitamin supplements each day.

Once two or three months have gone by, you can move to normal meals. Remember, you aren't going to be able to eat the same amount of food you once did.

### Weight Loss

Weight loss will happen rather fast after surgery:

- At month three you will have lost about 33% of the excess weight.
- At month six you will have lost about half of the excess weight.
- At the one year mark, you will have lost about 70% of the excess weight.

People will lose about 60% of the extra weight in about 12 to 18 months. This means that if you were 100 pounds overweight, you would likely lose about 60 pounds. There are some that will lose more, and others that will lose less. You will have better results if you stick to behavioral and dietary guidelines. By choosing the right foods, good eating habits, and regular exercise, patients will enjoy and maintain great weight loss.

Many patients will hit a plateau at either one or two years post-surgery. If you make sure that you eat right and exercise regularly, you will find that you can keep your weight off and might end up losing more.

Some patients will lose dedication and regain some of their weight. This is because the stomach will stretch with time. This happens because you are overeating.

Usually, once five years have passed, an average patient will have kept around half of their excess weight off.

To avoid gaining any of your weight you can:

- Work with a nutritionist or dietician.

- Hire a personal trainer.
- Go to support group meetings a couple of times every month.
- Keep a food journal.
- Get support from friends and family.
- Stay dedicated and motivated.

## Insurance

Whether or not your insurance will cover this type of surgery changes by the insurance policy and country. It will cover it if your policy includes bariatric surgery.

You will just need to:

- Complete a supervised diet program with a doctor.
- Have a BMI of 40 or 35 with other health problems.

In the United States, the gastric sleeve surgery with insurance could cost you as low as zero dollars. It just depends on your policy. Many plans make you pay some of the cost like coinsurance, deductibles, and copays.

## Without Insurance

The average cost of gastric sleeve surgery without insurance is about \$19,000. Costs can change with each state and surgeon. One survey showed the highest cost of this surgery was \$58,000 and this was in Alaska. The lowest cost was in South Dakota and Texas at just \$12,000.

Many insurance companies will cover gastric sleeve surgery. This will change the amount you are paying out of pocket considerably. Patients that have insurance will pay about \$3,500. Some plans could end up dropping that to under \$1,000.

If your insurance doesn't cover the procedure, there is good news:

- Insurance might cover some costs like pre-op tests, even if the surgery isn't included in the plan.
- Patients might save around \$11,000 a year if they compare it to all the healthcare costs they would have had if they didn't lose the weight. To simplify: gastric sleeve surgery will pay for itself in about two years.

- Some hospitals offer a discount to patients that pay in advance.
- Any out of pocket costs might be tax deductible.
- You might be able to find a loan to help cover your costs.

## Benefits

The results of gastric sleeve surgery reflect complete resolution, meaning it cures as long as you keep the weight off. Many obesity-related problems can be cured such as:

- Cholesterol problems
- Asthma
- Hypertension
- Sleep Apnea
- Diabetes
- About ten other conditions

People who are not completely cured will experience great improvement in the above problems.

Patients who keep their follow-up appointments at three, six and 12 months will see more improvements or be in total remission with their high cholesterol, high blood pressure, and diabetes.

You will also see improvement in your joint health as well. Every pound of weight that you lose, you will be reducing the pressure on your knees by four pounds. This will reduce knee pain and improve mobility.

One study of post-surgery patients found that patients that had this surgery reduced their risk of developing cancer by 33%.

Risk rates were further reduced for these types of cancers:

- Pancreatic cancer
- Endometrial cancer
- Postmenopausal breast cancer
- Colon cancer

## Risks

This fairly simple surgery does have a high survival rate of 99.7%. It can have some challenges, side effects, and complications just like any other surgery.

### Complications

About 2.1% of patients have experienced some staple line leaks. The majority of these studies were performed when doctors were still using less effective techniques. Newer techniques now lower all possible risks.

As with any major surgery, blood clots are a big concern. Trust that your surgeon is taking all steps necessary to lessen this risk. These might include using compression stockings and blood thinners. They are also going to have you on your feet and walking as soon as they can after your surgery. After surgery, you might have some constipation, vomiting, or nausea.

### Challenges and Side Effects

The most common challenges and side effects include:

- Pregnancy
- Regaining of weight
- Sagging skin
- Digestive problems

Possible digestive issues that might happen after gastric sleeve surgery include:

- Vitamin and mineral deficiency
- Vomiting and nausea
- An intolerance to specific foods
- Gallstones
- Indigestion
- Gastroesophageal reflux disease or GERD

Around one in every five patients will experience GERD in the first year after surgery. There is good news as this is a short-term issue. After the first three years, the rate drops to about 3% of patients suffering from this.

GERD is a condition that can be described as times of gastroesophageal

reflux that is often accompanied by heartburn. This can also cause histopathologic changes of the esophagus or changes to the microscopic makeup of the esophagus. There is a chance that it can cause esophagitis. GERD can increase the risk of dumping syndrome and sepsis in some patients. This condition is improved in many patients following surgery.

Some home treatments can help relieve GERD like staying away from specific drinks and foods like chocolate, tomato-based foods, citrus juices, and alcohol. Wait at least three hours after you eat before you lay down. Eat small meals and make sure that you elevate your head about eight inches whenever you lay down. If you find that this isn't working for you, your doctor might prescribe or recommend a PPI or Proton Pump Inhibitors, H2 blockers, or antacids.

Other problems can be handled through some diet or behavior changes.

### Sagging Skin

For the majority of obese people, their skin has been stretched out for a long time in order to accommodate the weight, and this will cause it to lose its elasticity. Gastric sleeve surgery can cause many patients to lose several pounds fast, and their skin isn't able to keep up with it. This extra skin tends to be embarrassing for most. It can also create many different issues including:

- Infections in the skin folds
- Rashes in the skin folds or ulcers
- Problems exercising will impact health and weight maintenance
- Problems getting dressed

For the most part, people can manage the sagging skin by wearing body-contouring underwear. There are some serious cases where patients might choose to have the excess skin removed. This surgery is usually covered by insurance.

### Regaining Weight

Two years after gastric sleeve surgery, about one in 20 patients will gain some weight back. This number will increase to three out of four after six years.



At the five-year interval, the average patient will regain about 25% and up to 50% of the weight they initially lost.

What is bad about this is that the more weight you gain, the higher the chance of your health problems returning. In one study, there was a difference in Type 2 diabetes remission. At the one year mark, about 56% of the patients were in remission. At year five, there was only 20% of patients still in remission.

Type 2 diabetes returned because the patients gained back their weight. Why did they regain weight?

Many patients regain weight for these reasons:

- They eat too many calories in liquid form like smoothies, pureed foods, and protein shakes. Their new stomach makes them feel fuller faster, but because liquids won't create the feeling of fullness like solid foods do, they tend to consume more and end up gaining the weight back if they are constantly consuming calories in the form of liquids.
- They slip and start to overeat again, or they eat the wrong types of food. If this happens, the smaller stomach can stretch out.
- Even if they stick to their diet program, weight gain is still a risk. With time, your stomach might stretch and cause some weight gain.

Gastric sleeve surgery is the best tool for losing weight. It is important to remember that it's only a tool. To stay away from gaining any weight you have to eat the right foods and make good choices.

## WHAT TO DO BEFORE SURGERY

In the weeks before your surgery, your doctor will stay in close contact with you. You will undergo a health assessment, which includes questions about any medications you're taking, as well as your medical and surgical history. You get blood tests, X-rays, and an ECG, which measures the electrical activity of your heartbeat. The most significant "must-do," however, will be to change your diet.

## HOW TO EAT

A change in diet can make your surgery much safer because it lowers your risk for complications. Obesity results in a large, fatty liver, which makes weight-loss surgeries like a gastric sleeve trickier for surgeons to perform. In the two weeks before surgery, you can actually shrink your liver with a diet change, making the surgery safer. Your pre-op diet will most likely consist of 800-1200 calories a day, which lets you lose weight. A diet change can also prepare you for your eating lifestyle post-surgery. Here's what most surgeons recommend:

### Consume more protein

Think high-quality protein shakes that don't contain sugar. There are even shakes you can find designed specifically for bariatric patients, so they contain the nutrition you need to replace meals. Some patients may be able to eat lean, clean meats like chicken. Between 70-120 grams of protein is the common recommendation per day.

### Eat less carbs

Avoid the refined carbs found in rice, cereal, pasta, bread, pizza, and potatoes. These high-calorie, heavy foods make losing weight and shrinking your liver harder. In place of carb-heavy meals, you'll be drinking most of your calories through protein shakes, broths, and soups.

### Cut out sugar and foods high in fat

Sugar is the worst thing you can eat before weight-loss surgery. You will need to cut out all sweets, desserts, and fruit juice. It doesn't matter if you're drinking 100% fruit juice; natural fruit sugar is still sugar. Sugar-free snacks might be allowed very sparingly. High-fat foods are also bad for you before a gastric sleeve surgery, so cut out cheese, fatty meats, and all fried foods.

## Drink more liquid

Adequate hydration is crucial to achieving and maintaining good health and weight loss. Also, when you feel hungry, you might actually be thirsty. You'll drink more than just water, because you need some nutrition. Bone broth, vegetable broth, and 100% vegetable juice will probably be recommended. These can also help with hunger. You aren't allowed to have caffeine, so if you drink tea or coffee, you have to go decaf with sugar-free sweeteners and soy, skim, or nut milk.

## TWO DAYS BEFORE SURGERY

You'll need to be very strict with your diet two days before your surgery. Surgeons will probably tell you to stick to an all-clear liquid diet: broth, water, sugar-free Jello-O, water, and protein shakes, though you should only have one protein shake per day. Anything carbonated or caffeinated is off-limits. You should also consult with your surgeon about whether you should stop taking any medications you're currently on.

## 12 HOURS BEFORE

Twelve hours before your surgery, you shouldn't eat or drink anything. If you smoke, you should also refrain from any tobacco use.

## SURGERY DAY

You won't eat or drink anything on surgery day. If you haven't had surgery before, you will enter the room and remove all your clothing and any jewelry. You'll put on the hospital gown and meet with the people performing your surgery. They'll hook you up to an IV and you'll get the medication that puts you under for the surgery.

Before surgery, your diet changes significantly. For 2-3 weeks before gastric sleeve surgery, you need to eat more protein, eat less carbs, cut out sugar and high-fat foods, and drink more liquid. 2 days before the surgery, you'll go on an all-clear liquid diet. 12 hours before, you stop eating and drinking completely.

## III. GUIDELINES AFTER GASTRIC SLEEVE SURGERY

There are two possible diet transitions that surgeons recommend: a conservative transition or an aggressive transition. For a conservative

transition, you won't eat or drink anything the first day following your surgery. If the doctor determines an aggressive transition is best, you will begin with clear liquids on Day One, pureed foods on Day Two, and solid foods on Day Three. Conservative transitions are more common, however, where you don't add solid foods to your diet until Week Four or later. This is the method this cookbook follows.

For the conservative transition, your diet goes through four phases, each around a week long. This lets your body heal and recover from the gastric sleeve surgery, lowering your risk for complications. If you "cheat" during any of the four weeks, you might experience dehydration, constipation, bowel obstruction, diarrhea, or something much more serious. Let's break down the four-week post-op diet:

#### Week One - Clear liquids only

A diet of only clear liquids is challenging, but following gastric sleeve surgery, most patients don't really feel like eating. Your "food" will consist of:

- Water
- Clear vegetable, beef, or chicken broth
- Sugar-free Jello
- Sugar-free popsicles
- Decaf tea/coffee
- Unsweetened diluted juices without pulp

You won't be drinking anything sugary, caffeinated, or carbonated. It's also a good idea to avoid temperature extremes. For warm beverages, drink them in the morning since they relax the stomach muscles.

#### Week Two - Liquid diet w/ protein

Most patients will begin to feel hungry again during Week Two, but you'll still need to stick to a mostly-liquid diet. 64-ounces is the usual recommendation. Now, you can add a bit more protein, so you'll be drinking all your first week liquids and:

- Sugar-free pudding

- Soup with soft noodles
- Protein powder mixed with water or nut milks
- Non-fat yogurt
- Watered-down, no-sugar juice
- Watered-down hot oatmeal
- Sugar-free sorbet
- Sugar-free Carnation instant breakfasts
- Cream soups
- Cream of wheat

Keep in mind that some people don't handle dairy well after surgery, so be cautious. Some people even become lactose intolerant because of the sugar. Instead of regular dairy, you can use almond, coconut, or another milk.

### Week Three - Pureed foods

You'll now begin to feel more normal, hunger-wise, so the temptation to cheat might kick in. However, you are not healed yet; it's very important to stick to your diet. You will need to get 60 grams of protein per day now and any new foods need to be introduced slowly and one at a time, so you can see how your body responds. If you keep vomiting and you're doing everything else right like eating slowly and eating very small amounts, you'll probably need to go back to Phase Two.

- During Week Three, you can now begin adding foods like:
- One protein shake a day
- Low-fat cottage cheese
- Softened, low or no-sugar cereals
- Steamed or boiled vegetables (avoid fibrous ones like celery, asparagus, raw leafy greens, and broccoli)
- Soup
- Scrambled eggs
- Soft steamed fish

- Canned fish
- Mashed bananas and avocados
- Low-sugar canned fruit
- Low or no-sugar smoothies

This is also the phase where you begin weighing your food. You want at least 12-ounces of food divided between three meals. At each meal, three ounces should be protein, with one ounce of a healthy fat. Two ounces can be a fruit or vegetable. Your protein shake counts as liquid, so it isn't weighed.

#### Week Four - Introducing solid foods

Finally, it's time for "real" food! You want to be cautious and always chew slowly. Your stomach and gastric sleeve are sensitive, so you still want to go for softer foods as your foundation. Three small meals a day with lots of hydration is best, though surgeons may let you have one small snack a day. Some might recommend eating five to six fist-sized meals a day instead; it depends on the surgeon and patient. You'll be introducing foods like:

- Fruit
- Softened vegetables (again avoiding fibrous ones)
- Fish
- Protein shakes
- Chicken
- Lean beef
- Sweet potatoes
- Mashed potatoes
- Baked potatoes
- Cereal
- Some caffeine

You still shouldn't have foods like candy, sweets, pastas, whole milk, dairy products, sodas, fried foods, and other high-carb items.

## Chapter 3: Gastric Sleeve Diet

What is gastric sleeve diet?

It is a diet that is followed strictly by a person who intends to or has had a gastric sleeve surgery. It enables one's body to heal and adjust to a stomach with a smaller size.

### Dieting Before Surgery

Your doctor may recommend a different two-week diet than the one we're going to discuss here, but this diet should serve as a golden rule (if you will call it that) for all pre-weight loss surgery diets. Begin by increasing your protein consumption by eating leaner meats and lower your carbohydrate consumption. That means avoiding bread, pasta and rice. Finally, you'll need to eliminate all sugary foods. Candy, juice, soda, cake, you name it.

- For breakfast, try consuming more protein shakes such as from a supplement store. The only thing to watch out for in these shakes is to make sure that there are no sugars in them. For lunch and dinner alike, focus on eating more vegetables and lean meats.
- You can eat snacks throughout the day, but only ones that are healthy and low in carbs, for examples, veggies, berries, nuts, and salads. It's also important that you stay hydrated throughout the days, so drinking plenty of water is critically important. An added benefit of water is that it will control the hunger you feel. Plus, it's common knowledge that water is good for you.
- In the three days before surgery, you will have to adhere to a strict liquid diet and stop drinking all beverages that are carbonated and have caffeine in them. Clear liquids that you can drink include protein shakes (though fewer shakes than you were consuming before), water, popsicles (provided they are sugar-free), Jell-O, and broth.
- All in all, if you can adhere to this kind of strict surgery, the size of your liver should drastically decrease in the weeks before your surgery and the risk of developing any potential complications during surgery will dramatically decrease.

## Dieting After Surgery

- For the first week, you'll have to adhere to clear liquids only. Whereas before you spent two to three days with only clear liquids, you're now going to have to add seven days to that. Fortunately, the ghrelin hormone will be nearly eliminated at this point, so your desire to eat high amounts of 'normal foods' will be almost eliminated as well. Foods you can eat during this time are all sugar-free, include water, un-carbonated drinks, broth, decaf tea, and coffee. Specific foods that you should avoid include carbonated drinks, sweet drinks, non-decaf caffeine, and sugar.
- For the second week after surgery, you'll still have to adhere to a liquid diet, but with less limitations than the clear liquid diet. For this week, you'll want to add more proteins to the mix. Examples of foods that you can eat during this time include protein powders mixed with liquid, sugar-free ice cream, oatmeal, sugarless juices, creamy soups, non-fat yogurts, soupy noodles, and sugar-free pudding. While this diet has fewer limitations than before, you can't get too overconfident at this point and eat foods you shouldn't be eating.
- Good news! For the third week after surgery, you'll be able to add some real foods to your diet instead of strictly liquids. However, you should still keep your intake of fats and sugars down if not avoiding them completely. For this week, focus on taking smaller bites and eating the individual bites more slowly, only trying one new food per meal (meaning you should not have two or more kinds of foods at the same meal), and continue to get plenty of protein. It is because you must give your body the time it needs to react to these 'new' foods; remember that's gone well over a month by now without the foods it is used to in taking and digesting. It will need more time to adjust fully.
- There are specific new foods that you can eat, but a few others that you should continue to avoid. New foods that you can add are protein shakes mixed with yogurt or nonfat milk, hummus, low fat cheese, mashed fruit, canned tuna or salmon, mayonnaise, steamed fish (as long as you chew well), scrambled eggs, soup, ground beef, ground chicken, soft cereals (tip: allow your cereal to sit in the milk to become soft), soft vegetables, soft cheese, almond milk, and coconut milk. None of these foods should be crunchy and you should remember to chew slowly with all of them.



- Foods that you should continue to avoid in the third week are sugars, pasta, rice, bread, fibrous vegetables, and smoothies with high sugar levels.
- For the fourth week, you can continue to introduce more real foods that you're accustomed to. Remember though, your stomach is still very sensitive, and you aren't yet at the point where you can eat anything you want however you want. You still have to eat slowly, eat soft foods whenever possible, and only introduce one new food per meal.
- During this time, you should continue consuming protein shakes, as they are one of your best sources of protein throughout this dieting process. You can introduce more fish, fruits, softened vegetables, chicken and beef. All these foods should be as softened as much as possible and chewed thoroughly. You can also re-introduce potatoes to your diet (mashed, baked and sweetened alike) and cereal. You can also re-introduce caffeine products to your diet, but not to the point that it becomes a regular part of your diet. Be very discretionary as you add caffeine to your diet.
- For the fourth week, you should focus primarily on eating three small meals throughout the day and getting plenty of water. But as long as your surgeon approves it, you should also be able to add snacks to your diet at this point. Snacks, you can add fresh fruit, small portions of baked or sweetened potatoes, small portions of oatmeal, one egg, a small portion of baby carrots, or a small portion of crackers.
- Some foods you will have to continue to avoid. Most sodas, fried food, fibrous vegetables, candy and sugar, desserts, pasta, pizzas, whole milk, dairy in general, and nuts will all have to continue to be avoided in the fourth week of your diet.
- For the fifth week, your body will be able to tolerate more foods, but you could still feel an upset stomach at times. Continue to eat three small meals and remain fully hydrated throughout the day. Continue to take your prescribed medication and vitamins and focus mainly on getting enough protein into your system (sixty grams at the least). Again, protein shakes are an excellent way to get plenty of protein in your system. You should also try to exercise more now, and your body should start to lose weight at a faster rate. Continue to adhere to a strict dieting plan, and when you do eat snacks, only eat from small portions.

We'll next go over some final tips for dieting that you should take into account.

- The first tip is to eat foods that have plenty of nutrients in them; for examples, most fruits like apples and bananas, as well as fish. Other foods such as grains, pasta or bread are not filled with as many nutrients.
- The second tip is to be prepared to feel emotional over your change in diet. But as long as you receive plenty of support from those you are close with and make it your mission to stick to your regimen, things will be okay.
- The next tip is to not fall to the temptations of restaurants. Eating out is perfectly fine, but don't feel you are obligated to eat everything on your plate. You can also ask for mid or half-sized portions.
- Finally, and this cannot be enunciated enough, stay hydrated every day! Take plenty of water wherever you go and drink plenty of it. The difference between staying hydrated and not being hydrated will be huge when it comes to losing weight.

## Chapter 4: Gastric Sleeve FAQs

### 1. Is gastric sleeve surgery a cure for obesity?

Bear in mind that this procedure is not the ultimate cure for obesity, by any means. Gastric sleeve surgery is merely a jump-start or tool for the patient to address chronic weight issues and start on a healthy lifestyle that involves a solid diet plan and ample exercise.

### 2. How much weight can I expect to lose?

You need to know how much weight you should expect to lose after the surgery, then there are some simple calculations. You will lose somewhere around 60% of the extra weight over two years, with the majority of it likely coming off in the first year.

Long-term weight loss, however, is more dependent on what you eat, how much you exercise, etc. rather than which procedure(s) you undertake. It is possible to gain all the weight back.

### 3. So, will I gain back the weight lost after surgery?

The possibility cannot be ruled out. The whole point of the gastric sleeve surgery is that you lose weight after the removal of a portion of your stomach, thereby decreasing the sheer capacity of your stomach to hold and digest food. However, this procedure should be complemented by healthy dietary and exercise habits for you to remain trim. If the patient won't change their lifestyle after the surgery, then the lost weight is regained by the body in due course.

### 4. Can I drink alcohol?

It is advisable to abstain from drinking for a few weeks before the surgery. After the surgery, alcohol should not be consumed for at least a year, as it irritates the bowel lining and increases your calorie intake. You can start again on mild alcohol, such as beer and wine, after consulting with your doctor.

### 5. Can I smoke?

**NO!** You should stop smoking at all in the first place. Even if you had the habit, you should quit at least a good 6 to 7 weeks before the surgery. Tobacco delays healing, and that means that the sutures inside and outside

your body will take longer to heal after the surgery. It also drives up the risk of ulcers developing inside your digestive tract. Therefore, you should not go back to smoking, even after the surgery.

6. Will my stomach stretch after surgery?

It can stretch, but it depends on how much you normally feed it. For an occasional large meal, your stomach can stretch to accommodate it and then get back to its smaller size. However, if you continue to give it large meals (or meals too large for the size your stomach will be), then it can and will stretch without returning to its smaller size. If you stretch it back out, you eat more food. When you eat more food, you gain weight.

7. Will the removed part of the stomach grow back?

No. As mentioned earlier, a part of the stomach is removed and it will not grow back, and nor can the patient opt on a subsequent date to reverse the procedure already done.

8. What are the broad benefits of undergoing this procedure?

Gastric sleeve surgery is a surgery done to address chronic obesity and, as a result, its benefits are focused on targeting all obesity-related illness, be it the physiological ones or the psychological ones. For instance, these include problems like sleep disorders, cholesterol, diabetes, depression, stress, hypertension, joint pains and even the risk of certain kinds of cancers.

9. What exactly is stomach stapling?

The stomach is stapled back together with a surgical staple gun when the surgeon performs either a gastric sleeve procedure or a gastric bypass.

The staples close in the shape of a “B” to both compress enough to not allow bleeding while also allowing the blood to flow through the holes of the B. Tissue can heal properly using this type of staple. Loading the wrong staple size for the thickness of tissue can cause leaks, however.

10. What happens to the staples?

The staples will stay in you forever because they are made of titanium. Even if they move from their original position, they won't cause problems. Additionally, they are not magnetic and will not set off any x-ray machines at airports or other places.

11. What do I need to take to the hospital?

It all depends on you as to what you wish to take to the hospital, but in general, you will want what makes you comfortable and keeps you entertained.

You may want lotion, lip balm and grooming items. You may want your favorite pillow and pillowcase. Things that will make you comfortable clothes-wise may include house slippers for the hospital stay, and loose-fitting clothes and slip-on shoes for the trip home.

You may want your electronic gadgets for keeping your family up to date on your progress using social media. You may want to read e-books or surf the web. You may want a good physical book or a stack of magazines for your entertainment, in addition to the television that you will likely have in your room.

12. How will the diet look after the surgery?

The diet after the surgery will be broadly divided into phases. During the first phase, you would be given only liquid foods, and this will last for a week. During the next two weeks, you will eat in puree form. After this, you can have soft food that digests easy. It should be followed for the next three weeks. You can resume regular healthy food after this. However, highly fatty and spicy foods should be avoided for the rest of your life.

13. What kind of drugs should be avoided post-surgery?

The same kind of drugs induce thinning or clotting of blood. However, this differs from patient to patient, and it is your doctor who has the final word in this.

14. How long before I can engage in sexual intercourse?

You should not have sex as long as you feel pain in the abdomen and stomach area. You can resume as soon as you feel that there is no discomfort.

## Chapter 5: Gastric Sleeve Fluids and Puree Recipes

### Fluids Recipes

Beef and Seaweed Stock

Serving: 8

Total time taken: 45 minutes

Ingredients

- 8 oz lean ground beef
- 1 oz dried seaweed
- 5 cups water
- 2 cloves garlic
- Salt
- Cooking spray

Directions

1. Soak seaweed for 10 minutes. Chop and set aside.
2. Coat a large pot with cooking spray. Over medium heat, saute the garlic. Add in the ground beef and brown.
3. Once meat is browned, add water and bring to a boil. Cover, reduce heat, and simmer for 15 minutes. Skim fat layer that will form on the surface.
4. Add seaweed to the pot. Simmer for 10 more minutes.
5. Strain to remove all solids, keeping only the broth.
6. Refrigerate stock overnight. Remove layer of fat formed before use.

Pork Rib and Bean Stock

Serving: 4

Total time taken: 60 minutes

### Ingredients

- 12 oz lean pork spareribs
- 6 oz bean sprouts
- 3 cups water
- 2 cloves garlic (minced)
- 2 slices fresh ginger
- 1 green onion (chopped)
- Salt
- Cooking spray

### Directions

1. In a large pot, bring 3 cups of water to a boil. Blanch the pork for 5 minutes. Discard the water.
2. Add 3 cups of fresh water, pork, onion, ginger, and garlic to the pot and bring to a boil. Reduce to low heat.
3. Cover and simmer for 30 minutes. Skim fat layer that will form on the surface.
4. Add bean sprouts to the pot and simmer for 10 minutes.
5. Strain to remove all solids, keeping only the broth.
6. Refrigerate stock overnight. Remove layer of fat formed before use.

### Vegetable Fish Stock

Serving: 12

Total time taken: 60 minutes

## Ingredients

- 1 lb fish bones (from bass, flounder, or halibut)
- 7 cups water
- 1 onion (chopped)
- 3 slices ginger root
- 4 stalks celery (chopped)
- 2 tablespoons black peppercorns
- 2 tablespoons fresh parsley (chopped)
- 2 tablespoons fresh thyme (chopped)
- 1 bay leaf
- Salt

## Directions

1. In a large pot, add water and bring to a boil. Add fish bones and ginger, boiling for 10 minutes.
2. Add celery and onion. Cook for 5 minutes. Add thyme, parsley, bay leaf, and peppercorns, and salt.
3. Reduce to low heat, and cover. Simmer for 40 minutes.
4. Strain to remove all solids, keeping only the broth.
5. Refrigerate stock overnight. Remove layer of fat formed before use.

## Bok Choy Stock

Serving: 4

Total time taken: 60 minutes



## Ingredients

- 12 oz bone-in chicken
- 3 cups water
- 1 green onion (chopped)
- ½ pound bok choy
- Salt

## Directions

1. In a large pot, bring water and chicken to a boil.
2. Reduce to low heat, cover, and simmer for 40 minutes. Skim off fat layer that will form on the surface.
3. Add bok choy and green onion. Simmer for another 10 minutes.
4. Strain to remove all solids, keeping only the broth.
5. Refrigerate stock overnight. Remove layer of fat formed before use.

## Vegetable Beef Stock

Serving: 12

Total time taken: 60 minutes

## Ingredients

- 1 pound lean beef shank (diced)
- 7 cups water
- 2 slices fresh ginger
- 2 carrots (chopped)
- ½ radish (chopped)
- Salt

## Directions

1. In a large pot, saute the onion until fragrant. Add beef and water, bringing to a boil.
2. Reduce to low heat, cover, and simmer for 40 minutes. Skim off fat layer that will form on the surface.
3. Add carrots, radish, and salt. Simmer for another 10 minutes.
4. Strain to remove all solids, keeping only the broth.
5. Refrigerate stock overnight. Remove layer of fat formed before use.

## Fishy Tomato Broth

Serving: 12

Total time taken: 60 minutes

## Ingredients

- 1 lb fish bones (from bass, flounder, or halibut)
- 7 cups water
- 1 block silken tofu (cubed)
- 2 cups tomatoes (finely chopped)
- 4 slices ginger root
- Salt

## Directions

1. In a large pot, add water and bring to a boil. Add fish bones and ginger, boiling for 10 minutes.
2. Add tomatoes and tofu. Reduce to low heat and cover. Simmer for 40 minutes.
3. Strain to remove all solids, keeping only the broth.

4. Refrigerate stock overnight. Remove layer of fat formed before use.

## Pork and Fuzzy Gourd Broth

Serving: 12

Total time taken: 90 minutes

### Ingredients

- 1 pound pork bones
- 8 cups water
- ½ cup black eyed peas
- 3 medium fuzzy gourd (cut in 1” pieces)
- ½ cups peanuts
- Salt

### Directions

1. Soak the peanuts and peas in water for 15 minutes.
2. In a large pot, bring water to a boil. Blanch the pork bones for 5 minutes. Discard the water.
3. Add 8 cups of fresh water, pork bones, peanuts, and peas to the pot. Bring to a boil and reduce heat.
4. Cover and simmer for 30 minutes. Skim fat layer that will form on the surface.
5. Add gourd sprouts to the pot and simmer for 30 minutes.
6. Strain to remove all solids, keeping only the broth.
7. Refrigerate stock overnight. Remove layer of fat formed before use.

## Rosemary Grapefruit Infused Water

Serving: 10

Total time taken: 8 hours

### Ingredients

- ½ grapefruit (peeled and sliced)
- 1 sprig fresh rosemary
- 4 cups water
- Liquid stevia, to taste

### Directions

1. In a sealable jar, add water, rosemary, and grapefruit.
2. Cover and refrigerate for at least 8 hours.
3. Remove all solids from the jar.
4. Add liquid stevia to desired taste before serving. Serve cold.

### Citrus Infused Green Tea

Serving: 8

Total time taken: 8 hours

### Ingredients

- 2 green tea bags
- 1 lemon (sliced)
- ½ grapefruit (peeled and sliced)
- 4 cups water
- Liquid stevia, to taste

### Directions

1. I In a sealable jar, add water, tea bags, lemon, and grapefruit.

2. Cover and refrigerate for 4 hours. Remove tea bags and refrigerate for 4 more hours.
3. Remove all solids from the jar.
4. Add liquid stevia to desired taste before serving. Serve cold.

### Spicy Infused Cucumber Water

Serving: 8

Total time taken: 8 hours

#### Ingredients

- ½ jalapeno (deseeded)
- 1 cucumber (sliced)
- 1 sprig mint leaves
- 4 cups water

#### Directions

1. In a sealable jar, add water, cucumber, mint, and jalapeno.
2. Cover and refrigerate for 8 hours.
3. Remove all solids from the jar.
4. Serve cold.

### **Puree Recipes**

#### Spicy Tofu Puree

Serving: 4

Total time taken: 20 minutes

## Ingredients

- 12oz block steamed silken tofu
- ½ teaspoon garlic powder
- ½ teaspoon chili powder
- ¼ teaspoon turmeric
- ¼ teaspoon garlic powder
- ½ teaspoon salt
- 1 tablespoon olive oil

## Directions

1. In medium sized pot, bring a few inches of water to a boil. Add tofu to a steaming basket.
2. Cover and steam until cooked, about 15 minutes.
3. In a blender, add steamed tofu and spices.
4. Blend until smooth, adding water or olive oil to reach desired consistency.
5. Serve warm as a side dip.

## Spicy Cauliflower Puree

Serving: 2

Total time taken: 20 minutes

## Ingredients

- 2 cups broccoli (chopped)
- 2 cups cauliflower (chopped)
- 1 tablespoon olive oil

- ½ cup skim milk
- 1 teaspoon dry mint (ground)
- 1 tablespoon fresh parsley (chopped)
- ½ teaspoon italian seasoning
- ¼ teaspoon ground cumin
- ½ teaspoon salt

#### Directions

1. In a deep pot, cover cauliflower with water and a pinch of salt. Cook for 15 minutes. Drain.
2. Add cooked cauliflower, broccoli, milk, salt, italian seasoning, mint, parsley, and cumin to the food processor.
3. Blend slowly, while gradually adding olive oil, until thoroughly pureed.
4. Serve with fresh celery and carrots, as desired.

#### Cauliflower and Beef Puree

Serving: 4

Total time taken: 30 minutes

#### Ingredients

- 8 oz lean ground beef
- ¾ cup chicken broth
- ½ cup cauliflower (chopped)
- 1 tablespoon fresh parsley (chopped)
- 1 tablespoon fresh thyme (chopped)
- 1 clove garlic (minced)
- Salt

- Cooking spray

#### Directions

1. In a medium pot of boiling water, blanch cauliflower until soft, about 10-15 minutes. Set aside.
2. Coat a skillet with cooking spray. Over medium heat, add the ground beef and brown.
3. Once meat is browned, add half of the chicken broth and herbs. Cover and simmer for 20 minutes.
4. In a blender, add cauliflower and cooked beef with the broth.
5. Blend until smooth, adding the remaining chicken broth to reach desired consistency.
6. Strain the puree to remove large pieces. Serve warm.

#### Italian Style Chicken Puree Soup

Serving: 4

Total time taken: 20 minutes

#### Ingredients

- 8 oz boiled chicken breast (shredded)
- ¼ cup parmesan cheese (grated)
- 1 cup chicken broth
- ½ teaspoon garlic powder
- 1 tablespoon oregano
- 1 clove garlic
- 1 tablespoon fresh parsley (chopped)
- Salt

#### Directions



1. In a medium sized pot, cover chicken with water and bring to a boil. Cook until done, about 15 minutes.
2. In a separate saucepan, heat the chicken broth.
3. In a blender, add cooked chicken, half of the chicken broth, and all other ingredients.
4. Blend until smooth, adding the remaining broth until desired consistency is reached.
5. Strain the puree to remove large pieces. Serve warm.

## Hearty Beef and Potato Puree

Serving: 6

Total time taken: 30 minutes

### Ingredients

- 8 oz lean ground beef
- ¼ cup carrot (chopped)
- ¼ cup potatoes (chopped)
- ¼ cup canned pumpkin puree
- 2 tablespoons cheddar cheese (shredded)
- 1 cup chicken broth
- 1 teaspoon tomato paste
- 1 clove garlic
- 1 tablespoon parsley (chopped)
- Salt
- Cooking spray

### Directions

1. Coat a saucepan with cooking spray. Over medium heat, saute carrots and potatoes for about 4 minutes.
2. Add the ground beef to the saucepan and brown. Once meat is browned, add in the parsley, garlic, pumpkin puree, tomato paste, salt, and half of the chicken broth.
3. Cover and simmer for 20 minutes. Towards the end, stir in the cheese.
4. In a blender, add all ingredients. Blend until smooth, adding remaining chicken broth to reach desired consistency.
5. Strain the puree to remove large pieces. Serve warm.

## Chicken and Pumpkin Puree

Serving: 4

Total time taken: 20 minutes

### Ingredients

- 8 oz boiled chicken breast (shredded)
- ¼ cup cheddar cheese (shredded)
- 1 cup skim milk
- ½ cup canned pumpkin puree
- ½ teaspoon Dijon mustard
- 1 tablespoon fresh chives (chopped)
- Salt

### Directions

1. In a medium sized pot, cover chicken with water and bring to a boil. Cook until done, about 15 minutes.

2. In a separate saucepan, heat the chicken broth.
3. In a blender, add cooked chicken, pumpkin puree, skim milk, cheese, mustard, chives, salt, and half of the chicken broth.
4. Blend until smooth, adding the remaining broth until desired consistency is reached.
5. Strain the puree to remove large pieces. Serve warm.

### Italian Tomato Puree

Serving: 6

Total time taken: 30 minutes

#### Ingredients

- 12 oz lean ground beef
- ½ cup chicken broth
- 1 cup tomatoes (crushed)
- 2 tablespoon parmesan cheese
- 1 clove garlic
- 1 bay leaf
- 1 teaspoon oregano
- 1 tablespoon fresh thyme (chopped)
- ¼ cup carrot (chopped)
- ¼ cup onion (chopped)
- Salt
- Cooking spray

#### Directions

1. Coat a saucepan with cooking spray. Over medium heat, saute the carrots and onion until fragrant.

2. Add the ground beef to the saucepan and brown. Once meat is browned, add in the tomatoes, oregano, thyme, garlic, bay leaf, salt, and half of the chicken broth.
3. Cover and simmer for 20 minutes. Towards the end, add in the parmesan.
4. In a blender, add all ingredients. Blend until smooth, adding remaining chicken broth to reach desired consistency.
5. Strain the puree to remove large pieces. Serve warm.

### Thai Style Chicken Blended Puree

Serving: 4

Total time taken: 20 minutes

#### Ingredients

- 8 oz boiled chicken breast (shredded)
- 1 cup chicken broth
- 1 clove garlic
- 1 tablespoon soy sauce
- 1 tablespoon green onion (chopped)
- 2 tablespoons fresh ginger (grated)
- ¼ cup powdered peanut butter
- ½ teaspoon vinegar

#### Directions

1. In a medium sized pot, cover chicken with water and bring to a boil. Cook until done, about 15 minutes.
2. In a separate saucepan, heat the chicken broth.
3. In a blender, add cooked chicken, garlic, soy sauce, green onion, ginger, powder, vinegar, and half of the chicken broth.

4. Blend until smooth, adding the remaining broth until desired consistency is reached.
5. Strain the puree to remove large pieces. Serve warm.

### Lemon Salmon Puree

Serving: 2

Total time taken: 20 minutes

#### Ingredients

- 6 oz canned pink salmon
- 2 tablespoons Greek yogurt
- ½ teaspoon lemon juice
- ½ tablespoon fresh chives (chopped)
- 2 tablespoons shallots (chopped)
- Olive oil
- Salt

#### Directions

1. In a blender, add salmon, yogurt, lemon juice, chives, shallots, and salt.
2. Blend until smooth, adding water or olive oil to reach desired consistency.
3. Strain the puree to remove large pieces. Serve warm or at room temperature, as preferred.

### Lemony Mustard Puree

Serving: 4

Total time taken: 20 minutes

## Ingredients

- 8 oz boiled chicken breast (shredded)
- $\frac{3}{4}$  cup chicken broth
- 2 tablespoons Dijon mustard
- 2 tablespoons lemon juice
- 1 teaspoon brown sugar truvia
- Salt

## Directions

1. In a medium sized pot, cover chicken with water and bring to a boil. Cook until done, about 15 minutes.
2. In a separate saucepan, heat the chicken broth.
3. In a blender, add cooked chicken, mustard, lemon juice, brown sugar, salt, and half of the chicken broth.
4. Blend until smooth, adding the remaining broth until desired consistency is reached.
5. Strain the puree to remove large pieces. Serve warm.

## Worcestershire and Cream Puree

Serving: 4

Total time taken: 20 minutes

## Ingredients

- 8 oz boiled chicken breast (shredded)
- 1 cup chicken broth
- 1 tablespoon Worcestershire sauce

- ½ cup fat-free half half
- ½ cup skim milk
- Salt

#### Directions

1. In a medium sized pot, cover chicken with water and bring to a boil. Cook until done, about 15 minutes.
2. In a separate saucepan, heat the chicken broth.
3. In a blender, add cooked chicken, milk, half & half, Worcestershire sauce, salt, and half of the chicken broth.
4. Blend until smooth, adding the remaining broth until desired consistency is reached.
5. Strain the puree to remove large pieces. Serve warm.

#### Indian Curry Chicken Puree

Serving: 4

Total time taken: 20 minutes

#### Ingredients

- 8 oz boiled chicken breast (shredded)
- 1 cup chicken broth
- 2 tablespoons Greek yogurt
- ½ cup skim milk
- ½ cup tomatoes (chopped)
- ½ tablespoon curry powder
- 1 clove garlic

- Salt

### Directions

1. In a medium sized pot, cover chicken with water and bring to a boil. Cook until done, about 15 minutes.
2. In a separate saucepan, heat the chicken broth.
3. In a blender, add cooked chicken, yogurt, milk, tomatoes, curry, salt, and half of the chicken broth.
4. Blend until smooth, adding the remaining broth until desired consistency is reached.
5. Strain the puree to remove large pieces. Serve warm.

### Parmesan Tilapia Puree

Serving: 4

Total time taken: 20 minutes

### Ingredients

- 8 oz steamed tilapia fillet (chopped)
- $\frac{3}{4}$  cup chicken broth
- 1 tablespoon pesto
- 1 teaspoon lemon juice
- 2 tablespoons parmesan cheese
- $\frac{1}{4}$  cup chopped tomatoes
- Salt and pepper

### Directions

1. In medium sized pot, bring a few inches of water to a boil. Add tilapia fillet to a steaming basket. Cover and steam until cooked, about 15 minutes.



2. In a separate saucepan, heat the chicken broth.
3. In a blender, add cooked tilapia, tomatoes, parmesan cheese, pesto, lemon juice, salt, pepper, and half of the chicken broth.
4. Blend until smooth, adding the remaining broth until desired consistency is reached.
5. Strain the puree to remove large pieces. Serve warm.

### Crab Shallot Puree

Serving: 4

Total time taken: 20 minutes

#### Ingredients

- 1 6 oz can crab meat
- 1 cup chicken broth
- 2 tablespoons mayonnaise
- ½ teaspoon Old Bay seasoning
- 2 tablespoons shallots (chopped)

#### Directions

1. In a saucepan, heat the chicken broth.
2. In a blender, add crab meat, mayonnaise, seasoning, shallots, and half of the chicken broth.
3. Blend until smooth, adding the remaining broth until desired consistency is reached.
4. Strain the puree to remove large pieces. Serve warm.

### Cauliflower and Cheese Mash

Serving: 6

Total time taken: 30 minutes

### Ingredients

- 1 cauliflower head (finely chopped)
- 1 cup cheddar cheese (shredded)
- 1 cup sour cream
- 2 cloves garlic
- Salt and pepper, to taste

### Directions

1. In a medium pot of boiling water, blanch cauliflower until soft, about 10-15 minutes. Drain.
2. In a blender, add blanched cauliflower, sour cream, cheese, garlic, salt, and pepper.
3. Blend until smooth, adding warm water to reach desired consistency.
4. Strain the puree to remove large pieces. Serve warm.

### Creamy Lemon Shrimp Puree

Serving: 4

Total time taken: 20 minutes

### Ingredients

- 8 oz frozen shrimp (chopped)
- ¼ cup sour cream
- ¼ cup parmesan cheese
- ¼ cup cream cheese
- 2 tablespoons lemon juice

- 1 clove garlic (minced)
- 2 tablespoons mayonnaise
- ¼ teaspoon red pepper flakes

#### Directions

1. In a pan, saute garlic, shrimp, lemon juice, and red pepper flakes for 2 minutes.
2. In a blender, add sauteed shrimp, cream cheese, sour cream, parmesan, and mayonnaise.
3. Blend until smooth, adding warm water until desired consistency is reached.
4. Strain the puree to remove large pieces. Serve warm.

#### Jalapeno Bean Puree

Serving: 4

Total time taken: 20 minutes

#### Ingredients

- 15 oz canned pinto beans
- 3 oz canned jalapeno peppers
- ¼ teaspoon paprika
- ¼ teaspoon onion powder
- ¼ teaspoon sugar
- 1 tablespoon white vinegar
- Salt

#### Directions

1. In a blender, add beans, jalapenos, vinegar, and spices.
2. Blend until smooth, adding warm water until desired consistency is

reached.

3. Serve with tortilla chips as a side dip.

## Chapter 6: Breakfast Recipes

### Veggie Quiche Muffins

(Total time: 50 min | Serves: 12)

#### Ingredients:

- ¾ c. shredded cheddar
- 1c. green onion
- 1 c. chopped broccoli
- 1 c. diced tomatoes
- 2 c. milk
- 4 eggs
- 1 c. pancake mix
- 1 tsp. oregano
- ½ tsp. salt
- ½ tsp. pepper

#### Instructions:

1. Set oven to 375 degrees F, and lightly grease a 12-cup muffin tin with oil.
2. Sprinkle tomatoes, broccoli, onions and cheddar into muffin cups.
3. Combine remaining ingredients in a medium bowl, whisk to combine then pour evenly on top of veggies.
4. Set to bake in preheated oven for about 40 minutes or until golden brown.
5. Allow to cool slightly (about 5 minutes) then serve. Enjoy!

#### Nutritional Information:

Calories: 58.8, Fat: 3.2g, Carbs: 2.9g, Protein: 5.1g

### Steel Cut Oat Blueberry Pancakes

(Total time: 20 min | Serves: 4)

#### Ingredients:

- 1½ c. water
- ½ c. oats
- 1/8 tsp. salt
- 1 c. flour
- ½ tsp. baking powder
- ½ tsp. baking soda
- 1 egg
- 1 c. milk
- ½ c. Greek yogurt
- 1 c. frozen blueberries
- ¾ c. agave nectar

#### Instructions:

1. Combine oats, salt, and water together in a medium saucepan, stir, and allow to come to a boil over high heat.
2. Set it to low and simmer for 10 mins, or until oats are tender. Set aside.
3. Combine all remaining ingredients, except agave nectar, in a medium bowl, then fold in oats.
4. Preheat griddle and lightly grease. Cook ¼ cup of batter at a time for about 3 minutes per side.
5. Garnish with agave.

#### Nutritional Information:

Calories: 257, Fat: 7g, Carbs: 46g, Protein: 14g

#### Very Berry Muesli

(Total time: 6 hours | Serves: 2)

### Ingredients:

- 1 c. oats
- 1 c. fruit flavored yogurt
- ½ c. milk
- 1/8 tsp. salt
- ½ c. dried raisins
- ½ c. chopped apple
- ½ c. frozen blueberries
- ¼ c. chopped walnuts

### Instructions:

1. Combine yogurt, salt and oats together in a medium bowl, mix well, then cover the mixture tightly.
2. Place in the refrigerator to cool for 6 hours.
3. Add raisins, and apples the gently fold.
4. Top with walnuts and serve. Enjoy!

### Nutritional Information:

Calories: 198, Carbs: 31.2g, Fat: 4.3g, Protein: 6g

## **Strawberry & Mushroom Breakfast Sandwich**

(Total time: 10 min | Serves: 4)

### Ingredients:

- 8 oz. Cream cheese
- 1 tbsp. Honey
- 1 tbsp. grated Lemon zest
- 4 sliced Portobello Mushrooms
- 2 c. sliced Strawberries

### Instructions:

1. Add honey, lemon zest and cheese to a food processor, and process until fully incorporated.
2. Use cheese mixture to spread on mushrooms as you would butter.
3. Top with strawberries. Enjoy!

Nutritional Information:

Calories: 180, Fat: 16g, Carbs: 6g, Protein: 2g

## Turkey Sausage and Mushroom Strata

(Total time: 1 hr 15 min | Serves: 12)

Ingredients:

- 8 oz. cubed ciabatta bread
- 12 oz. chopped turkey sausage
- 2 c. milk
- 4 oz. shredded cheddar
- 3 eggs
- 12 oz. egg substitute
- ½ c. chopped green onion
- 1 c. sliced mushroom
- ½ tsp. paprika
- ½ tsp. pepper
- 2 tbsps. grated parmesan cheese

Instructions:

1. Set oven to 400 degrees F. Lay bread cubes flat on a baking tray and set it to toast for about 8 min.
2. Meanwhile, add a skillet over medium heat with sausage and allow to cook while stirring, until fully brown and crumbled.
3. In a bowl, add pepper, parmesan cheese, egg substitute, salt, paprika,



eggs, cheddar cheese and milk, then whisk to combine.

4. Add in remaining ingredients and toss well to incorporate. Transfer mixture to a large baking dish (preferably a 9x13-inch) then tightly cover and allow to rest in the refrigerator overnight.

5. Set oven to 350 degrees F, remove the cover from casserole dish and set to bake until fully cooked and golden brown.

6. Slice and serve.

Nutritional Information:

Calories: 185, Fat: 18g, Carbs: 9.2g, Protein: 2.4g

Sweet Millet Congee

(Total time: 1 hour 15 min | Serves: 4)

Ingredients:

- 1 c. millet
- 5 c. water
- 1 c. diced sweet potato
- 1 tsp. cinnamon
- 2 tbsps. stevia
- 1 diced apple
- ¼ c. honey

Instructions:

1. In a deep pot, add stevia, sweet potato, cinnamon, water and millet, then stir to combine.

2. Bring to boil over high heat, then reduce to a simmer on low for an hour or until water is fully absorbed and millet is cooked.

3. Stir in remaining ingredients and serve.

Nutritional Information:

Calories: 136, Fat: 1g, Carbs: 28.5g, Protein: 3.1g

## **Summer Breakfast Quinoa Bowls V**

(Total time: 30 min | Serves: 2)

### Ingredients:

- 1 sliced peach
- 1/3 c. quinoa
- 1 c. low fat milk
- ½ tsp. vanilla extract
- 2 tsps. natural stevia
- 12 raspberries
- 14 blueberries
- 2 tsps. honey

### Instructions:

1. Add natural stevia, 2/3 cup milk and quinoa to a saucepan, and stir to combine.
2. Over medium high heat, bring to a boil then cover and reduce heat to a low simmer for a further 20 minutes (you should be able to fluff quinoa with a fork).
3. Grease and preheat grill to medium. Grill peach slices for about a minute per side. Set aside.
4. Heat remaining milk in the microwave and set aside.
5. Split cooked quinoa evenly between 2 serving bowls and top evenly with remaining ingredients. Enjoy!

### Nutritional Information:

Calories: 180, Fat: 4g, Carbs: 36g, Protein: 4.5g

## **Perfect Granola**

(Total time: 40 min | Serves: 10)

### Ingredients:

- ¼ c. canola oil
- 4 tbsps. honey
- 1½ tsp. vanilla
- 6 c. old fashioned rolled oats
- 1 c. almond
- ½ c. shredded unsweetened coconut
- 2 c. bran flakes
- ¾ c. chopped walnuts
- 1 c. raisins
- Cooking spray

Instructions:

1. Prepare oven to preheat at 325 degrees F.
2. In a saucepan, cook oil and vanilla gently over low flame, occasionally stirring for roughly 5 mins.
3. Place all ingredients except raisins into a large bowl and combine.
4. Stir in honey and oil mixture slowly, ensuring all grains are properly coated.
5. Set a parchment paper on the baking tray or use cooking spray to grease lightly. Spread cereal evenly in the tray and bake for 25 mins, occasionally stirring to keep mixture from burning, or until very lightly browned.
6. When ready, remove cereal and put aside to cool.
7. Add raisins and mix well.

Nutritional Information:

Calories: 458, Fat: 21g, Carbs: 62g, Protein: 12.1g

## **Cinnamon Sugar Oatmeal Casserole**

Serving: 8

Total time taken: 50 minutes

## Ingredients

- 2 cups quick-cooking oats
- 1 cup buttermilk
- 2 eggs
- ½ cup unsweetened applesauce
- ⅓ cup raisins
- 2 tablespoons almonds (slivered)
- 1 ½ teaspoons cinnamon
- 1 teaspoon vanilla extract
- ⅓ cup splenda
- 1 ½ teaspoons baking powder
- ½ teaspoon salt

## Directions

1. Preheat oven to 325 F. Coat a pie plate with cooking spray.
2. In a large bowl, combine oats, cinnamon, splenda, baking powder, and salt. Mix well.
3. In a separate bowl, beat together buttermilk, eggs, and applesauce. Pour into bowl with dry ingredients and combine until thoroughly mixed. Add in almonds and raisins.
4. Pour into a pie plate. Bake for 40-45 minutes.
5. Cool entirely before serving.

## Vanilla Ricotta Muffins

Serving: 4

Total time taken: 40 minutes

## Ingredients

- 2 cups ricotta cheese
- 3 teaspoons splenda
- 2 teaspoons vanilla extract
- 4 large eggs
- Berries (optional)

## Directions

1. Preheat oven to 400 F.
2. Fill a muffin tin with tin liners. Coat with nonstick spray.
3. In a bowl, stir together all ingredients until smooth.
4. (Optional) If desired, add berries into the bowl and stir.
5. Pour into muffin cups.
6. Bake for 20-30 minutes, or until an inserted toothpick comes out clean.

## Egg and Ham Breakfast Cups

Serving: 4

Total time taken: 40 minutes

## Ingredients

- 6 eggs
- 6 slices deli ham
- 1 tablespoon cheddar cheese (shredded)
- Chives
- Salt and pepper, to taste

## Directions

1. Preheat oven to 350 F.
2. Fill a muffin pan with tin liners. Coat with nonstick spray.
3. Line the muffin cups with ham slices. (If the edges stick up, that's fine). Bake for 10 minutes.
4. Break one egg into each cup. Sprinkle with salt and pepper. Bake for another 10 minutes.
5. Cook eggs to your liking. Remove from oven and top with cheese and chives. Serve warm.

## **Broccoli Mushroom Quiche**

Serving: 4

Total time taken: 40 minutes

## Ingredients

- 1 head of broccoli
- 3 oz Swiss cheese (low fat)
- ¼ cup skim milk
- 1 cup egg substitute
- ¼ cup half and half (fat-free)
- ½ cup canned mushrooms

## Directions

1. Preheat oven to 400 F. Coat a pie plate with cooking spray.
2. In a pot, bring a few inches of water to a boil. Add broccoli to a steaming basket and steam. Chop broccoli to pieces sized as desired.
3. Add mushrooms and broccoli to pie plate.

4. In a bowl, mix half and half, skim milk, and egg substitute thoroughly. Pour over mushrooms and broccoli. Top with cheese.
5. Bake for 40 minutes. Serve warm.

### Fruity Breakfast Popsicles

Serving: 4

Total time taken: 40 minutes

#### Ingredients

- 1 cup Greek yogurt
- ½ cup 1% milk
- ½ cup oats
- 1 cup mixed berries (or fruit of choice)

#### Directions

1. Mix yogurt and milk together, and divide mixture into popsicle molds.
2. Stir berries and oats into each mold.
3. Add a wooden stick into each mold. Put popsicle trays in freezer.
4. Freeze for a minimum of 4 hours before serving.

### Whole Wheat Homemade Pretzels

Serving: 8

Total time taken: 50 minutes

#### Ingredients

- 2 ½ tablespoons active dry yeast
- 2 ½ cups white whole wheat flour

- 2 teaspoons baking soda
- 2 tablespoons agave or honey
- 2 tablespoons melted butter
- ½ teaspoon salt
- 1 cup warm water
- Coarse sea or pretzel salt (for topping)

### Directions

1. In a stand mixer with a dough hook attachment, add all ingredients. Mix on medium speed. The dough should be sticky. Increase speed, kneading for 10 minutes.
2. Cover the bowl and let the dough rise for 30 minutes.
3. Preheat oven to 450 F. Divide dough into 8 pieces on a floured surface. Using your hands, roll out the dough lengthwise and twist it into a desired pretzel shape.
4. Bring a wide pot with a few inches of water to a boil. Whisk in baking soda until dissolved. Drop each pretzel into the boiling water until they float, usually 20 seconds. Scoop out with a slotted spoon.
5. Coat a nonstick baking sheet with cooking spray. Place pretzels on the sheet and top with pretzel salt to taste. Let the dough rest for 5-10 minutes.
6. Bake the pretzels for about 9 minutes. Switch pretzels to the broiler for 1-2 minutes, or until golden brown.

### Spinach and Turkey Crustless Quiche

Serving: 8

Total time taken: 60 minutes

### Ingredients



- Cooking spray
- 2 large eggs
- 2 large egg whites
- ½ cup all-purpose flour
- 1 teaspoon baking powder
- 4 oz. smoked turkey or ham (cubed)
- 1 clove garlic (minced)
- ½ cup onion (chopped)
- ⅛ teaspoon black pepper
- ¾ cup Swiss cheese (shredded), divided use
- ¼ cup extra sharp cheddar cheese (shredded)
- 1 cup cottage cheese
- ½ cup half & half
- 1 cup baby spinach leaves (fresh)

## Directions

1. Preheat oven to 350 F.
2. In a nonstick skillet, sauté turkey, garlic, onion, and ground pepper over medium/high heat, until onions are tender or turkey is lightly browned. Set aside.
3. Coat a 9-inch pie plate with cooking spray. Apply ¼ cup of Swiss cheese on the bottom of the pie plate. Layer turkey and onion mixture on top.
4. Combine remaining ½ cup swiss cheese, cheddar cheese, spinach leaves, cottage cheese, half & half, and eggs into a large bowl. Whisk until it becomes a well-combined egg mixture.
5. In a separate bowl, mix flour and baking powder. Add to egg mixture. Fold together until well combined.

6. Layer the above mixture into pie plate. Bake for 45 minutes, or until knife comes out clean.

## Cheesy Chili Egg Puff

Serving: 3

Total time taken: 45 minutes

### Ingredients

- 1 can green chilies (chopped)
- 4 cups Monterey Jack cheese (shredded)
- 2 cups 4% cottage cheese
- 10 large eggs
- 1 teaspoon baking powder
- ½ cup all-purpose flour
- ½ teaspoon salt

### Directions

1. Preheat oven to 350 F.
2. Beat the eggs in a large bowl on medium-high speed until eggs become light and creamy, or for about 3 minutes.
3. While beating, slowly sift baking powder, flour, and salt. Mix well.
4. Combine chilies and cheeses to the batter.
5. Pour the batter into a medium-sized, greased baking dish. Bake (uncovered) for 35-40 minutes, or until knife comes out clean. Cool for 5 minutes before serving.

## Crustless Vegetable Quiche

Serving: 6

Total time taken: 60 minutes

### Ingredients

- Olive oil
- Salt and Pepper
- 5 eggs
- $\frac{2}{3}$  cup almond milk, unsweetened
- 4 oz. feta or goat cheese (crumbled)
- 1 cup green peas (frozen or fresh)
- 1 cup asparagus (sliced)
- 1 red bell pepper (diced)
- 3 green onions (sliced), optional
- 2 tablespoons fresh parsley (chopped)

### Directions

1. Preheat oven to 350 F.
2. Heat olive oil in large skillet. Sauté peas, asparagus, bell pepper, and green onions over medium-high heat. Add salt and pepper. Cook until tender, about 5-6 minutes.
3. Put vegetables into a baking dish. Sprinkle goat cheese and parsley on top. Set aside.
4. In a separate bowl, combine the almond milk, eggs, and a pinch of salt and pepper. Whisk thoroughly. Pour over the vegetables.
5. Bake for 40-45 minutes, or until knife comes out clean. Cool for 20 minutes before serving

## Chapter 7: Lunch Recipes

### Fresh Shrimp Spring Rolls

(Total time: 20 min | Serves: 12)

#### Ingredients:

- 12 sheets rice paper
- 12 bib lettuce
- 12 basil leaves
- $\frac{3}{4}$  c. cilantro
- 1 c. shredded carrots
- $\frac{1}{2}$  sliced cucumber
- 20 oz. cooked shrimp

#### Instructions:

1. Add all vegetables and shrimp to separate bowls.
2. Set a damp paper towel tower flat on work surface.
3. Quickly wet a sheet of rice papers under warm water and lay on paper towel.
4. Top with 1 of each vegetable and 4 pieces of shrimp, then roll in rice paper into a burrito – like roll.
5. Repeat until all vegetables and shrimp has been used up. Serve and enjoy.

#### Nutritional Information:

Calories: 67, Fat: 2.9g, Carbs: 7.4g, Protein: 2.6g

### Sunshine Wrap

(Total time: 30 min | Serves: 2)

#### Ingredients:

- 8 oz. grilled chicken breast

- ½ c. diced celery
- 2/3 c. mandarin oranges
- ¼ c. minced onion
- 2 tbsps. mayonnaise
- 1 tsp. soy sauce
- ¼ tsp. garlic powder
- ¼ tsp. black pepper
- 1 whole wheat tortilla
- 4 lettuce leaves

Instructions:

1. Combine all ingredients, except tortilla and lettuce, in a large bowl and toss to evenly coat.
2. Lay tortillas on a flat surface and cut into quarters.
3. Top each quarter with a lettuce leaf and spoon chicken mixture into the middle of each.
4. Roll each tortilla into a cone and seal by slightly wetting the edge with water. Enjoy!

Nutritional Information:

Calories: 280.8, Fat: 21.1g, Carbs: 3g, Protein: 19g

**Sweet Roasted Beet & Arugula Tortilla Pizza V**

(Total time: 25 min | Serves: 6)

Ingredients:

- 2 chopped Beets
- 6 Corn Tortillas
- 1 c. Arugula
- ½ c. Goat cheese

- 1 c. Blackberries
- 2 tbsps. Honey
- 2 tbsps. Balsamic vinegar

Instructions:

1. Preheat oven to 350 F. Lay tortillas on a flat surface.
2. Top with beets, berries and goat cheese. Combine balsamic vinegar and honey together in a small bowl, and whisk to combine.
3. Drizzle the mixture over pizza and to bake for about 10 minutes, or until cheese has melted slightly and tortilla is crisp.
4. Garnish with arugula and serve.

Nutritional Information:

Calories: 286, Fat: 40g, Carbs: 42g, Protein: 15g

## **Southwestern Black Bean Cakes with Guacamole**

(Total time: 25 min | Serves: 4)

Ingredients:

- 1 c. whole wheat bread crumbs
- 3 tbsps. chopped cilantro
- 2 garlic cloves
- 15 oz. black beans
- 7 oz. chipotle peppers in adobo sauce
- 1 tsp. ground cumin
- 1 large egg
- ½ diced avocado
- 1 tbsp. lime juice
- 1 tomato plum

Instructions:

1. Drain beans and add all ingredients, except avocado, lime juice and eggs, to a food processor and run until the mixture begins to pull away from the sides.
2. Transfer to a large bowl and add egg, then mix well.
3. Form into 4 even patties and cook on a preheated, greased grill over medium heat for about 10 minutes, flipping halfway through.
4. Add avocado and lime juice in a small bowl, then stir and mash together using a fork.
5. Season to taste then serve with bean cakes.

Nutritional Information:

Calories: 178, Fat: 7g, Carbs: 25g, Protein: 11g

## **Veggie Quesadillas with Cilantro Yogurt Dip**

(Total time: 25 min | Serves: 3)

Ingredients:

- 1 c. black beans
- 2 tbsps. chopped cilantro
- ½ chopped bell pepper
- ½ c. corn kernels
- 1 c. shredded cheese
- 6 corn tortillas
- 1 shredded carrot

Instructions:

1. Set skillet to preheat on low heat. Lay 3 tortillas on a flat surface.
2. Top evenly with peppers, carrots, cilantro, beans, corn and cheese over the tortillas, covering each with another tortilla, maximum.
3. Add quesadilla to preheated skillet. Cook until the cheese melts and tortilla is a nice golden brown (about 2 min).

4. Flip quesadilla and cook for about a minute or until golden.
5. Mix well. Slice each quesadilla into 4 even wedges and serve with dip.  
Enjoy!

Nutritional Information:

Calories: 344, Fat: 8g, Carbs: 46g, Protein: 27g



## **Mayo-less Tuna Salad**

(Total time: 5 min | Serves: 2)

### Ingredients:

- 5 oz. tuna
- 1 tbsp. olive oil
- 1 tbsp. red wine vinegar
- ¼ c. chopped green onion
- 2 c. arugula
- 1 c. cooked pasta
- 1 tbsp. parmesan cheese
- Black pepper

### Instructions:

1. Combine all ingredients into a medium bowl. Split mixture between two plates. Serve, and enjoy.

### Nutritional Information:

Calories: 213.2, Fat: 6.2g, Carbs: 20.3g, Protein: 22.7g

## **Southwest Style Zucchini Rice Bowl**

(Total time: 12 min | Serves: 2)

### Ingredients:

- 1 tbsp. vegetable oil
- 1 c. chopped vegetables
- 1 c. chopped chicken breast
- 1 c. cooked zucchini rice
- 4 tbsps. salsa
- 2 tbsps. shredded cheddar cheese
- 2 tbsps. sour cream

Instructions:

1. Set a skillet with oil to heat up over medium heat.
2. Add chopped vegetables and allow to cook, stirring until vegetables become fork tender.
3. Add chicken and zucchini rice. Cook while stirring, until fully heated through.
4. Split between 2 serving bowls and garnish with remaining ingredients. Serve and enjoy!

Nutritional Information:

Calories: 168, Fat: 8.2g, Carbs: 18g, Protein: 5.5g

### **Pesto & Mozzarella Stuffed Portobello Mushroom Caps**

(Total time: 30 min | Serves: 2)

Ingredients:

- 2 portobello mushrooms
- 1 diced Roma tomato
- 2 tbsps. pesto
- ¼ c. shredded mozzarella cheese

Instructions:

1. Spoon pesto evenly into mushroom caps, then top with remaining ingredients.
2. Bake at 400 degrees F for about 15 minutes. Enjoy!

Nutritional Information:

Calories: 112, Fat: 5.4g, Carbs: 7.5g, Protein: 10.5g

### **Lemon Tomato Couscous**

Serving: 4

Total time taken: 25 minutes

## Ingredients

- 5 oz couscous
- 1 cup vegetable broth
- 3 tablespoons olive oil
- 3 tablespoons lemon juice
- 3 tablespoons tomato sauce
- 1 onion (chopped)
- ½ cucumber (sliced)
- ½ carrot (sliced)
- ½ cup fresh parsley (chopped)
- Salt

## Directions

1. In a saucepan, bring vegetable broth to a boil. Slowly add in couscous, stirring constantly. Cover and let sit for 10 minutes, until couscous absorbs all liquid. Set aside and occasionally fluff with a fork.
2. In a skillet, heat olive oil and tomato sauce over medium heat. Add onions and saute until translucent. Set aside to cool.
3. In a large bowl, add couscous, tomato onion sauce, lemon juice, parsley, and salt. Mix until well coated with the sauce.
4. Serve with carrot and cucumber slices.

## **Spring Veggie and Chicken Pasta**

Serving: 6

Total time taken: 30 minutes

## Ingredients

- 2 cups chicken breast (cooked, chopped)

- 3 cups penne pasta
- 1 cup broccoli florets
- ½ cup frozen corn
- ½ cup frozen peas
- 1 onion (diced)
- 1 tablespoon garlic (crushed)
- 1 red capsicum (diced)
- 1 teaspoon chicken stock powder
- 1 tablespoon dried parsley
- 1 cup reduced fat cheese (grated)
- 1 cup thickened cream
- Green onion (sliced)
- Fresh cilantro
- Peanuts (chopped)
- Salt and pepper, to taste
- Cooking spray

## Directions

1. Cook pasta according to package directions. Set aside.
2. Coat a large frying pan with cooking spray. Over medium heat, sauté garlic and onion. Add peas, corn, broccoli, and capsicum. Cook until vegetables are tender but crisp.
3. Add cooked chicken to pan. Heat thoroughly. Add cream, chicken stock powder, parsley, salt, and pepper. Coat vegetables well with sauce. Then, stir in the cheese until melted.
4. Toss pasta into the skillet to combine. Coat pasta well with sauce.
5. Serve, garnished with chopped nuts, cilantro, and green onion.

## **Broccoli and Cauliflower Tuna Casserole**

Serving: 6

Total time taken: 30 minutes

### **Ingredients**

- 2 cans tuna
- 3 cups cauliflower
- 5 cups broccoli
- $\frac{3}{4}$  cups mayonnaise
- 8 oz cream cheese
- 2 cups cheddar cheese (shredded)
- 1 onion (chopped)
- 1 tablespoon Italian seasoning
- 1 teaspoon garlic powder
- $\frac{1}{2}$  teaspoon celery seed powder
- $\frac{1}{2}$  teaspoon red pepper flakes
- Salt and pepper, to taste

### **Directions**

1. Preheat oven to 350 F.
2. In a medium bowl, mix tuna, cream cheese, mayonnaise, onion, and seasonings. Mix until well combined.
3. In a rectangular baking dish, layer broccoli and cauliflower. Spoon tuna mixture in another, even layer. Top with a layer of shredded cheese.
4. Bake for 30 minutes, or until the cheese is golden and bubbly. Serve warm.

## **Hungarian Paprika Chicken**

Serving: 6

Total time taken: 2 hours

### Ingredients

- 1 broiler chicken (4-5 pounds, cooked, cut in pieces)
- 2 tablespoons paprika
- 1 onion (chopped)
- ¼ cup butter (cubed)
- 1 cup sour cream
- 2 tablespoons cornstarch
- Salt and pepper, to taste
- 1 ½ cups water

### Directions

1. Preheat oven to 350 F.
2. In a large skillet over medium-high heat, heat butter. Cook onion until tender.
3. Rub chicken with salt, pepper, and paprika. Place in a baking dish with water. Top with onions.
4. Bake for about 1- 1 ½ hours, or until the chicken is completely cooked.
5. In a separate bowl, mix cold water and cornstarch. Add juices from the cooked baking dish and the cornstarch mixture into the skillet the onions were cooked in. Bring the mixture to a boil. Cook and stir until thickened, for about 1-2 minutes.
6. Serve the baked chicken topped with sauce.

### **Chicken Veggie Asian Stir Fry**

Serving: 6

Total time taken: 30 minutes

### Ingredients

- 1 pound boneless, skinless chicken breast (sliced small)
- 3 cups brown rice (cooked)
- 1 tablespoon cornstarch
- 1 tablespoon brown sugar
- 1 cup chicken broth
- ½ cup soy sauce
- ½ cup pineapple juice
- ½ zucchini (sliced in rounds and quartered)
- ½ cup broccoli florets
- ½ red bell pepper (sliced)
- 1 carrot (thinly sliced)
- ½ red onion (sliced)
- 2 tablespoons cilantro (chopped)
- 4-5 sugar snap peas
- ¼ cup toasted cashew
- 2 cloves garlic (minced)
- Green onion (thinly sliced, for garnish)
- 1 tablespoon fresh ginger (finely grated)
- 2 tablespoons vegetable oil

### Directions

1. Marinate chicken with soy sauce and cornstarch.
2. In a large skillet over medium-high heat, heat 1 tablespoon of vegetable

oil. Stir fry zucchini, snap peas, bell pepper, broccoli, ginger, carrot, onion, and garlic for 2-3 minutes.

3. Add chicken broth and cover until vegetables are tender, about 4-5 minutes.

4. In another frying pan, heat 1 tablespoon vegetable oil and cook chicken thoroughly.

5. Add stir fried vegetables, cilantro, and pineapple juice to the pan with cooked chicken.

6. Before serving, mix in cashews and cooked rice. Heat all together. Garnish with green onion.

## **Easy Chicken Parmesan**

Serving: 6

Total time taken: 35 minutes

### **Ingredients**

- 2 pounds chicken cutlets (pounded thin)
- 1 jar spaghetti sauce (low sodium)
- 8 oz part-skim mozzarella cheese (shredded)
- $\frac{3}{4}$  cup Parmesan cheese (grated)
- 2 eggs
- $\frac{3}{4}$  cup flour
- 1  $\frac{3}{4}$  cups Italian breadcrumbs
- $\frac{1}{2}$  cup vegetable oil
- Salt and pepper, to taste

### **Directions**



1. Preheat oven to 375 F.
2. In a bowl, beat together eggs and 2 tablespoons of water.
3. Set up 3 shallow dishes: 1 with flour + salt + pepper ; 1 with bread crumbs ; 1 with the eggs.
4. Dip chicken in flour. Shake off excess. Dip chicken in eggs. Drain excess. Dip in breadcrumbs. Coat chicken thoroughly.
5. In a large skillet, heat vegetable oil over medium-high heat. Add breaded chicken and cook until golden, about 2 minutes per side.
6. In a 13” baking pan, pour half of spaghetti sauce. Add one layer of chicken. Cover with half of mozzarella and Parmesan. Layer with leftover chicken, sauce, and cheeses.
7. Bake for about 20 minutes, or until cheese is bubbling. Serve warm.

## **Kale, Butternut Squash, and Sausage Pasta**

Serving: 8

Total time taken: 1 hour

### **Ingredients**

- 6 links Italian sausage (spicy or sweet)
- 4 cups kale (roughly chopped)
- 1 cup butternut squash (diced)
- 3 cloves garlic (grated)
- ¼ cup parsley (minced)
- 1 pound whole wheat pasta (orecchiette)
- ½ cup Parmigiano-Reggiano (grated)
- ¼ cup olive oil (divided)

- Salt and pepper, to taste

#### Directions

1. Preheat oven to 400 F.
2. Line a baking sheet with foil. Coat butternut squash with olive oil, salt, and pepper. Arrange onto a single layer on the baking sheet. Roast until golden brown, about 25-30 minutes. Toss once, halfway through.
3. Prepare orecchiette pasta according to package instructions. Set aside 1 cup of cooked pasta liquid. Set cooked pasta aside.
4. In a deep pan over medium-high heat, heat 1 tablespoon of olive oil. Remove sausage from casings and add to pan. Begin browning the meat.
5. Add grated garlic when sausage is halfway cooked. Continue cooking until thoroughly cooked, about 7-9 minutes. Deglaze pan with cooked pasta liquid.
6. Stir kale, 2 tablespoons of olive oil, salt, and pepper into sausage pan. Wait 2-3 minutes, until kale is bright green.
7. Toss in cooked pasta, roasted butternut squash, parsley, and Parmigiano-Reggiano.
8. Serve, topped with Parmigiano-Reggiano and parsley as preferred.

#### Lemon Juice Salmon With Quinoa

Serving: 2

Total time taken: 30 minutes

#### Ingredients

- 2 8-ounce boneless salmon fillets
- 14 cherry tomatoes (halved)
- 10 white button mushrooms (thinly sliced)

- 8-10 asparagus spears
- 1 lemon
- 2 tablespoon dill (roughly chopped)
- 2 cloves garlic (minced)
- 2 teaspoons olive oil
- 2 teaspoons capers (optional)

### Directions

1. Preheat oven to 350 F.
2. On a large piece of parchment paper, layer minced garlic. Place layer of asparagus on top of garlic. Arrange a salmon fillet on top of the asparagus. Place the mushrooms and cherry tomatoes around the salmon.
3. Drizzle with lemon juice and olive oil. Season with salt, pepper, dill, and capers.
4. Fold paper up above the ingredients, careful to maintain the layered arrangement. Tightly seal by folding the edges several times.
5. Bake for 20-25 minutes, or until salmon is flaky.
6. Serve with rice, pasta, or quinoa.

## Chapter 8: Dinner Recipes

### Tandoori Chicken

(Total time: 35 min | Serves: 6)

#### Ingredients:

- 1 c. plain yogurt
- ½ c, lemon juice
- 5 crushed garlic cloves
- 2 tbsps. paprika
- 1 tsp. yellow curry powder
- 1 tsp. ground ginger
- 6 skinless chicken breasts
- 6 skewers

#### Instructions:

1. Set oven to 400 degrees F. In blender, combine red pepper flakes, ginger, curry, paprika, garlic, lemon juice and yogurt, then process into a smooth paste.
2. Add chicken strips evenly onto skewers. Add chicken to a shallow casserole dish then cover with ½ of yogurt mixture.
3. Tightly seal and rest in refrigerator for about 15 minutes.
4. Lightly grease a baking tray, then transfer chicken skewers onto it, and top with remaining yogurt mixture.
5. Set to bake until the chicken is fully cooked. Serve and enjoy.

#### Nutritional Information:

Calories: 177, Fat: 7.2g, Carbs: 6g, Protein: 20.6g

### Turkey Fajitas Bowls

(Total time: 20 min | Serves: 4)

### Ingredients:

- ½ lb. turkey breast
- 2 tbsps. olive oil
- 1 tbsp. lemon juice
- 1 crushed garlic
- ¾ tsp. chopped chili pepper
- ½ tsp. dried oregano
- 1 sliced bell pepper
- 1 medium tomato
- ½ c. shredded cheddar cheese
- 4 tostada bowls
- 4 tbsps. salsa

### Instructions:

1. Add oregano, chili pepper, garlic, lemon juice and 1 tbsp. olive oil to a medium bowl. Whisk to combine.
2. Add turkey then toss to coat. Allow to marinate for about 30 min.
3. Set a skillet over medium heat with remaining oil. Add bell pepper and allow to cook for 2 minutes, stirring.
4. Add turkey and cook for 3 more minutes. Add tomato, stir and remove from heat.
5. Spoon mixture evenly into tostada bowls.
6. Garnish with cheese and salsa then serve.

### Nutritional Information:

Calories: 240, Fat: 15g, Carbs: 5g, Protein: 23g

### **Skinny Chicken Pesto Bake**

(Total time: 35 min | Serves: 4)

### Ingredients:

- 160 oz. skinless chicken
- 1 tsps. basil
- 1 sliced tomato
- 6 tbsps. shredded mozzarella cheese
- 2 tsps. grated parmesan cheese

### Instructions:

1. Cut chicken into thin strips.
2. Set oven to 400 degrees F. Prepare a baking sheet by lining with parchment paper.
3. Lay chicken strips on prepared baking sheet. Top with pesto and brush evenly over chicken pieces.
4. Set to bake until chicken is fully cooked (about 15 minutes).
5. Garnish with parmesan cheese, mozzarella, and tomatoes.
6. Set to continue baking until cheese melts (about 5 minutes).

### Nutritional Information:

Calories: 205, Fat: 8.5g, Carbs: 2.5g, Protein: 30g

## **Spaghetti Squash Lasagna V**

(Total time: 1 hour 50 min | Serves: 6)

### Ingredients:

- 2 c. marinara sauce
- 3 c. roasted spaghetti squash
- 1 c. ricotta
- 8 tsps. grated parmesan cheese
- 6 oz. shredded mozzarella cheese
- ¼ tsp. red pepper flakes

### Instructions:

1. Set oven to preheat oven to 375 degrees F and spoon half of marinara sauce into baking dish.
2. Top with squash, then layer remaining ingredients.
3. Cover and set to bake until cheese is melted and edges brown (about 20 minutes).
4. Remove cover and return to bake for another 5 minutes. Enjoy!

### Nutritional Information:

Calories: 255, Fat: 15.9g, Carbs: 5.5g, Protein: 21.4g

### Crab Mushrooms

(Total time: 20 min | Serves: 5)

### Ingredients:

- 5 oz. crab meat
- 5 oz. white mushrooms
- ½ tsp. salt
- ¼ c. fish stock
- 1 tsp. butter
- ¼ tsp. ground coriander
- 1 tsp. dried cilantro
- 1 tsp. butter

### Instructions:

1. Chop the crab meat and sprinkle with salt and dried cilantro.
2. Mix the crab meat carefully. Preheat the air fryer to 400 F.
3. Chop the white mushrooms and combine with crab meat.
4. Add fish stock, ground coriander and butter.
5. Transfer the side dish mixture into the air fryer basket tray.

6. Stir gently with the help of a plastic spatula.
7. Cook the side dish for 5 minutes.
8. Rest for 5 minutes. Serve and enjoy!

Nutritional Information:

Calories: 56, Fat: 1.7g, Carbs: 2.6g, Protein: 7g

## Loaded Sweet Potatoes

(Total time: 35 min | Serves: 4)

Ingredients:

- 4 medium sweet potatoes, baked
- ½ c. Greek yogurt
- 1 tsp. taco seasoning
- 1 tsp. olive oil
- 1 diced red pepper
- ½ diced red onion
- 1 1/3 c. canned black beans
- ½ c. Mexican cheese blend
- ¼ c. chopped cilantro
- ½ c. salsa

Instructions:

1. Mix taco seasoning and yogurt well, then set aside.
2. Set a skillet over medium heat with oil to get hot.
3. Add in remaining ingredients, except potatoes, cheese and salsa, and cook for about 8 minutes or until fully heated through.
4. Slightly pierce potatoes down the center and top evenly with all remaining ingredients. Serve.

Nutritional Information:



Calories: 311, Fat: 8.3g, Carbs: 57g, Protein: 3.2g

## **Coconut Flour Spinach Casserole**

(Total time: 1 hour | Serves: 6)

### Ingredients:

- 4 eggs
- $\frac{3}{4}$  c. unsweetened almond milk
- 3 oz. chopped spinach
- 3 oz. chopped artichoke hearts
- 1 c. grated parmesan
- 3 minced garlic cloves
- 1 tsp. salt
- $\frac{1}{2}$  tsp. pepper
- $\frac{3}{4}$  c. coconut flour
- 1 tbsp. baking powder

### Instructions:

1. Preheat air fryer to 375 degrees F. Grease air fryer pan with cooking spray.
2. Whisk eggs with almond milk, spinach, artichoke hearts and  $\frac{1}{2}$  cup of parmesan cheese. Add salt, garlic and pepper.
3. Add the coconut flour and baking powder; whisk until well combined.
4. Spread mixture into air fryer pan and sprinkle remaining cheese over it.
5. Place the baking pan in the air fryer and cook for about 30 minutes.
6. Remove baking pan from air fryer and sprinkle with chopped basil. Slice, then serve and enjoy!

### Nutritional Information:

Calories: 175.2, Fat: 10.3g, Carbs: 2.4g, Protein: 17.7g

Cherry Tomatoes Tilapia Salad

(Total time: 25 min | Serves: 3)

Ingredients:

- 1 c. mixed greens
- 1 c. cherry tomatoes
- ½ c. diced red onion
- 1 medium avocado
- 3 tortilla crusted tilapia fillet

Instructions:

1. Spray tilapia fillet with a little bit of cooking spray. Put fillets in air fryer basket. Cook for 18 minutes at about 390° F.
2. Transfer the fillet to a bowl. Toss with tomatoes, greens and red onion. Add the lime dressing and mix again.
3. Serve and enjoy!

Nutritional Information:

Calories: 271, Fat: 8g, Carbs: 10.1g, Protein: 18.5g

## **Baja Mango Salsa and Fish Tacos**

Serving: 4

Total time taken: 20 minutes

Ingredients

- 1 pound cod fillets
- 2 mangos (chopped)
- 1 tablespoon lime juice
- 1 tablespoon cilantro (chopped)
- ¼ cup red bell pepper (minced)
- 2 green onions (sliced)
- 1 jalapeno pepper

- ½ teaspoon Mexican oregano
- ½ teaspoon ground cumin
- ½ teaspoon garlic salt
- 1 teaspoon chili powder
- 8 corn tortillas
- 2 cups cabbage (shredded)
- ½ cup cotija cheese (crumbled)

### Directions

1. Preheat oven to 425 F.
2. Rub cod with dry seasonings (oregano, cumin, garlic salt, chili powder).
3. Place cod on parchment paper. Take edges of paper and fold twice, tucking underneath the fish. Bake for 15-18 minutes. Open packets carefully to let steam escape.
4. In a bowl, stir bell pepper, mango, cilantro, onions, jalapeno, and lime juice. Set aside.
5. To serve, top corn tortillas with cod, mango salsa, cabbage, and cheese.

### Spring Chicken and Veggie Soup

Serving: 4

Total time taken: 75 minutes

### Ingredients

- 4 boneless chicken thighs
- 8 oz chicken stock

- 4 oz tomato paste
- 1 lb roasted tomatoes (diced)
- 2 cloves garlic (crushed)
- 1 onion (finely chopped)
- 3 carrots (chopped)
- 3 stalks celery (chopped)
- 2 chili peppers (finely chopped)
- 4 oz mushrooms
- 1 teaspoon dried basil
- 2 tablespoons olive oil
- Sour cream
- Salt and pepper, to taste

#### Directions

1. In a skillet over medium-high heat, heat olive oil. Saute carrots, onions, and celery for about 10 minutes.
2. In a deep pot, transfer cooked carrots, onions, and celery. Add mushrooms, garlic, basil, tomato paste, salt, and pepper. Coat vegetables well with tomato sauce.
3. Add chicken, chicken stock, and tomatoes into the pot. Lower heat and cook for an hour.
4. Serve warm and top with sour cream.

#### Potatoes and Swiss Chard

Serving: 3

Total time taken: 60 minutes

#### Ingredients

- 2 potatoes (finely chopped)
- 1 lb swiss chard (torn)
- 2 cloves garlic (finely chopped)
- 1 onion (chopped)
- 3 tablespoons olive oil
- Salt and pepper, to taste

### Directions

1. In a large pot, cover swiss chard with water and bring to a boil. Cook until tender, about 3 minutes. Drain and set aside.
2. In a large skillet over medium-high heat, heat olive oil. Saute garlic and onions for about 3 minutes.
3. Add potatoes and 1 cup of water to skillet and bring to a boil. Reduce heat and cook for 15 minutes.
4. Add swiss chard to skillet, seasoning with salt and pepper to taste. Cook for 2 minutes.
5. Serve immediately.

### Eggs in Avocado Shells

Serving: 4

Total time taken: 35 minutes

### Ingredients

- 6 eggs
- 2 avocados (halved)
- 4 tablespoons Greek yogurt
- 3 tablespoons olive oil

- 1 tomato (finely chopped)
- 1 tablespoon rosemary (finely chopped)
- 2 tablespoons parsley (finely chopped)
- Salt and pepper, to taste

#### Directions

1. Preheat oven to 350 F.
2. Scrape out flesh from avocado shells and save for another use.
3. In a bowl, whisk together tomatoes, eggs, rosemary, parsley, salt, and pepper. Spoon into avocado shells.
4. Fill avocado shells with eggs mixture. Place on a greased baking sheet. Bake for 15 minutes. Let cool for 5 minutes.
5. Top with yogurt to serve.

#### Peanut Apple Chicken

Serving: 2

Total time taken: 35 minutes

#### Ingredients

- 2½ lbs chicken (cubed)
- ¼ cup mustard
- 15 oz unsweetened applesauce
- 1 cup powdered peanuts
- ⅛ cup brown sugar splenda
- Salt and pepper, to taste

#### Directions

1. In a skillet over medium heat, saute chicken until nearly done, about 12 minutes.
2. Add brown sugar, mustard, applesauce, and powdered peanuts. Stir together so chicken is well-coated with sauce.
3. Simmer until chicken is thoroughly cooked, about 5 minutes.
4. Serve warm, suggested with rice or salad.

## **Rice and Meat Stuffed Peppers**

Serving: 4

Total time taken: 6 hours

### Ingredients

- 4 bell peppers
- 1½ lbs lean ground beef
- 1½ cups brown rice
- 1 cup onion (chopped)
- 1 egg
- 2 cups tomato sauce
- 1 teaspoon garlic powder
- Salt and pepper, to taste

### Directions

1. Cut peppers in half and remove the cores.
2. In a bowl, add ground beef, rice, onion, whisked egg, garlic powder, 1 cup of tomato sauce, salt, and pepper. Mix well.
3. Stuff the peppers with the mixture. Place in a slow cooker with the remaining cup of tomato sauce.



4. Cover and set to low. Cook until thoroughly ready, about 6 hours.

## **Pepper Pork Chops**

Serving: 4

Total time taken: 20 minutes

### Ingredients

- 4 - 3 oz pork chops
- 1½ cups chicken broth
- 2 tablespoons cornstarch
- 2 tablespoons olive oil
- ½ onion (sliced thin)
- ½ yellow bell pepper (sliced)
- ½ red bell pepper (sliced)
- ½ green bell pepper (sliced)
- ½ cup water

### Directions

1. In a skillet over medium heat, saute pork in olive oil until both sides are browned. Remove from pan and set aside.
2. Add onion and peppers to the skillet. Saute until they are caramelized.
3. Add pork in the skillet and pour in the chicken broth. Cook until pork is no longer pink, about 15 minutes. Remove from the pan.
4. Dissolve cornstarch into cold water and add to pan. Let the sauce thicken. Season with salt and pepper to taste.
5. Top the pork chops with pepper sauce. Serve with choice of side.

## Rosemary Avocado Eggs

Serving: 6

Total time taken: 20 minutes

### Ingredients

- 6 eggs
- 3 avocados (halved)
- 1 tomato (finely chopped)
- 2 teaspoons dried rosemary
- 3 tablespoons olive oil
- Salt and pepper, to taste

### Directions

1. Preheat oven to 350 F.
2. Boil 6 eggs to preferred liking.
3. Cut avocados in half. Remove pits and flesh.
4. Stuff each avocado shell with a boiled egg and chopped tomatoes. Top with rosemary, salt, and pepper.
5. On a small, greased baking pan, arrange avocado shells tightly. Bake for about 20 minutes.
6. Let cool before serving.

### Egg Whites and Sweet Potatoes

Serving: 4

Total time taken: 40 minutes

### Ingredients

- 6 egg whites
- 4 sweet potatoes

- 2 onions (finely chopped)
- 4 tablespoons olive oil
- 1 tablespoon ground garlic
- Salt and pepper, to taste

### Directions

1. Preheat oven to 350 F.
2. Coat a medium-sized baking sheet with olive oil. Spread peeled sweet potatoes on the sheet and bake for 20 minutes. Let potatoes cool on the side.
3. Cut sweet potatoes into thick slices and add in a bowl. Add egg whites, olive oil, chopped onions, garlic, salt, and pepper. Mix well.
4. Lower oven temperature to 200 F. Spread the sweet potato mixture onto a baking sheet and bake for 15-20 minutes.
5. Cool before serving.

### BBQ Seasoned Chicken Thighs

Serving: 6

Total time taken: 40 minutes

### Ingredients

- 2 lbs chicken thighs
- 2 tablespoons olive oil
- 2 cups chicken broth
- 2 onions (chopped)
- 1 red onion (chopped)
- 1 chili pepper
- ¼ cup unsweetened orange juice
- 1 teaspoon orange extract

- 1 teaspoon BBQ seasoning mix

#### Directions

1. Preheat oven to 350 F.
2. In a large saucepan over medium heat, saute onions in olive oil until golden.
3. Blend orange juice, orange extract, and chili pepper in a food processor for 30 seconds. Add to saucepan. Reduce heat.
4. Rub the chicken thighs with BBQ seasoning. Add into the saucepan.
5. Add chicken broth to saucepan and bring to a boil. Cook until water evaporates.
6. Place chicken in a large baking dish. Bake for 15 minutes for a golden, crispy skin.

### **Quinoa Coconut Thai Bowl**

Serving: 4

Total time taken: 60 minutes

#### Ingredients

- 2 cups quinoa
- ¼ cup peanut butter
- 1 can coconut milk
- 1 tablespoon garlic (minced)
- 2 carrots (diced)
- 1 sweet potato (diced)
- 2 tablespoons olive oil
- ½ cup water
- 2 tablespoons cilantro (finely chopped)
- 2 tablespoons peanuts (crushed)

- Salt and pepper, to taste

For the Cabbage Slaw:

- 1 cup purple cabbage (finely chopped)
- 1 red pepper (diced)
- 1 cup edamame
- 1 lime (juiced)
- 1/4 teaspoon dried orange peel
- 1/4 teaspoon ginger powder
- 1/4 teaspoon garlic powder
- 1 tablespoon maple syrup
- 2 tablespoons olive oil
- 1 tablespoon tamari (or soy sauce)

Directions

1. Preheat oven to 400 F.
2. In a medium-sized pot, bring quinoa, coconut milk, and water to a boil. Reduce heat and cover. Cook until all liquid has been absorbed, about 10 minutes. Fluff with fork and season with salt and pepper to taste.
3. Toss and coat diced vegetables with olive oil, garlic, salt, and pepper. Place vegetables on a large baking sheet and bake until tender, about 25-30 minutes.
4. In a large bowl, add edamame, red pepper, and cabbage. Separately mix remaining cabbage slaw ingredients together, and then toss to coat.
5. Assemble the bowl: layer coconut quinoa, roasted vegetables, and cabbage slaw. Sprinkle peanuts and cilantro. Mix peanut butter with olive oil for a drizzle.

## **Mongolian Broccoli Beef**

Serving: 6

Total time taken: 30 minutes

## Ingredients

- 1 lb. beef flank steak (thin cut)
- 1 sweet red pepper (cut in 1" pieces)
- 2 carrots (cut in ½" cubes)
- 3 cups broccoli florets
- 1 onion (thinly sliced)
- 3 garlic cloves (minced)
- 1 teaspoon fresh ginger (minced)
- 3 tablespoons olive oil, divided
- ½ cup soy sauce
- ¼ cup corn starch
- ½ cup soy sauce
- ½ cup coconut or brown sugar
- ¼ cup sliced green onion
- Salt and pepper to taste
- Hot rice for serving

## Directions

1. In a large skillet, heat one tablespoon of olive oil. Sauté the ginger, onion, broccoli, carrots, pepper, and garlic until nearly tender, about 8-10 minutes. Set aside.
2. Coat beef cuts in cornstarch and let it sit for 10 minutes. Heat remaining oil in skillet over medium-high heat. Sauté beef cuts until browned.
3. Reduce heat and stir in soy sauce.
4. Mix remaining cornstarch and water together, adding it to the beef. Stir

well. Add sugar and bring to a simmer.

5. Once thickened, add sautéed vegetables to the beef, making a stir fry. Add salt and pepper to taste. Garnish with green onions.

## **BBQ Sauce Italian Meatballs**

Serving: 18

Total time taken: 1 hour 30 minutes

### Ingredients

- ¾ pound ground beef
- ¾ pound ground turkey
- 1 egg white (lightly beaten)
- ¾ cup graham cracker crumbs
- 2 teaspoons prepared mustard
- 3 tablespoons milk

For the Sauce:

- 1 cup BBQ sauce
- 6 oz frozen orange juice concentrate (thawed)
- ¼ cup water

### Directions

1. Preheat oven to 375 F.
2. Whisk together the graham cracker crumbs, milk, mustard, egg white, and salt in a large bowl.
3. Add ground beef and turkey, mixing until well combined.
4. Roll the mixture into 1 ½" balls. Arrange them on a greased baking sheet.
5. Bake until the meat is no longer pink, about 20 minutes. Transfer meatballs onto a deeper baking dish.
6. Combine sauce ingredients and mix well. Pour over meatballs.



7. Lower the oven temperature to 350 F. Cover the dish with aluminum foil. Bake for 1 hour.

## Pears, Apples & Pork Chops

Serving: 2

Total time taken: 30 minutes

### Ingredients

- 4 boneless pork chops
- 3 tablespoons brown sugar
- 2 teaspoons cinnamon
- 1 pear (chopped)
- 1 apple (chopped)
- 3 tablespoons butter
- 2-3 tablespoons bourbon
- 1 ½ teaspoons thyme

### Directions

1. In a nonstick skillet over medium-low heat, melt butter. Add cinnamon and brown sugar, cooking until melted.
2. Add and coat the apples in the skillet. Cook until softened, about 3 minutes. Add in the pears and cook for 3 minutes.
3. Turn the fire high and remove the pan from heat. Pour in the bourbon, tipping the pan to the flame until it ignites. (Only perform this step if you are comfortable with handling fire. You can also cook off the bourbon without the fire.) Cook, about 2 or 3 minutes. Set aside and add thyme.
4. In a cast iron pan, heat oil over medium-high heat. Apply salt and pepper to pork chops, to taste. Cook each side until medium, about 3 minutes per side.
5. Top pork chops with cooked fruits to serve.

## Fiesta Chipotle Tacos

Serving: 4

Total time taken: 20

### Ingredients

- 1 pound pork tenderloin
- 2 teaspoons chili in adobo sauce (chopped)
- 2 teaspoons garlic (minced)
- 1 cup shallots (thinly sliced)
- 1 ½ lime (grated rind)
- 1 tablespoon lime juice
- 2 teaspoons oregano
- 1 teaspoon brown sugar
- ¼ teaspoon salt
- 2 teaspoons olive oil
- Cooking spray
- Chopped cilantro
- 8x (6") corn tortillas
- ¼ cup sour cream

### Directions

1. Cut pork into strips. Marinate in lime juice, garlic, chili, brown sugar, oregano, salt.
2. Coat nonstick skillet in cooking spray over medium heat. Sauté shallots until tender, about 4 minutes. Set aside.
3. Sauté pork until no longer pink, about 3 minutes. Add shallots to the skillet and heat together.
4. For serving: warm up tortillas (according to package directions). Layer pork, sour cream, and cilantro on each tortilla.

## Vegetable and Steak Brochettes

Serving: 10

Total time taken: 25 minutes

### Ingredients

- 2 ½ lbs. Sirloin steak (cut in 1 ¼ “ pieces)
- 1 onion (cut in wedges)
- 2 zucchini (cut in 1” slices)
- 24 fresh mushrooms
- 24 cherry tomatoes
- 1 large bell pepper (cut in 1 ½ “ cubes)
- Cooked rice

### For the Marinade:

- ¼ cup lemon juice
- ¼ cup soy sauce
- ¼ cup canola oil
- 2 cloves garlic (minced)
- 2 cloves (whole)
- ¼ cup brown sugar
- A pinch of dried basil

### Directions

1. Whisk marinade ingredients in a large bowl. Set aside.
2. Arrange vegetables and meat on bamboo skewers. Cover with marinade and refrigerate overnight, turning kebabs throughout.
3. Cook kebabs on the grill, thoroughness to taste.
4. Suggested serving is with rice.

## **Beef and Zucchini Lasagna**

Serving: 4

Total time taken: 1 hour 30 minutes

### Ingredients

- ½ pound ground beef
- 1 egg
- ¾ cup cottage cheese
- ½ cup mozzarella cheese (shredded)
- 1 can tomato paste
- 2 ½ cups zucchini (¼” lengthwise slices)
- ¼ cup onion (chopped)
- 2 small tomatoes (chopped)
- 1 clove garlic (minced)
- ½ teaspoon dried basil
- ½ teaspoon dried oregano
- ¼ teaspoon dried thyme
- 1 teaspoon flour
- ¼ cup water
- Salt and pepper to taste

### Directions

1. Preheat oven to 375 F.
2. In a nonstick skillet, cook zucchini until tender and set aside.
3. On medium-high heat, fry the meat and onions until cooked.
4. Add tomatoes, tomato paste, oregano, thyme, basil, garlic, and water. Simmer uncovered until sauce is reduced.
5. In a separate bowl, beat eggs, cottage cheese, mozzarella cheese, and

flour.

6. Layer zucchini, meat, and cheese mixtures.
7. Bake uncovered for 30 minutes.
8. Cover lasagna with the cheese left. Set in the broiler until cheese is golden, about 5 minutes.
9. Cool 10 minutes before serving.

## Chapter 9: Clear Liquids

Foods that you can consume

Here is an illustrative list of liquids that you can consume:

- ✓ Vitamin water
- ✓ Sugar free Jello
- ✓ Water
- ✓ Sugar free popsicles
- ✓ Diluted apple juice
- ✓ Ice chips
- ✓ Herbal teas
- ✓ Diluted cranberry juice
- ✓ Diluted white grape juice
- ✓ Beef broth
- ✓ Chicken broth
- ✓ Butternut soup
- ✓ Tomato soup

Foods that you must avoid

Stay away from these foods at any cost!

- ✓ Coffee
- ✓ Carbonated drinks
- ✓ Sugary drinks
- ✓ Concentrated fruit juices

### **Peppermint Tea**

(Total time: 10 min | Serves: 4)

Ingredients:

- ½ c. dried Peppermint Leaf
- 4 c. Water, hot

Instructions:

1. Set water on to boil. Once boiling, add in peppermint leaves and remove from heat.
2. Cover and allow to cool for approximately 5 minutes.
3. Strain, serve and enjoy.

Nutritional Information:

Calories 34.2, Fat: 0g, Carbs: 9.1g, Protein: 0.1g

## **Pecan Tea**

(Total time: 5 min | Serves: 2)

Ingredients

- 5 tbsps. pecans, ground
- 1 tsp. cinnamon
- 1 c. water

Instructions:

1. In a saucepan, heat the water and then stir in remaining ingredients.
2. Serve hot.

Nutritional Information:

Calories: 40, fat: 3.58g, carbs: 1.4g, protein: 1.5g

## **Ginger Tea**

(Total time: 15 min | Serves: 2)

Ingredients

- 3 tsps. grated ginger root
- 3 c. boiling water

Instructions:

1. Combine ingredients together and allow to rest, covered for at least 10 minutes.
2. Serve and Enjoy!

Nutritional Information:

Calories: 26.8, Fat: 0g, carbs: 6.8g, Protein: 0.1g

## **Orange Vanilla Tea**

(Total time: 10 min | Serves: 2)

Ingredients

- ¼ c. water
- 2 sliced oranges
- ¼ tsp. vanilla extract

Instructions:

1. Using a saucepan, mix all the above ingredients and allow to come to a boil.
2. Remove from heat and let rest for about 5 minutes.
3. Strain, serve and enjoy!

Nutritional Information:

Calories: 60, Carbs: 14g, Fat: 1g, Protein: 2g

## **Peanut Tea**

(Total time: 5 min | Serves: 2)

Ingredients

- 5 tbsps. peanuts, ground
- 1 tsp. cinnamon
- 1 c. water

Instructions:



1. Using a saucepan, heat the water, then stir in remaining ingredients.
2. Serve hot.

Nutritional Information:

Calories: 40, Fat: 3.58g, Carbs: 1.4g, Protein: 1.51g

## **Chicken Bone Broth**

(Total time: 2 hours | Serves: 5)

Ingredients

- 1 oz. chicken bones
- 2 tbsps. apple cider vinegar
- 1 sliced onion
- 6 garlic cloves
- 1 tbsp. cooking oil
- ½ tsp. salt
- ½ tsp. white pepper
- 1-inch ginger slice
- Water

Instructions:

1. In a large skillet, add bones with water, onion, garlic, ginger, oil, vinegar, salt and pepper, and stir. Cover with lid.
2. Cook for 2 hours on low.
3. Strain the broth and discard residue.
4. Serve hot and enjoy.

Nutritional Information:

Calories: 147, Fat: 5g, Carbs: 9g, Protein: 10g

## **Pork Bone Broth**

(Total time: 2 hours | Serves: 5)

### Ingredients

- 1 oz. pork bones
- 2 tbsps. apple cider vinegar
- 1 sliced onion
- 6 garlic cloves
- 1 tbsp. cooking oil
- ½ tsp. salt
- ½ tsp. white pepper
- 1-inch ginger slice
- Water

### Instructions:

5. In a large skillet, add bones with water, onion, garlic, ginger, oil, vinegar, salt and pepper, and stir. Cover with lid.
6. Cook for 2 hours on low.
7. Strain the broth and discard residue.
8. Serve hot and enjoy.

### Nutritional Information:

Calories: 37.7, Fat: 0.2g, Carbs: 8.2g, Protein: 1 g

## **Red Apple and Carrot Tea**

(Total time: 10 min | Serves: 3)

### Ingredients

- 1 c. red apples, peeled, chunks
- 2 sliced carrots
- ½ c. seeded lychee

- 2 c. water

Instructions:

1. Blend apples with carrots, lychee and water.
2. Using a saucepan, mix all the above ingredients and allow to come to a boil.
3. Remove from heat and let rest for about 5 minutes.
4. Strain, serve and enjoy!

Nutritional Information:

Calories: 184, Fat: 0g, Carbs: 44.6g, Protein: 1g

### **Banana Icy Pops**

(Total time: 4 hrs 30 min | Serves: 8)

Ingredients:

- 1 c. boiling water
- 1 package Jell-O, fruit-flavored
- 1 banana
- 1 c. plain yogurt

Instructions:

1. Add all the ingredients in a blender. Blend everything until smooth.
2. Pour mixture into a popsicle mold or in a plastic cup.
3. Place in a freezer until hard.
4. Serve and enjoy!

Nutritional Information:

Calories: 93, Fat: 0.4g, Carbs: 22g, Protein: 2.2g

### **Kiwi Sorbet**

(Total time: 5 min | Serves: 6)

### Ingredients:

- 4½ c. crushed ice cubes
- ½ lb. chopped kiwi fruit
- 1 tbsp. orange zest, grated

### Instructions:

1. Place all ingredients in a blender.
2. Blend the ingredients for 30 seconds.
3. Serve immediately.

### Nutritional Information:

Calories: 105.5, Fat: 0.3g, Carbs: 26.7g, Protein: 0.6g

## **Clear Vegetable Stock**

(Total time: 50 min | Serves: 12)

### Ingredients

- 1 tbsp. olive oil
- 1 onion
- 2 stalks of celery
- 2 carrots
- 1 bunch chopped green onions
- 8 minced cloves garlic
- 8 sprigs parsley, fresh
- 6 sprigs thyme, fresh
- 2 bay leaves
- 1 tsp. salt
- 2 quarts water

### Instructions:

1. Chop scrubbed vegetables into 1-inch chunks.

2. Heat oil in a soup pot. Add onion, celery, carrots, green onions, bay leaves, thyme, parsley and garlic. Cook over high heat 5-10 minutes stirring frequently.
3. Add salt and water and bring to a boil. Simmer for 30 minutes on low.
4. Strain, discard vegetables and enjoy.

Nutritional Information:

Calories: 37, Fat: 1.4g, Carbs: 5.9g, Protein: 1.3g

### **Orange Carrot Tea**

(Total time: 11 min | Serves: 5)

Ingredients

- 4 halved oranges
- 12 oz. diced carrots
- 4 c. water

Instructions:

1. Pour all ingredients into the Vitamix and secure the lid; or
2. Pour all ingredients into a saucepan and allow to come to a boil.
3. Kill the heat and allow to cool.
4. Strain, serve and enjoy!

Nutritional Information:

Calories: 93, Fat: 0.4g, Carbs: 22g, Protein: 2.2g

### **Almond Tea**

(Total time: 5 min | Serves: 2)

Ingredients

- 5 tbsps. almond powder
- 1 tsp. cinnamon
- 1 c. water

Instructions:

1. Use a saucepan to heat water, then stir in remaining ingredients.
2. Serve hot.

Nutritional Information:

Calories: 40, Fat: 3.5g, Carbs: 1.4g, Protein: 1.51g

Lemon Balm Tea

(Total time: 20 min | Serves: 5)

Ingredients

- 1 c. lemon balm
- 5 c. water
- 1 tbsp. lemon zest

Instructions:

1. Set water on to boil. Once boiling, add in lemon balm and zest, then remove from heat.
2. Allow to cool.
3. Strain, serve and enjoy.

Nutritional Information:

Calories: 13.3, Fat: 0g, Carbs: 3.6g, Protein: 0g

**Watermelon sorbet**

(Total time: 5 min | Serves: 6)

Ingredients:

- 4½ c. crushed ice cubes,
- ½ lb. cubed melon
- 1 tbsp. orange zest, grated

Instructions:

1. Place all ingredients in a blender.
2. Blend the ingredients for 30 seconds.
3. Serve immediately.

Nutritional Information:

Calories: 231.1, Fat: 0.2g, Carbs: 59.6g, Protein: 0.6g

## **Stage 2: Full Liquids**

Foods that you can eat

- ✓ All the foods consumed in Phase I
- ✓ Greek yogurt
- ✓ Unsweetened coconut milk
- ✓ Unsweetened almond milk
- ✓ Protein powders
- ✓ Unsweetened almond milk
- ✓ Vegetable juice
- ✓ Oatmeal
- ✓ Natural applesauce
- ✓ Cream of wheat cereal
- ✓ Bean soup
- ✓ Sugar free pudding
- ✓ Skim milk
- ✓ Low fat cottage cheese
- ✓ Decaffeinated tea
- ✓ Decaffeinated coffee
- ✓ Diet drinks

## Foods that you must avoid

- ✓ Regular sodas
- ✓ Honey
- ✓ Sweets
- ✓ Sherbet
- ✓ Candies and chocolates
- ✓ Preserves
- ✓ Molasses
- ✓ Fried foods
- ✓ Doughnuts
- ✓ Cakes
- ✓ Alcohol
- ✓ Flavored drinks
- ✓ Ice cream
- ✓ Protein shakes & smoothies

## **Pineapple Shake**

(Total time: 20 min | Serves: 6)

### Ingredients:

- 3 c. frozen pineapple
- 2 scoops whey protein powder
- 1 c. Greek yogurt, pineapple flavor
- 1 c. unsweetened vanilla almond milk
- 1 tbsp. vanilla extract

### Instructions:

1. Add the ingredients in the blender and blend until smooth.



2. Serve and enjoy!

Nutritional information:

Calories: 580, Fat: 31g, Carbs: 68g, protein: 28g

Blueberry Cacao Blast

(Total time: 5 min | Serves: 1)

Ingredients:

- 1 c. blueberries
- 1 tbsp. raw cacao nibs
- 1 tbsp. chia seeds
- 1 dash cinnamon
- ½ c. chopped spinach
- ½ c. chopped bananas
- 1½ c. almond milk
- 2 scoops whey protein powder

Instructions:

1. Place raspberries, cacao nibs, chia seeds and cinnamon in a blender.
2. Add enough almond milk to reach the max line.
3. Process for 30 seconds or until you get a smooth mixture.
4. Serve immediately in a tall chilled glass.

Nutritional Information:

Calories: 321, Carbs: 69.4g, Fat: 2.7g, Protein: 24.7g

**Cucumber and Avocado Dill Smoothie**

(Total time: 5 min | Serves: 2)

Ingredients:

- 1 sliced cucumber
- 2 tbsps. chopped dill

- 2 tbsps. lemon juice
- 1 pitted avocado
- 1 c. coconut milk
- 1 tsp. shredded coconut
- 2 sliced kiwi fruit

Instructions:

1. Mix and blend all the above ingredients using a blender.
2. Drain the extract and discard residue.
3. Serve and enjoy.

Nutritional Information:

Calories: 165, Fat: 5.5g, Carbs: 24.8g, Protein: 2.3g

### Spinach Green Smoothie

(Total time: 5 min | Serves: 2)

Ingredients:

- 1 c. baby spinach leaves
- 3 mint leave
- 1 c. 100% grapes juice
- 1 c. 100% pineapple juice
- 2 tbsps. lime juice
- 2 scoops protein powder

Instructions:

1. In a blender add ingredients and blend well 'til puree.
2. Transfer to serving glasses.
3. Serve and enjoy.

Nutritional information:

Calories: 268, Fat: 5.5g, Carbs: 11.4g, Protein: 24.3g

## Coco - Banana Milkshake

(Total time: 5 min | Serves: 1)

### Ingredients:

- 1 c. coconut milk
- 2 ripe bananas
- 2 tbsps. cinnamon
- ¼ tsp. cardamom powder
- 2 scoops protein powder
- 7 ice cubes

### Instructions:

1. In a blender add coconut milk with cardamom powder, cinnamon, bananas and blend well.
2. Pour into glass and add ice chunks.
3. Serve and enjoy.

### Nutritional Information:

Calories: 191.9, Fat: 7.1g, Carbs: 35.8g, Protein: 25.7g

## Strawberry and Cherry Shake

(Total time: 5 min | Serves: 2)

### Ingredients:

- 1 c. strawberries
- 1 c. cherries
- 1 c. almond milk
- ½ c. coconut milk
- 2 scoops protein powder
- A few ice chunks

### Instructions:

1. Place all the ingredients in a blender and process well.
2. Serve and enjoy.

Nutritional Information:

Calories: 138, Fat: 0g, Carbs: 30g, Protein: 20g

### **Chia Blueberry Banana Oatmeal Smoothie**

(Total time: 10 min | Serves: 1)

Ingredients:

- 1 c. soy milk
- 1 sliced frozen banana
- ¼ c. frozen blueberries
- ¼ c. oats
- 1 tsp. vanilla extract
- 1 tsp. cinnamon
- 1 tbsp. chia seed

Instructions:

1. Use a blender to mix and blend until the ingredients are combined and smooth.
2. Serve and enjoy!

Nutritional Information:

Calories: 178, Fat: 4.2g, Carbs: 36.2g, Protein: 3.2g

### **Chocolate Coconut Chia Smoothie**

(Total time: 5 min | Serves: 1)

Ingredients:

- 1 tbsp. raw cacao nibs
- 1 tbsp. chia seeds

- 1 dash cinnamon
- ½ chopped spinach
- ½ c. shredded coconut
- 1½ c. almond milk

Instructions:

1. Place coconut, cacao nibs, chia seeds and cinnamon in Vitamix.
2. Add enough almond milk to reach the max line.
3. Process for 30 seconds or until you get a smooth mixture.
4. Serve immediately in a tall chilled glass.

Nutritional Information:

Calories: 480, Fat: 22g, Carbs: 55g, Protein: 30g

### **Banana-Cherry Smoothie**

(Total time: 5 min | Serves: 1)

Ingredients:

- 1 banana
- 1 c. pitted cherries
- ¼ tsp. nutmeg
- 1 scoop protein powder
- 1 c. almond milk

Instructions:

1. Place all ingredients in a blender.
2. Process ingredients until smooth, for 20 seconds.
3. Serve immediately.

Nutritional Information:

Calories: 398, Fat: 2g, Carbs: 89.2g, Protein: 17g

## **Avocado Smoothie**

(Total time: 5 min | Serves: 1)

Ingredients:

- 1 medium ripe avocado
- ¼ c. crushed peanuts
- 1 tbsp. flax seed
- 1½ c. vanilla Greek yogurt
- 1 c. liquid

Instructions:

1. Place all ingredients in Vitamix.
2. Process ingredients for 20 seconds or until smooth.
3. Serve immediately.

Nutritional Information:

Calories: 592, Fat: 22g, Carbs: 96g, Protein: 3g

## **Mango Smoothie**

(Total time: 5 min | Serves: 2)

Ingredients:

2 mangos (seeded, diced, frozen)

1 c. milk

½ c. crushed ice

1 c. plain yogurt

2 scoops protein powder

Instructions:

1. Combine all ingredients in Vitamix.
2. Process for 30 seconds or until smooth.
3. Serve immediately in a tall glass.

### Nutritional Information:

Calories: 320, Fat: 0g, Carbs: 8g, Protein: 21g

### Cashew Milk

(Total time: 5 min | Serves: 5)

#### Ingredients:

1 c. soaked cashew

4c. water

3 dates

#### Instructions:

1. Add all ingredients to Vitamix.
2. Pulse until creamy (should take about 1 min).
3. Enjoy!

### Nutritional Information:

Calories: 60, Fat: 2.5g, Carbs: 27.3g, Protein: 8g

### **Almond Milk**

(Total time: 15 min | Serves: 5)

#### Ingredients:

1 c. soaked almonds

4 c. water

#### Instructions:

1. Add all ingredients to Vitamix.
2. Pulse until creamy (should take about 1 min).
3. Enjoy!

### Nutritional Information:

Calories: 90, Fat: 2.5g, Carbs: 16g, Protein: 1g

## **Pumpkin and carrot soup**

(Total time: 25 min | Serves: 4)

### Ingredients:

- ½ lb. pumpkin puree
- ½ lb. cubed carrots
- 2 c. vegetable stock
- ½ c. chopped onion
- Salt
- Pepper
- 1 tsp. dried thyme
- 2 oz. cauliflower florets
- ½ tbsp. olive oil
- 1 anise star

### Instructions:

1. Heat the oil in a pot. Add onion, cauliflower and carrots, and sauté for 15 minutes or until onion is caramelized.
2. Add thyme and stir well.
3. Transfer the vegetables into a Nutribullet, add pumpkin puree and vegetable stock, and pulse until smooth.
4. Transfer the mixture into saucepan and simmer, add anise star and simmer over medium-high heat for 5-8 minutes or until heated through.
5. Remove the anise star and discard.
6. Strain and serve immediately.

### Nutritional Information:

Calories: 70, Fat: 0g, Carbs: 0g, Protein: 2g

## **Tomato Bisque**



(Total time: 40 min | Serves: 4)

#### Ingredients:

- 28oz. pureed tomatoes
- 1 c. coconut cream
- 1 diced onion
- 1 tsp. pepper
- 4 c. chicken stock
- 1 bunch chopped celery
- ½ c. chopped basil
- 1 tbsp. olive oil
- Salt
- Pepper

#### Instructions:

1. Add olive oil to a pot and heat. Add onion, with celery and cook until tender.
2. Pour chicken stock and tomatoes into pot, bring mixture to simmer and season with salt and pepper. Simmer for 30 minutes.
3. Kill the heat and let the soup cool. Puree in Nutribullet in batches.
4. Stir in heavy cream, basil, and parmesan cheese.
5. Strain using a sieve and serve immediately.

#### Nutritional Information:

Calories: 141, Fat: 7.2g, Carbs: 16g, Protein: 3.3g

#### Stage 3: Soft Foods Recipes

Foods that you can eat

- ✓ Scrambled eggs
- ✓ Soft boiled or poached eggs

- ✓ Tuna
- ✓ Egg salad
- ✓ Salmon
- ✓ Chicken salad
- ✓ Cheese
- ✓ Tofu
- ✓ Mashed vegetables
- ✓ Refried beans, along with cheese
- ✓ Mashed fruits
- ✓ Meats, if tenderized using a pressure cooker
- ✓ Sweet potatoes
- ✓ Mashed potatoes
- ✓ Bananas
- ✓ Greek yogurt
- ✓ Limited quantities of casseroles
- ✓ Lean meats, chopped
- ✓ Pretzels
- ✓ Soft fish
- ✓ Softened and cold cereal
- ✓ Shredded low fat cheeses
- ✓ Legumes
- ✓ Bread
- ✓ Hard rolls

#### Foods that you must avoid

- ✓ Nuts
- ✓ Popcorn

- ✓ Red meats
- ✓ Raw fruits
- ✓ Raw vegetables
- ✓ Lentils
- ✓ Black beans
- ✓ Artichokes
- ✓ Brussels sprouts
- ✓ Lima beans
- ✓ Split peas
- ✓ Milkshakes
- ✓ High calorie protein shakes

### **Pumpkin Pancakes**

(Total time: 20 min | Serves: 4)

Ingredients:

- 1 large egg, beaten
- ¼ c. vanilla yogurt
- ¾ c. milk
- ¾ c. canned pumpkin
- 2 tbsps. melted butter
- 1 c. whole flour
- ¼ tsp. salt
- 2 tbsps. stevia
- 2 tsps. baking powder
- ½ tsp. baking soda
- ½ tsp. cinnamon
- ¼ tsp. nutmeg

- ½ tsp. powdered ginger

Instructions:

1. In a bowl, combine egg, milk, pumpkin, yogurt, and melted butter, mix well.
2. Add flour, salt, stevia, baking powder, baking soda and spices; stir or whisk just until dry ingredients are moistened and a few lumps remain.
3. Pour or spoon batter into buttered skillet to make pancakes; when bubbles begin to form and the underside is browned, turn over to brown other side.
4. Remove cooked pancakes and repeat process with remaining batter.

Nutritional Information:

Calories: 221.7, Fat: 3.6g, Carbs: 37.2g, Protein: 12.4g

## **Vegan Porridge**

(Total time: 15 min | Serves: 1)

Ingredients:

- 2 tbsps. coconut flour
- 3 tbsps. flaxseed meal
- 2 tbsps. protein powder
- 1½ c. unsweetened almond milk
- Powdered erythritol

Instructions:

1. Mix the golden flaxseed, coconut flour and protein powder in a bowl.
2. Add to a saucepan, along with almond milk, and cook over medium heat. When mixture starts to thicken, stir in preferred portion of sweetener. Serve with your favorite toppings.

Nutritional Information:

Calories: 112, Fat: 5.7, Carbs: 11g, Protein: 3.7g

## Chicken Sausage and Egg “Pizza”

(Total time: 45 min | Serves: 6)

### Ingredients:

- 1 lb. bulk chicken sausages
- 8 oz. refrigerated crescent rolls
- 1 c. frozen hash brown potatoes
- 1 c. shredded cheddar cheese
- 3 eggs
- ¼ c. milk
- ½ tsp. salt
- ¼ tsp. black pepper
- ¼ c. grated parmesan cheese

### Instructions:

1. Heat oven to 375 degrees.
2. Add chicken sausages to a medium skillet and allow it to cook on medium heat; stir until chicken sausages are browned and crumbly. Drain fat.
3. Remove crescent rolls from package and place evenly around a 9-inch pizza pan; pinch seams together to form the pizza crust.
4. Remove starch from potatoes by slicing them and soaking in lukewarm water, then strain 4 times.
5. Spoon the chicken sausage over the top of the pizza dough; top with potatoes and cheddar cheese.
6. In a bowl, whisk pepper, salt, milk and eggs; gently pour over the top of the chicken sausage mixture. Sprinkle with Parmesan cheese if desired.
7. Set oven to 375 degrees F and bake for 25 minutes.

### Nutritional Information:

Calories: 281.4, Fat: 16.2g, Carbs: 18.3g, Protein: 15.3g

## **Cheesy Tomato Omelet**

(Total time: 15 min | Serves: 1)

Ingredients:

- ½ tsp. butter
- 1 large egg
- 1 tbsp. milk or water
- Salt
- Black pepper
- Garlic powder
- 1 slice cheddar cheese
- 1 tbsp. chopped tomato

Instructions:

1. In a 6-inch nonstick skillet, melt butter over medium heat; turn skillet to coat evenly.
2. In a small bowl, whisk egg and milk or water; pour into skillet. Sprinkle garlic powder, pepper and salt over top of egg.
3. When edges of egg mixture begin to cook, lift edges with a spatula and tip the skillet so uncooked egg flows underneath to cook.
4. Repeat step 3 until top is almost dry. Place cheese slice on top, then the tomatoes over half of the omelet.
5. When cheese begins to melt, fold in half and serve.

Nutritional Information:

Calories: 272.4, Fat: 19.1g, Carbs: 6.4g, Protein: 18.4g

## **Colorful Scrambled Eggs**

(Total time: 20 min| Serves: 4)

Ingredients:

- 4 eggs

- 1/8 tsp. salt
- 1/8 tsp. pepper
- 2 tbsps. olive oil
- 2 tbsps. chopped red bell pepper
- 1 chopped garlic clove
- 1 1/2 tsps. chopped chives

Instructions:

1. In a bowl, beat together eggs, pepper and salt; set aside.
2. In a large skillet, heat oil; add red bell pepper and garlic. Over medium heat, cook for 5 minutes, stirring constantly.
3. Add egg mixture and chives to skillet; cook and stir over low heat until eggs are cooked.

Nutritional Information:

Calories: 199, Fat: 15.21g, Carbs: 1.96g, Protein: 13.01g

## **Cheesy Grits**

(Total time: 20 min | Serves: 6)

Ingredients:

- 1 c. uncooked grits
- 5 eggs
- 1 c. shredded cheddar cheese
- 1/4 c. half-and-half

Instructions:

1. Prepare grits in accordance to instructions on the packet.
2. Meanwhile, in a small bowl, mix the beaten eggs with the cheese.
3. When the grits are almost done, stir 3 tablespoons of the hot grits into the egg mixture.

4. Add the egg mixture to the cooking grits; whisk the egg mixture into the grits until the grits are smooth.
5. Add half-and-half; continue whisking until the grits are of desired consistency.

Nutritional Information:

Calories: 304.5, Fat: 9.6g, Carbs: 36.4g, Protein: 16.9g

## **Eggs Florentine**

(Total time: 8 min | Serves: 1)

Ingredients:

- 2 large eggs
- 1 tbsp. extra virgin olive oil
- 5 tbsps. egg fast alfredo sauce
- 1 tbsp. organic Parmigiano Reggiano wedge
- 3g organic baby spinach
- ¼ tsp. red pepper flakes

Instructions:

1. Set oven rack in the top groove nearest to the broiler. Set broiler to preheat.
2. Place olive oil in a non-stick skillet and put to heat over medium high heat.
3. Gently fry eggs over medium flame until egg whites are opaque but the yolk is still runny. This takes roughly 4 mins. Do not turn eggs.
4. Prepare casserole dish in the meantime. Dribble some olive oil in each casserole container or spray with cooking spray (olive oil).
5. In the bottom of the casserole dish, spread half of the Alfredo sauce. Gently slide the half-done eggs atop sauce.
6. Spread leftover Alfredo sauce and half of the parmesan cheese over eggs.



7. Set casserole dish under the broiler and broil for 2-3 mins or until the eggs have cooked and the top has bubbly golden spots.
8. Remove from broiler and top with thinly sliced (julienne) baby spinach leaves, unused Parmesan cheese and a dash of red pepper flakes. Serve immediately.

Nutritional Information:

Calories: 529, Fat: 3g, Carbs: 3g, Protein: 29g

### **Corn Meal Mush with Polish Sausage**

(Total time: 30 min | Serves: 4)

Ingredients:

- 16 oz. refrigerated corn meal mush
- 16 oz. skinless Polish sausage
- ½ tsp. butter
- Stevia

Instructions:

1. Cut both mush and sausage into 1-inch slices; set aside.
2. In a skillet, melt butter. Add mush as you lay the slices side by side. Cook until softened and lightly browned on one side, about 10 minutes; turn over to brown other side.
3. After turning mush over to brown other side, add sausage to skillet; place around edges of skillet and between mush slices to warm throughout (you may also use a separate skillet to heat sausage).
4. Serve with maple syrup drizzled on top.

Nutritional Information:

Calories: 110.4, Fat: 1.1g, Carbs: 23.4g, Protein: 2.5g

### **Chunky Mediterranean Tomato Soup**

(Total time: 25 min | Serves: 4)

### Ingredients:

- 400g grilled vegetable mix, frozen
- 2 tbsps. garlic, chopped
- Fresh basil leaves
- 400g can chopped tomato
- 1 reduced-salt vegetable stock cube
- 50g Ricotta

### Instructions:

1. Heat the pan to medium, put in vegetable mix and garlic, then cook until vegetables start to soften.
2. Add the basil, tomatoes, stock cube and two cans of water, then chop with a blender.

### Nutritional Information:

Calories: 212, Fat: 7g, Carbs: 24g, Protein: 11g

## **Grilled Cheese and Tomato Sandwich**

(Total time: 20 min | Serves: 4)

### Ingredients:

- 8 slices of soft bread
- 4 tbsps. softened butter
- 4 slices cheddar cheese
- 4 slices sliced tomato

### Instructions:

1. Spread ½ tablespoon butter on one side of each slice of bread.
2. In a large skillet or griddle, place 4 slices of bread side by side; the butter side should face down. Each slice to be topped with a slice of tomato and another one of cheese; top the unbuttered side with another bread slice.
3. While on low heat, cook until one side is lightly browned, then flip

over and cook other side until lightly browned and cheese is melty. Serve hot.

Nutritional Information:

Calories: 475.9, Fat: 26.8g, Carbs: 41g, Protein: 20.9g

### **Fried Deli Turkey Mushroom Sandwich**

(Total time: 20 min | Serves: 1)

Ingredients:

- 1 slice of deli turkey
- 1 grilled portobello mushroom
- Ketchup
- Mustard

Instructions:

1. Cut deli turkey from center of slice to outside edge, so it will lay flat in skillet.
2. Place a skillet on medium heat; place deli turkey in pan and cook until it begins to brown; turn over and cook other side until lightly browned.
3. Place fried deli turkey into grilled mushroom; top with ketchup, and mustard if desired.

Nutritional Information:

Calories: 259, Fat: 5.2g, Carbs: 11g, Protein: 8.2g

### **Denver Sandwich**

(Total time: 10 min | Serves: 1)

Ingredients:

- ½ tsp. butter
- 1 tbsp. chopped onion
- 1 tbsp. chopped green pepper
- 1 egg, beaten

- 1 tbsp. shaved chopped ham
- Salt
- Pepper
- 1 grilled portobello mushroom

Instructions:

1. Melt butter in a skillet. Add green pepper and onion, and cook over low heat until softened, about 5 minutes.
2. Whisk the egg in a bowl; add ham.
3. Pour egg mixture into the pan over onion and green pepper; sprinkle salt and pepper to taste.
4. Cook over low heat until nearly set, then flip over, cooking for another 30 seconds to set.
5. Serve between two slices of mushrooms.

Nutritional Information:

Calories: 293.8, Fat: 12.9g, Carbs: 28.2g, Protein: 15.9g

## **Curried Chicken Salad Sandwich 20**

(Total time: 15 min | Serves: 4)

Ingredients:

- ½ c. mayonnaise
- ½ c. vanilla yogurt
- 1 tsp. lemon juice
- ½ tsp. sweet curry powder
- ¼ tsp. onion powder
- ¼ tsp. celery seeds
- 2 c. chopped chicken breast
- ¼ c. chopped green grapes

- 2 portobello mushrooms

Instructions:

1. Using a bowl, mix mayonnaise, lemon juice, celery seeds, yogurt, onion powder and curry powder; stir until well blended.
2. Add chicken and grapes; mix gently.
3. Cover; refrigerate to chill.
4. Spoon chilled chicken salad into portobello mushrooms to serve.

Nutritional Information:

Calories: 332.5, Fat: 9.4g, Carbs: 14.3g, Protein: 20g

## **Ham and Swiss Sandwich**

(Total time: 30 min | Serves: 2)

Ingredients:

- 1/3 c. mayonnaise
- 1 tsp. parsley flakes
- 1/2 tsp. prepared mustard
- 1/4 tsp. onion powder
- 5 oz. ground smoked ham
- 1/2 c. shredded Swiss cheese
- 2 portobello mushrooms
- 2 tomato slices

Instructions:

1. In a medium bowl, combine mayonnaise, parsley, mustard, and onion powder; stir until well blended.
2. Add ham and cheese; mix just until combined. Refrigerate to chill.
3. Spoon ham and cheese mixture into portobello mushrooms; top with tomato slice, if desired.

Nutritional Information:

Calories: 390, Fat: 11g, Carbs: 36g, Protein: 24g

## **Egg Salad Sandwich**

(Total time: 1 hour | Serves: 4)

Ingredients:

- ½ c. mayonnaise
- 2 tbsps. pickle relish
- 1 tsp. prepared mustard
- ¼ tsp. salt
- ¼ tsp. black pepper
- 4 chopped hard-cooked eggs
- 1 sliced
- 2 portobello mushrooms

Instructions:

1. In a medium bowl, combine mayonnaise, relish, mustard, salt and pepper.
2. Add chopped eggs; mix gently. Refrigerate to chill.
3. Spoon chilled egg salad into portobello mushrooms; top with tomato slices if desired.

Nutritional Information:

Calories: 259, Fat: 9.5g, Carbs: 10g, Protein: 12.8g

## **Butternut Squash Soup**

(Total time: 40 min | Serves: 6)

Ingredients:

- 2 tbsps. olive oil
- ¾ c. chopped onions

- 1 c. sliced carrots
- 1 cubed potato
- 2 c. cubed butternut squash
- 1 cubed Granny Smith apple
- 4 c. chicken broth
- ¼ tsp. nutmeg
- Salt
- Pepper
- ½ c. milk

Instructions:

1. Heat olive oil using a saucepan. Add onions and cook over low heat until softened, about 5 minutes.
2. Add carrots, potato, squash, apple, and chicken broth; cover and cook over low heat until vegetables are tender, about 30 minutes. Stir in nutmeg, salt and pepper.
3. In a blender, place half of the mixture; blend well until smooth. Pour into another saucepan or large bowl and blend the remaining half of the vegetables until smooth.
4. Return to saucepan; stir in milk if desired. Serve immediately.

Nutritional Information:

Calories: 100, Fat: 2.5g, Carbs: 20g, Protein: 2g

## **Simple Meatball Soup**

(Total time: 1 hour | Serves: 6)

Ingredients:

- 2 tsps. olive oil
- 1 chopped onion
- 2 chopped garlic cloves

- 2 c. tomato juice
- 2 c. chicken broth
- ½ c. water
- ¾ c. vegetable juice blend
- ½ c. chopped green pepper
- ⅓ c. white quinoa
- 24 frozen meatballs

#### Instructions:

1. Place olive oil in a saucepan and heat; add garlic and onion, and allow to cook on medium heat until soft, about 5 mins.
2. Add tomato juice, broth, water, vegetable juice, and green pepper; bring to near boiling then reduce heat. set oven to low and cook until onions and peppers are soft and flavors are well blended; stir occasionally.
3. Add quinoa and meatballs; cover and continue cooking for 25 minutes, or until quinoa is tender and meatballs are heated throughout.

#### Nutritional Information:

Calories: 277, Fat: 14g, Carbs: 26g, Protein: 13g

### **Chicken Barley Soup**

(Total time: 2 ½ hours | Serves: 8)

#### Ingredients:

- 1 lb. ground chicken
- 14 oz. chicken broth
- 1 c. vegetable juice blend
- 4 c. water
- 1 c. sliced carrots
- ½ c. shredded cabbage
- ½ c. diced green pepper



- 1 c. chopped onion
- 2 minced garlic cloves
- 2 tsps. salt
- ¾ c. barley

Instructions:

1. In a large saucepan, cook ground chicken, stirring until browned and crumbly. Drain fat
2. Add broth, juice, water, carrots, cabbage, green pepper, onion, garlic, seasoned salt and barley; stir.
3. Cover; cook over low heat for 1½-2 hours, or until barley is tender; stir occasionally.

Nutritional Information:

Calories: 92, Carbs: 12g, Fat: 3.1g, Protein: 5g

## **Ham and Bean Soup**

(Total time: 5 hours |

Ingredients:

- 16 oz. navy beans
- 14 oz. chicken broth
- 2 c. water
- 1 c. sliced carrots
- 1 c. chopped onion
- 2 sliced garlic cloves
- 14 oz. diced tomatoes
- ½ tsp. black pepper
- 1½ tsps. salt
- 1 c. chopped green cabbage

- 5 oz. smoked ground ham

Instructions:

1. Wash navy beans according to package directions.
2. In a large saucepan, heat 1 quart water to boiling. Remove from heat; add beans, cover and let sit for one hour to soften; drain.
3. Add broth, water, carrots, onion, garlic, tomatoes, pepper, seasoned salt, cabbage and ham. Set oven to low and cook until beans become very soft. Stir occasionally.
4. Using a potato masher, mash beans until about half of them are broken apart; stir to blend.

Nutritional Information:

Calories: 180, Fat: 2.3g, Carbs: 24g, Protein: 15g

## **Clam Chowder**

(Total time: 45 min | Serves: 6)

### **Ingredients:**

- 1 c. chopped onion
- 2 c. diced potatoes
- 1 chopped garlic clove
- 2 slices of turkey bacon
- 1 tsp. salt
- ¼ tsp. black pepper
- 8 oz. bottle clam juice
- 7 oz. minced clams
- 4 tbsps. flour
- 1 c. milk
- 2 c. half-and-half

### **Instructions:**

1. Remove starch from potatoes by slicing them and soaking in lukewarm water. Strain 4 times.
2. In a saucepan, combine onion, potatoes, garlic, turkey bacon, salt, pepper, and clam juice; cover the pan and cook for 30 minutes on low, or until vegetables are soft.
3. In a small bowl, stir flour into milk; mix well.
4. Add flour and milk mixture to saucepan along with half-and-half and clams with their liquid; stirring constantly, cook over medium heat until chowder thickens to desired consistency.
5. Transfer the mixture to a blender; blend until smooth and return to saucepan.

### **Nutritional Information:**

Calories: 163, Fat: 5.83g, Carbs: 19.01g, Protein: 8.83g

## **Cream of Broccoli Soup**

(Total time: 45 min | Serves: 6)

### Ingredients:

- 3 c. broccoli florets
- 1 c. chopped onion
- 1 tbsp. celery flakes
- 1 chopped garlic clove
- 1 diced potato
- 14 oz. chicken broth (see recipe on previous pages)
- 2 c. milk
- 1½ c. shredded cheddar cheese
- ¼ tsp. thyme
- ½ tsp. salt
- ¼ tsp. white pepper

### Instructions:

1. In a medium saucepan, add broccoli, onion, celery flakes, garlic, potato, and chicken broth; bring to near boiling; reduce heat, cover and cook over low heat for 30 minutes, or until vegetables are soft.
2. Transfer cooked vegetables with broth to a blender; blend until smooth.
3. Return blended vegetables to saucepan; add milk, cheese, thyme, salt, and pepper.
4. Cook on low until the cheese is melted, stirring constantly.

### Nutritional Information:

Calories: 150, Fat: 7g, Carbs: 15g, Protein: 5g

## **Apple Sauerkraut with Chicken Sausage**

(Total time: 6 hours | Serves: 4)

### Ingredients:

- 14 oz. chopped sauerkraut
- 1lb. smoked Chicken sausage
- 3 sliced cooked apples
- ¼ c. stevia
- ½ c. apple cider or apple juice

### Instructions:

1. To the bottom of a slow cooker, place 7 oz. of the sauerkraut.
2. Spread half of the apple slices over the sauerkraut, then sprinkle with half of the stevia.
3. Cut the chicken sausage into 1-inch pieces; add to slow cooker.
4. Place the rest of the apple slices on top of the chicken sausage, sprinkle apples with remaining stevia, then top with the remaining sauerkraut.
5. Pour the apple cider, or juice, over all.
6. Cover; cook on Low for 6 hours.

### Nutritional Information:

Calories: 284, Fat: 32.9g, Carbs: 30.5g, Protein: 16.3g

## **Barbeque Chicken and Beans**

(Total time: 3 hrs. 30 min | Serves: 8)

### Ingredients:

- ½ lb. ground chicken
- ⅓ c. chopped onion
- 5 slices of veggie bacon
- 15 oz. canned Great Northern beans
- 15oz. pinto beans
- 15oz. pork and beans

- ½ c. barbeque sauce
- ¼ c. chopped green pepper

Instructions:

1. In a medium skillet, cook ground chicken and onion, stirring until ground chicken is browned and crumbly and onions are softened. Drain fat.
2. In a slow cooker, add all ingredients; mix well.
3. Cover; cook on High heat for 3½ hours, or until onions are of desired softness.

Nutritional Information:

Calories: 158, Fat: 4g, Carbs: 7g, Protein: 10g

### **Saucy Chopped Steaks**

(Total time: 8 hours | Serves: 4)

Ingredients:

- 10¾ oz. cream of mushroom soup
- 4 chopped steaks
- 1 chopped onion
- 2 sliced carrots

Instructions:

1. Place half of the soup into slow cooker; spread evenly across bottom.
2. Place steaks side by side in slow cooker; spoon remaining soup evenly over top of steaks.
3. Place onions and carrots on top.
4. Set oven to low heat and cook for 8 hours, or until tender.

Nutritional Information:

Calories: 56, Fat: 2.9g, Carbs: 7.1g, Protein: 1.2g

### **Scalloped Potatoes and Ham**

(Total time: 8 hours | Serves: 8)

Ingredients:

- 6oz. ground smoked ham
- 5 sliced medium potatoes
- 2 chopped onions
- ¼ tsp. black pepper
- 1 c. shredded Cheddar cheese
- 10¾ oz. cream of mushroom soup
- ⅔ can soup milk

Instructions:

1. Remove starch from potatoes by slicing them and soaking in lukewarm water. Strain 4 times.
2. In a small bowl, break the ham into small pieces.
3. Place half of the ham, potatoes and onions into slow cooker; sprinkle the cheese and pepper over the top.
4. Layer the remaining ham, potatoes, and onions into slow cooker.
5. In a medium bowl, combine soup with milk; pour soup mixture into the slow cooker evenly over the top of the potato mixture.
6. Set heat to low and cook until tender.

Nutritional Information:

Calories: 358, Fat: 4.7g, Carbs: 18g, Protein: 9.9g

# GASTRIC SLEEVE SURGERY

Bariatric mindset success: Deciding on Bariatric Surgery.  
Preparing for the procedure, and Changing Habits for Post-Surgery



## Description

After bariatric surgery, you invariably find your life balance out of whack. Your life is so full that you just don't seem to find the time for stuff that makes you happy and fulfilled. How do you prioritize stuff that can pull your life back into balance?

The bariatric balance matrix is made up of an impetus axis where you get stimulated for your own priorities and other people's priorities. The energy axis is where you engage in activities that either energizes you or depletes you.

Ask yourself the following questions?

- Does this activity get me closer to something that matters to me?
- Does this activity align with my goals, values, and purpose?
- What intrinsic rewards do I get from this activity?
- Do I feel energetic after completing this activity?
- How often am I getting bored or tired by this activity?
- If I had a choice, would I do this activity for the fun of it?

This book will help you navigate through the challenges while educating you to make the better choices, toward a sustainable, and less frustrating journey.

This book will pay attention to you and your personal goals whether it be losing weight, building muscle, increasing energy, sleeping better, or eating around restrictions.

This book will offer you support that is crucial for your success where you never feel you are alone and have fun along the way

This book will offer you lasting results and lifestyle changes with permanent results, building a sustainable relationship with food.

## Introduction

Let me begin by stating that I admire your courage in pursuing this life-changing surgery, and I commend you for taking this important step in self-care.

I have the privilege of working daily with patients who have recently undergone weight loss surgery. Following surgery, these courageous individuals often experience a wide variety of emotions: emotions including loneliness, anger, anxiety, depression, identity confusion, and the overwhelming urge to overeat.

Many post-surgery patients tell me that they have never experienced these feelings before, or at least have not felt them so intensely, because they had previously used overeating to “numb out,” “escape,” “self-soothe,” and simply “make the feelings go away.” These patients frequently come into my office saying, “I have no idea how to cope without food!” This is why I created the Weight Loss Surgery Coping Companion. In this resource guide, I help you do two things: understand your experience of these emotions; and provide specific, personalized strategies to allow you to cope with them in healthy, effective ways. I specifically address loneliness, anger, anxiety, depression, identity confusion (“Who am I?”), and the compulsion to overeat. My intention is that the guide provides you with strategies that you will use not only following surgery, but also for a lifetime. All the best to you as you embark on this journey of nurturing and self-care.

# Chapter 1: Life Post-Bariatric Surgery

## Pain 1 To 3 Months Post Surgery

A patient can expect minor pain and swelling for up to three months post-surgery. The pain should be minor, but still noticeable, especially when partaking in any sort of physical activity that stretches or contorts the abdomen. This will subside as the weeks go on, and by around the three month point a patient will no longer need pain medication.

In today's climate with the increased awareness of the dangers of pain medication, it is doubtful that a doctor would issue a prescription for very long. A patient should follow their doctor's recommendation about what pain medication to take and with what frequency. They shouldn't try and tough it out, but it's important to note that taking medication for a long period of time can cause minor symptoms of withdrawal once the medication is fully removed from a patient's regimen.

An additional note is that for the first week or two that a patient significantly reduces their pain medication; they can expect rapid changes in their bowel movements. A patient will be on medication for a minimum of three weeks and this long period of time creates a constant state of constipation for the patient. This will subside but it does so in a fairly rapid way; it's something that should be expected but not something that is all too disruptive to a patient's life.

## Diet After 1 Month

At around the one month point, a patient will start to consume solid foods again. They must not be overly acidic, and they must be taken with a fair

amount of vitamin pills. These are special supplements that are prescribed by a patient's doctor, and are a necessity to ensure the proper nutrition for a patient. A patient must also continue to drink lots of water; much of the water that was obtained by the patient before the surgery was received through the solid food they were eating. While solid foods are back in the diet, they are consuming far fewer calories and need to supplement this with an increase in liquids.

It is possible that even when a patient is ready to consume solid foods, it will be difficult. This comes from the shrunken stomach, but also from the pain and swelling of the passage leading to the stomach. If solid foods are difficult to eat, a patient should blend them with fat free milk, water, or broth. For many, broth preserves some of the flavor that is otherwise lost when blending with other liquids. And if hot broth is used, it helps to soften the foods even more. It is not suggested that a patient uses a straw to consume these liquids as often the suction causes pain in the esophagus; a result of the swelling from the surgery of the stomach and a slight buildup of acids around the lower section of the throat. For most, at around the two month point this additional restriction of no straws can be removed.

Energy levels during this period are still diminished from a lack of calories being taken in, however patients typically experience extra energy from the quick rate of weight loss in these early months. The body is starting to get into a state of ketosis; that is burning fat instead of glucose for energy. This is variable depending on the age of the patient, the physical activity they get post-surgery, as well as the state of their liver. Healthier livers are more efficient at having the body gain energy from ketosis.

### Diet After 6 To 8 Months And Beyond

At around six months, a patient will switch to their maintenance diet. This is the beginning of the learning process for how they will eat for the rest of their lives. In addition to the doctors a patient is already familiar with, a nutritionist is also involved. At this stage, it is the nutritionist who actually becomes one of the most important medical professionals for a patient. They will calculate the macros that a patient needs, as well as assist in determining the vitamins and supplements that are needed. Beyond eight months, appointments with a nutritionist will be consistent, but not as frequent as once a month. The macros for a diet typically do not change that much after the eight to nine month range, and instead it is about ensuring that a patient can maintain their current diet and have enough energy throughout the day. Modifications are made based on the amount of physical activity and energy levels of the patient.

A patient will feel very full from what are very small amounts of food. This is because of the shrunken stomach, but also because some degree of swelling still exists. This is a great time to develop new habits, typically behavior that is the opposite of what caused a patient to need bariatric surgery in the first place. Eating slowly and savoring every bite is a key component of these new eating habits. Typically a patient would have eaten much faster leading up to surgery, rarely savoring the taste of food and instead going for volume. Trying to keep this habit going post-surgery is a recipe for extreme stomach pain as more food can be ingested before it is sensed by the body that it simply cannot contain that much volume.

This is a great time to also start learning how to cook and become more intimate with food. Part of the issue with eating disorders is that abstinence is not a solution like for other behavioral addictions. A healthy relationship

must be maintained with food as it is something that cannot be cut out completely. In addition, when and with whom a patient eats is a factor in their success. Eating should be an activity to itself, and should not be done on the run or in front of a computer or television. Good eating habits start with eating at the same time each day and using it as a time for the family to discuss their day.

### Weight Loss In The Long Term – Plateaus And Avoiding Old Habits

The weight loss that a patient experiences is a reason for joy, but after the two year point there will be a plateau. This is not inherently a bad thing, and the patient is still going to be losing weight, albeit at a far slower rate. The issue is it can be difficult for a patient to adapt to the mental challenges of this slower rate of change. Bariatric surgery is a tool to assist in weight loss, but is not a solution by itself. A patient must be willing to make long term changes in their relationship with food and how they incorporate exercise into their life. It will be impossible for a patient to go back to their old weight, but it is quite possible to have a patient revert to their old mindset. Sticking to a diet, changing one's relationship with food, and adding exercise to their routine is the only surefire way to avoid old habits that led to bariatric surgery and the poor mental state associated with it.

## Chapter 2: Possible Complications

As with any surgery, gastric sleeve comes with possible complications. It's important to know what they are and their symptoms, so if you begin to suffer, you can seek medical attention right away:

### Gallstones

Gallstones are one of the most reported complications after gastric sleeve surgery. Within two years, 23% of patients get gallbladder disease.

Sometimes surgeons will even remove the gallbladder while performing the surgery. Symptoms of gallstones include pain in your upper back and abdomen, nausea, vomiting, indigestion, bloating, gas, and heartburn. If the pain can't be numbed by regular pain medication; you're vomiting; or you have chills, sweats, or a fever, you should go to the ER.

### Staple line leaks

A week following surgery, surgeons are most worried about staple line leaks. They aren't common - about 2.4% are at risk - but they're very serious. Symptoms include an increased heart rate, trouble breathing, and a fever. If you experience any of these three, call your doctor. If it's been three days or less since your surgery, surgeons will go back in with a laparoscope and repair the leak. If it's been 8 days or longer, you most likely won't have to go through surgery. Other treatment such as stents and drainage are more common at this point.

### Blood clots

A surgery is a type of injury - you are being cut into - and blood clots are always a risk with an injury. They also tend to occur when you don't move a

lot after your injury, which will happen following surgery. Clots can be life-threatening, so getting attention quickly is vital. Symptoms include numbness, redness, swelling, pain, and paleness in your arm and legs.

### Strictures

A stricture is when the opening to your stomach (the actual stomach, not your surgery scar opening) or to your intestines get inflamed or blocked. This prevents food from making its normal journey through the body. You might have a stricture if you feel nauseated, have trouble swallowing, you're vomiting, or you can't eat certain foods.

### Wound site infection

After surgery, the areas where the surgeon made incision cuts can become infected. Infection is a risk that comes with every type of surgery. If your incision areas feel hot or look red, or you're experiencing a fever, faster heart rate, lightheadedness, or dizziness, you might have an infection.

## SIDE EFFECTS

Complications are dangerous, but side effects are common post-surgery. Most of the time they aren't life-threatening; they're just annoying. However, you shouldn't ignore them since they may be symptoms of something more serious. Here are some of the discomforts patients tend to experience:

### Nausea

You'll most likely feel nauseated during the first months following surgery. You might even need to vomit. Your body is doing a lot of healing and then adjusting to different foods.

### Body aches



If these become too painful and you want to take a painkiller, ask your doctor which type is best. Common ones like Aleve and ibuprofen are usually not recommended.

### Weakness and fatigue

Again, your body just went through a major surgery, so it needs rest. You're also consuming much less food, so your energy levels will be low.

### Constipation

This happens because you aren't eating enough fiber. Drinking more fluids, taking fiber supplements, and walking can help.

### Diarrhea or gas

You've most likely eaten something that's triggered stomach distress. Identify what you've eaten recently and then avoid it in the future.

### Feeling cold

As you lose weight, you might feel colder than before. This is because fat insulates your body, and as you lose it, you lose that insulation.

### Acne or dry skin

Some patients experience skin changes following weight-loss surgery. A healthy diet and the proper vitamins can help, as well as cleansers and lotions.

### Hair loss

Hair loss is actually very common and occurs in 50% of patients following surgery. It happens because you are losing weight so quickly. The right diet, protein, and vitamins should help. You can also find special shampoos and supplements like flaxseed oil.

## Yeast infection

Antibiotics, which you take to prevent infection, can cause a yeast infection. Also known as thrush, this condition can result in a white coating on your tongue, redness, or inflammation. Talk to your doctor.

## Moodiness

Feeling emotional after weight-loss surgery is very common. You might experience fear, anxiety, depression, uncertainty, or even regret. You might also feel frustrated about your recovery. The best solution is to stay connected to supportive friends and family and find peer support groups.

## Chapter 3: General Recovery Tips

Everyone's recovery journey is different following gastric sleeve surgery. You should always listen to the advice of your surgeon over anything you read in this book or online. To give you an idea of what your recovery is like, however, let's go through some general guidelines:

**Expect constipation for the first week**

In the section on side effects, we mentioned that constipation is common. It is most prevalent the week after your surgery. Pain medications are a contributing factor. Though it's considered normal, still talk to your doctor about it if it bothers you.

**Take pain medication when you need it**

There's nothing wrong with taking pain meds when you need them. Your doctor will prescribe you something. You should never take anything labeled as NSAIDs. This includes aspirin, Aleve, and ibuprofen. NSAIDs hinder the stomach's ability to produce mucous, which shields your stomach lining from gastric fluids. Surgeons might recommend an opioid like Vicodin or a acetaminophen-based medication, like Tylenol.

**Walk as much as you can**

For a while, the only exercise you'll be able to get is walking. Heavy lifting is dangerous, since it puts pressure on your stitches, and you'll likely be too tired to do anything strenuous. Walking encourages healing and establishes a good activity habit you can rely on in the future.

**Don't take baths for three weeks**

Hot baths can increase your risk for infection, because the heat can soften

scabs and create an ideal environment for bacteria. You need to wait until the incisions are healed. This can take three weeks. Showers are usually okay, but consult with your surgeon first.

Depending on your job, you can expect to return in two to four weeks

If your job doesn't involve heavy lifting or strenuous physical activity, you can probably go back in two to four weeks. Your surgeon can help you decide if you are feeling well enough. Remember to keep walking around and avoid sitting too long. You'll also be avoiding those tempting office treats, so having a healthy snack option will be important.

Sip your liquids

Whatever liquid you're drinking, you want to sip it. No chugging. Drinking too quickly causes pain, bloating, and other unpleasant side effects. When you first get home, drinking may be difficult. Sipping keeps you hydrated, but comfortable. It's a good idea to aim for eight-ounces of liquid within 5-15 minutes for eight hours a day.

Eat small portions

Portion control is the second most important aspect of weight-loss after food choices. You can eat very healthy food, but if you're eating too much of it, you'll gain weight. To help with portion control, people often use small plates, cut up their food before they eat it, and/or use a kitchen scale to measure specific ounces. When you're starting to eat solid foods, you'll need to pay special attention to portions because you aren't sure what foods might bother you. Once you're fully healed, portion control ensures you keep losing weight.

Wear comfortable, loose clothing

Wearing tight clothing can make digestion uncomfortable. Pressure on your stomach actually inhibits the digestion process and can cause heartburn. When you're healing from gastric sleeve surgery, you want digestion to go as smoothly as possible. Wear clothing that's loose and comfortable. When you're recovering, you won't be going out, so loose sweatpants and pajama pants are completely acceptable.

### Be patient

Recovering from surgery is frustrating. You might feel ready to eat solid food, and then suffer a setback. Maybe you really want to walk farther, but you are struggling with too much fatigue. You feel depressed or anxious. Your body affects your mental state and vice versa. The best thing you can do is to be patient with yourself. Not everyone heals and progresses in the same way, so don't compare yourself to others who've had gastric sleeve surgery. Monitor your mental health as closely as your physical health, and talk to your doctor if you're struggling. You might benefit from a counseling session or two.

When you're recovering from your surgery, it's a good idea to anticipate constipation, take pain meds when you need to, walk as much as you can, take showers instead of baths, slowly sip your liquids, and be patient with yourself. Depending on your job, you can expect to go back in 2-4 weeks after the gastric sleeve surgery.

### **VITAMINS AND SUPPLEMENTS**

Since you aren't eating a lot of food following gastric sleeve surgery, you will need to get nutrition from vitamins and supplements. With gastric sleeves, you don't need as many as you would with gastric bypass, but

they're still necessary. Here's what a surgeon will typically recommend:

### Multivitamin

A high-quality multivitamin is first on your list. Depending on the dose of each pill, you might take one in the morning and one at night. Brands for bariatric patients include Bariatric Fusion and Barimelts, though you can take other daily multivitamins.

### Calcium citrate

You start taking this vitamin about 1 month following surgery. It's a three-a-day vitamin, and you should take it in 500 mg with at least 60 minutes between each dose. You should also take it two hours before or after your multivitamin and/or iron supplement. Iron and calcium cannot be mixed together. Calcium citrate can be taken with or without food.

### Iron

If your doctor finds you need iron and you aren't getting enough from your multivitamin, you might be prescribed an additional iron supplement. It cannot be taken with calcium citrate, thus the two-hour window. Iron should be taken on an empty stomach; it's absorbed best this way.

### Vitamin B12

Your doctor might recommend B12 injections, nasal sprays, or sublinguals (which means under the tongue). It can't be taken in pill form after surgery. The usual dose is between 5000-7500 mcg once a week.

### Folate

If you have low folate levels, you are at risk for anemia. While multivitamins do contain folate, your doctor might recommend more if your levels are low.

Ask to get tested every few months, since most surgeons don't automatically check.

### Protein supplement

Getting 60 grams of protein daily can be tricky for those on a restricted diet. Surgeons will most likely recommend a protein supplement designed for bariatric patients. These include Genepro, Unjury, and Bariatric Fusion.

## Chapter 4: Mindful Eating Exercise

To begin this mindful eating exercise, go to the kitchen and get a small serving of food, such as a few orange slices, a small handful of raisins or nuts, or a few crackers.

Step 1: Turn off any devices, such as your phone, computer, or TV. Sit in a comfortable place with the food in front of you. Close your eyes and take a few deep breaths, letting go of the outside world.

Step 2: Open your eyes and really look at your food. Notice the color and shape. Are there any interesting or unusual features? What do you see?

Step 3: Bring your food to your nose and smell it. How would you describe the aroma? Do you like it? Does it make you feel like eating the food?

Step 4: Feel the food in your hand. Is it heavy or light? What do you notice about the texture? Is it soft, hard, rough, or smooth?

Step 5: Now, place the food in your mouth. Notice the taste as the food rests on your tongue. Bite down and slowly chew. Move the food around your mouth. Really take your time, noticing every taste sensation. How would you describe the taste? Do you like it?

Step 6: When you're ready, swallow the food and notice how it feels making its way towards your stomach. Do you like the sensation? Do you feel hungry? Satisfied?

What did you notice during this exercise? Many of my patients report that they're suddenly aware of how "mindlessly" they eat, typically eating quickly and joylessly, barely noticing the experience. Also, patients frequently report that this exercise makes eating more enjoyable. Further, I



often hear that it makes them feel compelled to eat less, because they're enjoying each bite much more. What were your observations?

### The Nourish Technique

Mindfulness, which you just experienced in the above exercise, is the cornerstone of the Nourish Technique. As mentioned earlier, the Nourish Technique includes a series of mindfulness-based questions that help you discriminate physical from emotional hunger; and then identify either (a) what your body is truly craving or (b) what you are truly needing emotionally. Below, we will explore the steps of the Nourish Technique. Then, I will provide a handout, the Nourish Technique Guide. You can copy and use this handout whenever you need it.

### The Nourish Technique: Question #1

The first question asked by the Nourish Technique is “Am I physically hungry or emotionally hungry?” To answer this question, first scan your body for signs of physical hunger: does your stomach feeling empty or hollow? Do you feel weak or dizzy? Are you mildly nauseous? Is your stomach growling? It might help to close your eyes as you're scanning for these physical sensations of hunger. Take your time, relax, and really listen to your body. The Nourish Technique Guide provides space to record your observations.

Next, tune into signs of emotional hunger. Close your eyes, take a few deep breaths, and attend to your internal experience. Do you notice any feelings of sadness, anxiety, anger, or loneliness? Do you feel agitated or “at loose ends?” Are you bored? Tired? Do you feel like yelling, crying, or just going to sleep? Are you engaging in any “nervous habits,” such as biting your

fingernails or bobbing your leg? Again, the Nourish Technique Guide provides space to record your observations.

### The Nourish Technique: Question #2

If your answer to Question #1 (“Am I physiologically hungry or emotionally hungry?”) is physiologically hungry, then ask yourself Nourish Technique Question #2: “What is my body really craving?”

Bearing in mind any post-surgery dietary restrictions, think carefully about the foods listed below and actually imagine yourself eating them. How would they feel in your body? Which one(s) is your body craving in order to feel nourished right now? If you truly listen to your body, you will find that it craves a healthy combination of the food groups listed below:

Dairy (e.g., yogurt, cottage cheese, a yogurt smoothie, a cheese stick)

Fruits (e.g., oranges, grapes, apples, bananas)

Vegetables (e.g., salad, carrots, broccoli)

Protein (e.g., nuts, eggs, peanut butter, beans, meat)

Carbohydrates (e.g., bread, cereal, pasta)

Whole grains (e.g., whole grain bread, crackers, or cereal)

Salty foods (e.g., pretzels)

Sweet foods (e.g., dark chocolate)

Liquids, as thirst is often mistaken for hunger (e.g., water, fruit or vegetable juice, milk)

Take a moment to list below some foods (or food combinations) from these groups that are likely to satisfy you when you're physiologically hungry. Some examples include cottage cheese with fruit, peanut butter on whole grain bread, salad with turkey and cheese, cereal with milk, a fruit and yogurt smoothie, a bean and cheese burrito. I encourage you to add to this list as you make new discoveries.

Once you have identified what your body is craving, mindfully eat whatever you are craving until you feel satisfied. Many patients are daunted by this statement, saying things like, "I can't be trusted to eat some of the foods on that list!" and, "I'll pig out if I let myself have peanut butter!"

How can you trust yourself to eat what you're really craving until you're satisfied? In my experience, mindful eating is the key. As you engage in a mindful eating practice (using the exercise on page 100 as a guide), you will find that your body and mind have all of the wisdom needed to (a) eat a healthy combination of foods and (b) stop when you're satisfied. My patients frequently report that when they begin eating mindfully, they are shocked by the types of foods that they crave- foods that they had never cared about before. I recall one of my patients saying, "I had never bought an orange in my life before I started eating mindfully. I thought they were just annoying health food. Now I keep them around all the time- I crave them a lot and really love them." Also, patients are often surprised by how much less they're compelled to eat when eating mindfully.

As you practice mindful eating, I deeply encourage you to be patient and compassionate with yourself. As I said earlier, just like learning to ride a bike, learning to eat mindfully takes time and practice. You might have

moments of frustration and self-criticism. In those moments, please try to stop, take a breath, put your hand on your heart, and say some encouraging, compassionate words to yourself. One of my patients likes to say, “You’re working hard at this and I’m proud of you.” Another says, “This is really hard, but you can do it. Take it one day at a time.” What might you say to yourself in moments of frustration or self-criticism? Write your ideas below:

As my patients are learning to eat mindfully until they are satisfied, I also often hear the question, “What does satisfied even mean? I can never find the happy medium between unsatisfied and stuffed!” How can you determine when you’re satisfied? My favorite way to determine this is to ask yourself this question: do you have a sense of fullness, but still could get up and comfortably dance? Similarly, you might ask yourself, “Do I have a sense of fullness, but still could get up and comfortably take a brisk walk?” As you’re mindfully eating a meal, periodically check-in with yourself and ask yourself one of these questions.

The Nourish Technique: Question #3

If your answer to Question #1 was emotionally hungry, then ask yourself Question #3: “What am I feeling and needing emotionally right now?” Again, close your eyes, take a deep breath, and tune into your emotional world. What are you feeling and needing right now? Are you feeling lonely, anxious, angry, or depressed? Are you agitated? Do you feel bored? Tired? Do you need support, connection with others, rest, relaxation, sleep, nurturing, or to express a feeling such as anger? Let your feelings wash over you- really experience and notice them. On the Nourish Technique Guide, you will find a space to record your observations.

## The Nourish Technique: Question #4

If your answer to Question #1 was emotionally hungry, then ask yourself Question #4: “What can I do right now to soothe myself that does not involve food?” Look back at the coping strategies you’ve developed thus far in our book for guidance. Do you just need to slow down, lie down, and get some rest or sleep? Would it help to write in your journal? Get out of the house and take a walk, go to a store, or exercise? Call or visit a friend or loved one? Watch a favorite movie? Take a step towards resolving an issue with a friend, family member, or co-worker? Again, the Nourish Technique Guide on the following page provides space for you to record all of your observations. As I mentioned earlier, please feel free to copy and use it whenever needed.

## The Nourish Technique Guide

Tanie Miller Kabala, Ph.D.

To feed your body what it needs and avoid emotional eating, walk yourself through the following mindfulness-based questions:

**QUESTION #1:** Am I physically hungry or emotionally hungry?

Determine this by scanning your body for signs of physiological hunger, such as a hollow feeling in your stomach, weakness, dizziness, or nausea. Also scan for signs of emotional hunger: feelings of sadness, anxiety, anger, boredom, loneliness, or agitation; or the desire to yell, cry, or go to sleep. Do your best to determine the type of hunger you’re experiencing and record it in the space below:

If the answer to Question #1 was physically hungry, then ask yourself  
Question #2:

QUESTION #2: What is my body craving?

Try to determine what food group(s) your body needs right now. Think carefully about the foods listed below- imagine eating them- and ask which ones your body needs in order to feel nourished right now:

Dairy (e.g., yogurt, cheese, smoothie)

Fruits (e.g., oranges, grapes, apples)

Vegetables (e.g., broccoli, carrots, salad)

Protein (e.g., nuts, eggs, peanut butter, meat)

Carbohydrates (e.g., bread, cereal, pasta)

Whole grains (e.g., bread, crackers, or cereal)

Salty foods (e.g., pretzels)

Sweet foods (e.g., dark chocolate)

Liquids, as thirst is often mistaken for hunger (e.g., water, fruit or vegetable juice, milk)

Now, mindfully eat whatever food your body is craving until you feel satisfied. I like to say that you are “satisfied” when you have a sense of fullness, but still could comfortably dance or walk briskly.

Bearing in mind any post-surgery dietary restrictions, eat whatever your body is asking for. Avoid having “forbidden” foods. As you follow this practice, you will find that you desire a healthy combination of the food groups listed

above.

If your answer to Question #1 was emotionally hungry, then ask yourself Questions #3 and #4:

QUESTION #3: What am I feeling and needing emotionally right now?

Are you feeling lonely, anxious, angry, or depressed? Are you agitated? Bored? Tired? Do you need support, connection with others, rest, relaxation, nurturing, or to express a feeling to someone? Let your feelings wash over you- really notice them- and then write your experience below:

QUESTION #4: What can I do right now to feel better that does not involve food?

Would it help to get together with someone, get out of the house, write in a journal, take a nap, or watch a movie? Look back at the coping strategies you've developed thus far in our book for guidance. Write your ideas below:

I recognize that walking through the steps of the Nourish Technique can feel like a lot of work, both mental and emotional. If you really don't want to overeat, but are simply too exhausted or overwhelmed to use it, I encourage you to try any of the quick, simple techniques in my COPE strategy:

1. Change your environment: Overeating is often triggered by something or someone in your immediate environment (e.g., the stress of work, the boredom of being home alone, the distress of having had an argument with a family member). Therefore, it is often helpful to change your environment

the minute you feel compelled to overeat. Go to a store that you like, take a walk, visit someone, or simply go outside for some fresh air and a change of scenery. Remember, the urge will eventually pass!

2. Open up to someone: Overeating is usually driven by painful or challenging feelings, so if you feel this compulsion, call or visit a loved one and share your experience. You might also consider joining an online forum, such as ObesityHelp.com, where you can seek the support and encouragement of other post-surgery patients. Take these opportunities to vent your feelings and gain support. Again, the urge will pass.

3. Pray, meditate, or do some breathing exercises: When you feel compelled to overeat, diffuse the energy by stopping what you're doing, going to a quiet place (one of my patients even resorted to going to the bathroom at work), and engaging in a centering activity such as prayer, meditation, or deep breathing. These activities soothe, comfort, and clear the mind- exactly what you need when you feel compelled to overeat. You can find my Five Minute Meditation script on page 119.

4. Exercise: As Amy put it, "The second I feel an urge to overeat coming on, I put on my sneakers and start walking." Amy, like many of my patients, finds that exercise provides a healthy diversion from the overeating compulsion. It also releases endorphins (which boost mood), clears the mind, and bolsters self-esteem.



## Chapter 5: Willpower Alone Is Not Enough for Weight Loss

You consciously act by the help of two mechanisms: motivation and willpower. While motivation is the desire to act, willpower is the desire to act regardless of how one feels.

- When you lose weight after bariatric surgery, biological factors come into play, making it difficult for you to keep the weight loss off after it has gone. Being successful or unsuccessful at keeping weight loss at bay is not a reflection of one's willpower reserve. When you lose a tremendous amount of weight after bariatric surgery, your metabolism gets out of whack, leading to an increase in appetite, where for every 2 pounds lost, you eat 100 calories more.

What is the usual scenario with regards to food restrictions? We indeed lose some weight but then our weight loss plateaus. Then our old weight comes back as if nothing happened. This is typical most especially in the show "The Biggest Loser." During the program the participants are losing tremendous weight. But when they are already out from the competition, they gain most of their weight back.

This is a dramatic example of how our body fights against weight loss. Hence, sheer willpower can barely help.

"Why is that we can't just control our body weight?" You can decide whether to take that next bite of breakfast, right? Why can't we just keep that going over years? The answer is that your brain, like several poorly run institutions, is governed by a committee."

This can be attributed to the brain's wirings with regards to reward system.

Our brain is programmed to find cake a much better reward than a carrot stick. The brain's hypothalamus is our body's weight thermostat. It prefers the body to be of a certain weight which is referred to as the set point. The moment our weight dips or even increases, hunger and even our calories will be adjusted to bring it back to its normal state.

Also, involved here is the executive system. This deals with our decision making and planning. Your secret weapon for weight loss takes a lot of vacations. Studies show that willpower can be very taxing for people. It is no wonder then that it is harder for us to control our urges. This executive system will not do better whenever we are lonely and stressed. The basic answer to why people have so much trouble with losing regained weight is they're so hung up on using a system that tires easily to fight against brain systems that are always working, and not taking a day off.

Hence, what are we going to do then?

The answer can be relatively simple. You should just do healthier habits from food to exercises. These habits will yield a healthier us and can somehow help us reach our ideal body mass index. Eating mindfully and listening attentively to the body will help us steer clear from unhealthy food choices.

There's always a point in our life that the only thing that will push us forward would be willpower. Yet, even if we have a dose and a ton of it, it seems we too get tired. And this can have adverse effects. Whenever we feel the weight of life tugging us down, we tend to succumb to night time cravings such as heading to the nearest coffee shop or even eating a whole pack of chips.

Fluctuating willpower should not be a concern at all. For you to be able to sustain it with the right amount of energy, here are three foundations that can

help you along the way.

Foundation 1: Goal. Setting a goal would be a motivation for you should you tend to lose your strength and willpower. Setting an undefined goal will cause confusion and the journey to realize that might go haywire. The basics in goal setting should be SMART. This means it must be specific, measurable, achievable, realistic, and timely.

When establishing your goal, make sure that it fits the criteria stated above. Even more attach a number to it. For instance, if you aim to lose weight you need to add numbers to it. Exactly how much weight do you desire? What percentage should you want to get rid of? Are you aiming for a 24-inch waist? Knowing these numbers will make your goal specific and measurable. But you also need to be able to realize if these numbers and percentages can indeed be achieved given your current state.

Foundation 2: Commitment. When your goal has already been defined, it is now time to commit. For instance, if you desire to reach that 24-inch waist, that won't happen overnight. Hence, you need to be able to research and find ways exactly how you can be able to do just that. You may want to reach out to your fitness friends or contact your local gym and ask around about what possible routines they can be able to provide to reach your goal. Commitment is a combination of accountability with a set of timelines. After all, we would want to be able to reach that goal in a matter of "x" number of weeks and months.

Foundation 3. Environment. The next best thing to consider would be your environment. You must be conscious with it and understand yourself better. Your physical environment must also be programmed to help you reach your goal. For instance, your refrigerator and pantry must not be filled with non-

bariatric friendly foods. Go out and shop for healthy food choices so you won't be tempted to eat those things and instead eat healthy.

These are just three foundations to live by to guarantee success with any endeavor possible. First, know your goal. Second, make sure you fully commit to realizing the goal, and finally make your environment as an enabler to reach it.

Food cravings have very little to do with hunger, and have both biological and psychological components. Willpower is a great thing to have, but it's not like you can flip a switch and have more of it when you need it. There are physiological and psychological factors that cause your willpower to rise and fall. Your willpower response is a reaction created to an internal conflict. Cravings have nothing to do with will power and have a mind of their own.

### The Craving Whisperer

One minute, you are focused, busy, and innocently going about your day. The next minute everything changes, and you suddenly find yourself in the clutches of a chocolate cupcake with buttercream icing. You are done licking the frosting off your fingers and you are looking for more.

What happened? Well you just got clobbered by a food craving.

Cravings are a persuasion in our daily lives. They play a vital role in nudging us in acquiring certain food choices that made us feel good in the past. Despite those choices not being consistent with our current weight loss journey, cravings are a state of mind that contribute to addictions and weight regain. A craving does not make us hungrier but makes us desire it specifically.

Cortisol, the stress hormone, peeps its ugly head when one is under pressure. This slows down the metabolism of food. Cravings for fat and sugar-laden foods increase when the weight loss-derailing combinations kill hard-earned weight loss wins. The deadly combination of a stress induced slower metabolic rate and high calorie cravings result in significant weight regain.

### Stop the Cravings

**Hydrate Yourself.** When you deprive yourself of water, this can present itself as hunger. And when you are hungry, it is very easy to get that snack out from the pantry. Whenever you feel hungry, reach out for a glass of water because your body might be playing tricks on you. It might be you are just dehydrated rather than hungry.

**Food Shopping.** Make a checklist of healthier alternatives before you even head out to get groceries. As much as possible, do not go there when you are hungry and even moody. This can lead to unhealthy food choices and you could easily give in to your cravings. Stick to the list when you head out to ensure you are not getting something unhealthy and unnecessary.

**Healthy Stress Relievers.** We often rely on snacks whenever we are stressed. Food is our little heaven amidst the chaos. Yet, the food that we take are the ones adding inches to our waist. Instead of doing stress eating, find healthier alternatives to release it away. Plus, points if it does not even involve food, like yoga, music, exercise or going out with friends.

**Beat the Craving at Its Own Game:** Cravings specifically use the part of the brain involved in sights and smells. A Study at McGill University revealed that visualizing a vivid picture like the details on a rainbow, engaged the same areas of the brain thereby reducing cravings. Use visual imagery like

your favorite pair of shoes, your dream home etc. to take your mind off the craving.

Whiff away by sniffing essential oils like jasmine, mint or calendula to intercept the craving desire.

These strategies have proven time and again to combat cravings when it hit. Remember, this is your body that we are talking about. We are what we eat after all.

Food scientists are hired to create certain foods that are so delicious with just the right amount of everything that you struggle to stop yourself from overeating. Hyperpalatable foods cause cravings, overconsumption, and lack of willpower along with impulse buying. Unfortunately, these foods are high in sugar, fat, caffeine, and sodium, and low in nutrients. Many hyper-palatable foods are altered in the same manner as addictive drugs. The active ingredients from these hyper-palatable foods is more quickly absorbed in the blood stream leading to a higher level of reward.

### Stimuli Stacking

People are encouraged to eat when the food offers us flavors that are favored by our taste buds. These danger foods consist of the following flavors:

- Sugar
- Fat
- Salt

Combining two or more flavors, or even all three flavors like a salted caramel brownie creates a hyper-palatable food that is irresistible. You get:

- The COMFORT of fat and sugar found in ice cream, baked goods, and

cookies

- The SATISFACTION of fat and salt found in fries, chips, and nachos
- The IRRESISTIBILITY of fat, salt, and sugar in fries with ketchup, salted caramel brownie and caramel popcorn.

The “Big 5” are stimuli stacking interventions that create havoc with our taste buds. They consist of:

- Strong flavor
- Caloric dense
- Effortless chewing
- Easily dissolvable
- Immediate deliciousness

High protein foods and veggies require about 20 chews per mouthful which helps you keep track of your satiety signals and force you to listen to your hunger cues. Would you ever overeat Brussel sprouts?

On the other hand, processed foods need 10 chews or less per mouthful, where the experience is over early and you keep wanting more

Lose-Your-Regain Activity #3: Walking Off a Craving

When you crave for unhealthy food it passes with time, whether you like it or not. Once a craving hits you, if you can hold off for 10-15 minutes, it starts fading. You can avoid unnecessary calories and the guilt that comes with it when you wait out a craving.

Waiting is not the easiest thing in the world, and you need to distract yourself for those tough few minutes. One perfect way to spend it is going for a walk

and start burning calories rather than consuming them. This will not only change the mood but also give you a flush of energy.



## Chapter 6: Hydration

Incredible as it may seem, good water is the single most important catalyst that helps you lose weight and keep it off. Various studies have shown that while increasing your water intake reduces fat deposits, decreasing your water consumption causes more deposition of fat.

Have you ever wondered why that happens? Well When the kidneys are unable to function optimally, due to inadequate hydration, some of their load is dumped on the liver. The primary function of the liver is to metabolize stored fat into energy. It is unable to operate full force if it must do some of the work of the kidneys. Less fat is thereby metabolized and more fat storage happens. This slows down weight loss.

On an average, bariatric protocols point toward 64 ounces or more of fluid every day. However, one additional cup of water is needed for every 25 pounds of excess weight.

### How Do You Know If You're Hydrated?

You've always been told that you need to drink a lot of water. However, many still disregard the importance of this advice. Most people consume far less than the recommended daily minimum of water of 8 cups, regardless of the season. Studies have shown that an optimally hydrated body speeds up its metabolism by 30 %.

### How Do You Lose Water?

Water is essential for the human body to maintain its bodily functions. The body uses water to digest, and absorb nutrients and vitamins. Water detoxifies the liver and kidneys, and critical in the removal of waste.

During these processes the body loses water naturally through sweating, breathing, and digestion. You can also lose water through diet, exercise, stress, environmental temperatures and medication.

As your body uses up its water stores, it becomes important that you replace it by drinking fluids and eating food containing water.

### What Happens When You Don't Have Enough Water?

When you don't replace the water your body is using up, you can experience dehydration. Dehydration can be influenced by different things such as not consuming enough water, exercise intensity, or environmental conditions.

When you are dehydrated, this can contribute to many medical complications including fatigue, joint pain, weight gain, headaches, ulcers, high blood pressure, and kidney disease. Chronic dehydration may even lead to death in severe cases.

### Signs of Dehydration

First, check your urine.

One of the most tell-tale signs of dehydration is through the color of your urine. Your urine's color is an indication of how hydrated you are because the body adjusts to varied fluid intakes and adjusts the amount and concentration of fluid that the kidneys release. If your urine's color is a pale yellow or straw color, then you're drinking adequate amounts of fluid. If it's dark colored, like the color of apple juice or you're urinating in smaller volumes, then you are dehydrated.

But even then, these methods are unreliable as you can still produce dark colored urine after drinking lots of water because your body has yet to recover what it lost. Medications and supplements can also cause you to pee

in dark colors, even after several hours of taking them.

While severe dehydration can have serious health consequences, mild hydration itself can be damaging. Dehydration can also cause headaches, dry mouth and fatigue (Richardson, W.S) You also put yourself at risk for kidney stones when you are dehydrated.

### How to Make Hydration a Habit

Make hydration a habit by pausing for a water break. You'll often realize that you can go for hours and hours without drinking a cup of water or even to quench your thirst, but staying hydrated has real advantages. One of which is that it helps you maintain your energy levels and focus so you can work efficiently.

Whether at school or at work, carry a water bottle and make sure it's within arm's reach. It's more likely that you'll grab it to drink water than to go to the nearest vending machine for a can of Coke. When you're frazzled or stressed out, drink a glass of cold water to help keep your cool and to slow down your heartbeat.

### Benefits of Lemon Water

Lemons are well known for their healing properties and have tremendous benefits. While in traditional Chinese medicine, lemon water benefits stomach health and digestion, it is thought to be a cleanser and purifier in Ayurvedic medicine.

While it is a common belief that lemon water helps you lose weight, it does not actually have that direct effect. Instead it indirectly helps you replace normal choices of sugary and high calorie drinks with this healthy substitution. Lemon added to water does help make it healthier. In addition to

enhancing the flavor of water, it helps you drink more. Pop a few lemon ice cubes from your freezer in a glass of water to maximize the health benefits of lemon water.

- Some people believe that lemon water serves as a daily morning laxative to help prevent constipation. Ayurvedic medicine believes that lemon water jumpstarts the digestive system.
- The citric acid from lemon water may help prevent the production of calcium kidney stones
- Additional flavor can be infused into lemon water by adding mint, ginger or cinnamon

Healthy ways to add lemon water to your diet

1. **Lemon Ginger Drink:** Add 1 lemon, 1 inch of fresh ginger and 1/8 teaspoon of turmeric to boiling water. Steep for 30 minutes. Strain and drink.
2. **Lemon Cucumber Water:** Slice lemon and cucumber into slices. Line your glass with lemon slices and add ice to hold them in place. Next line the glass with cucumber slices and fill with ice. Pour water, let sit to absorb flavors and enjoy.

Eat Your Water

Getting your hydration from foods is a nature designed smart strategy. Along with deeply hydrating you, it also gives you nutrients and fiber.

Chia seeds

Chia seeds are hydro boosting and encourage satiety. Small black seeds that absorb water more than 12 times its weight, Chia seeds have no flavor and are great in bulking up your snacks and meals. A superfood that displaces

calories without compromising on taste, they contain 25% more fiber than flax seeds, and 30% more antioxidants than blueberries. Chia seeds can hold on to water, thereby maintaining your hydration and retaining your electrolytes.

### Okra

Okra has a high mucilage content and is an extremely hydrophilic (soluble) fiber food. Adding okra to soups, and stews increases your vitamin A, B6 and C vitamins. It also keeps you full longer.

### Oatmeal

Its satiation value makes it the number one choice for breakfast. In addition to providing soluble fiber, oatmeal also contains phosphorus, potassium and selenium. Add chia seeds to oatmeal and start your day off right. There are three types of oats in the market. While steel cut oats take longer to cook, old fashioned oats have a faster cooking time. Instant oats cook the fastest but digest quicker and do not keep you full longer.

### Pears

Just like the apple, a pear is a high hydrophilic fruit. It has more pectin than an apple and helps with regulating the body's absorption of sugar, lowers your cholesterol and aids digestion.

### Kidney Beans

Beans can be substituted for protein in a salad and are high –hydrophilic foods. High in antioxidants they can be added to chili-like soups and keeps you full longer.

### Oranges

Oranges contain belly-filling pectin and are full of hydrophilic fiber. The thick outer layer is called the pith and contains a lot of pectin in addition to the same amount of vitamin C as the flesh. Oranges are also a great source of Vitamins A, B complex, potassium, and calcium.

### Agar

A gelling seaweed widely used in South East Asia, agar is also known as kanten. It is a 80% hydrophilic fiber with the addition of water. Its hydrophilic properties inhibit the body from storing excess fat.

### Infused Water

Create super hydrating sips by muddling one fruit or vegetable from group A or B in a pitcher. Gently crush one of the flavor boosters from group C, add to a cheesecloth or tea infuser and add to the pitcher. Fill a one-quart pitcher with cold water and steep infusion in refrigerator from either 15 minute to a maximum of 12 hours.

Sodium does not actually cause weight gain. It causes bloating and water retention which in turn causes the numbers on the scale to rise. When you eat out or binge on a salty snack, you may see a temporary water weight gain of 3-5 pounds. Exercise helps to flush some of the extra water from your system. While recommendations are 1 teaspoon of salt =2400 mg of sodium a day, most people consume 3500-4500 mg of sodium a day.

Curtail dietary salt intake by:

- Reading nutrition labels
- Reducing or eliminating salt from recipes
- Using herbs and spices to season food

- Avoid use of bottled sauces like barbeque, soy, steak, tomato, sparingly
- Avoid canned products

### The Sodium-Hydration Link

In our body, salt is considered an important ingredient. This is necessary for regulating blood pressure as well as fluid volumes. It is also a preservative. No wonder salt has been used with other food items to increase shelf life and storage. While salt is important, having too much salt can be dangerous. For instance, you may have been informed not to drink seawater and ocean water because of its high sodium content. This is because our body can't handle too much salt. This is because the body will swell. This is due to retained water as the body will keep the salt too.

To get rid of this retained water, the solution is just to drink water. It might sound counterproductive but it is true. By drinking water, this will help flush excess salt from your body and hence releasing the retained water. Our body tends to expect a sodium amount and a volume of water. When you tend to drink a lot of water, it somehow learns that you provide more. With the process, it also let's go of the surplus.

Another thing is knowing when water is enough. The guideline tells us to drink eight glasses of water each day even if you are on a diet. When you reach your optimal weight, do so again. If you are twenty pounds overweight, then you should be drinking an extra glass for every 20 pounds over your weight. Doing so can yield better results such as having more energy and making your skin look better.

Do not forget to listen to your body and always have a glass ready full of water. In this process, you are guaranteed to lose weight, burn fat plus other

great benefits.

## Carbonating the World

Carbonation causes the sensation of bloating after bariatric surgery. In addition to burping, patients also report abdominal discomfort due to the smaller stomach size. Soda also has no nutritional value. Though you might have enjoyed the taste in the past, the empty calories contributed by it is not worth the discomfort. The same goes for seltzer water, beer, champagne, and sparkling wine.

After bariatric surgery, the effects of soda consumption are speedy and dramatic. Assault begins on the bariatric body minutes after the first swig, leading into a sugar induced upward and downward spiral.

10 minutes:

A 12 ounce can of soda contributes around 10 tsp of sugar. Normally you would gag on this intensity of sweetness but the phosphoric acid present mellows the sugary flavor.

20 minutes:

The blood sugar spikes and the liver reacts rapidly to the glucose in your bloodstream. It stores as much as it can and is soon at capacity. Most of the sugar is converted to fat.

30 minutes:

Caffeine starts kicking in: Dilated pupils, increased heart rate and respiratory rates. Your blood pressure rises, releasing more sugar into the blood. Caffeine blocks your brains adenosine receptors and you do not feel tired.

40 minutes:



Increased dopamine levels turn on the pleasure centers in your brain. A “revved up” feeling like the ones produced by heroin, cocaine and amphetamines is created.

50 minutes:

Caffeine is a diuretic and makes you pee. Phosphoric acid from the soda binds calcium, zinc and magnesium in your body and flushes those nutrients down the toilet.

60 minutes:

You get hit by a sugar crash. You feel sluggish, cranky, thirsty and ready for another can of soda., especially if it is diet. Artificial sweeteners in diet drinks affect the addiction centers in your brain and keep calling your name.

## Plant Waters

Though functional waters like alkaline and plant water are more in the spotlight, there is not enough evidence to say that they are better than drinking bottled or tap water and more research is needed.

## Alkaline Water

While pure water has a pH of 7.0, alkaline water has a pH higher than 7.0. The average pH of alkaline waters found in the market are anywhere between 8-9. While some are naturally alkaline, others undergo processing to become alkaline. Alkaline waters are higher in alkalizing agents like potassium, calcium, silica, and magnesium.

## Coconut Water

The trend of functional waters has expanded to include coconut water. The USDA nutrition database points out that an 8 Oz serving of unsweetened

ready to drink coconut water offers 44 calories, 11g of carbohydrate, 64 mg of sodium, 9 g of sugar, and 0g of protein. Research on coconut water for hydration is mixed and somewhat scarce.

#### Cactus water

Cactus water is a mixture of prickly pear cactus extract, prickly pear cactus puree, and water. An 8 Oz serving seems to offer 26 calories, 7 g of carbohydrate, 7 g of sugar, 12 mg of sodium and 5 mg of potassium. Research is still limited on cactus water

#### Aloe Vera Water

It is often referred to as aloe vera juice. An 8 Oz serving offers 60 calories, 15 g of carbohydrates, 15 g of sugar (including added sugars) and 29 g of sodium. Studies on ingestion of the above are still scarce.

#### Lose-Your-Regain Activity #7: Track Your Fluid Intake

Food tracking works like magic to help you with the small changes that will make a real difference with combating the weight regain after bariatric surgery.

Have you been ordering a pumpkin latte four afternoons in a row? Trying to reflect on when and why you continue to make that unhealthy choice could reveal triggers like stress, lack of sleep, low energy levels or a crush on the attractive barista. Tracking your beverage intake will help you take the next step in facing and overcoming it head on.

- Track your calories from fluids 7 days a week
- Set specific times of the day to track your fluid intake
- Add one word to describe your state of mind at that time (stressed,

tired, bored, cold)

- Review your fluid log after 7 days and spot the link between your mind state and the unhealthy choice
- Reflect on what can change for the better and start focusing on a specific realistic goal

## Chapter 7: Ways to Adjust Emotionally and Physically after the Surgery

Keep a diary or a journal. Write everything – your thoughts, struggles, the feeling of joy and accomplishments. Write everything down. Keep track of the food that you eat, the food that made you feel sick, activities that you have tried, and so on. You can always read your entries at times when you feel like giving up and turning to your old habits.

Writing about how you feel and what you are going through will help you to easily cope and adjust to the changes. This is your way to talk to yourself and understand your own emotions regarding the effects of the surgery.

Move on and adapt to the changes but do not forget what you have gone through that led you to undergo the procedure. It will make it easier for you to accept the new you if you will remember how it was before.

Ask for help whenever you feel like you need to. Do not keep your problems to yourself. Accept that you will need a lot of support from groups, from your loved ones, and counseling sessions with your doctor. By opening up and meeting people who have experienced the same things that you are going through, you will feel that you are not alone.

Do not be too hard on yourself. Set realistic goals and write them down in your diary. You can modify the goals depending on how your body is recovering from the operation.

Keep track of your body measurements. Take pictures of yourself to make it easier for you to monitor your physical changes. Keep your old clothes. Wearing them after you have achieved your ideal weight will give you a sense of fulfillment.

This will help you a lot, especially at times when you experience a weight loss plateau. This will serve as a visual reference to help you erase the image of your old self and remind you that you are losing weight.

Try different things. Experience and live life. Do not shy away from the new experiences and people that you meet.

Take your doctor's advice seriously. Follow his/her recommendations regarding the diet, exercises, and the supplements that you are taking. You need to take lots of rest to speed up the recovery process.

## Chapter 8: Exercising

### It's Your Move: No More Excuses

Have you ever signed up for a gym membership only to realize that the number of times you've gone does not justify the exorbitant fee?

Are your exercise clothes building cobwebs at the corner of your closet due to months of being unused?

And how many times have you pushed that snooze button the morning you promised yourself that you're going to start running again?

You are not alone. A lot of people find different excuses to get out of exercise. Sometimes it's staying late at work that prevents them from going to the gym. For some, it's personal issues, while for most people, it's a bout of laziness or disinterest.

After bariatric surgery, patients establish an exercise routine that works for them. This could either involve walking, light cardio, or strength training. To get more from their workout, it is important to switch things up a bit to maintain the metabolism.

After 6-8 weeks, the body adapts to the type, amount, and intensity of exercise that is being done. Patients hit a fitness plateau repeating the same exercise regime, and they stop getting stronger and fitter. Fitness plateaus happen when you overload your body with varied exercises. In turn, your muscles and your system will adapt to these movements. This is the body's physiological outcome. When this happens, you need to create progression to the kind of load and intensity of the workouts. If you are not able to do it, chances are your improvement will stall.

Jumpstarting the progress by either increasing the resistance, moving faster, and moving in different ways usually does the trick.

### Turn Your No Time into Yes Time for Exercise

Here are suggested activities that you can do in favor of having that much-needed workout.

### Working Out While Working

They say work takes a lot of our time in a day. How about we incorporate a workout while we work? There are many things you can do to make this happen.

Some Examples:

- Walk to get your lunch rather than taking a cab
- You can even walk the stairs rather than taking the elevator
- Move around during breaks in your office rather than staying in your cubicle for the entire eight hours
- Turn phone time into active time. Hit the treadmill or the stationary bike while doing your daily catch up

### How to Upgrade Your Workouts

#### Upgrade 1: Alter Your Sequencing

An effective way to push yourself is to change the order you exercise. For instance, if you start your workout by going on the treadmill first, try the rower instead. Rather than beginning your yoga practice with sun salutations, try starting with the “downward dog” pose. This new sequence forces the muscles to get stronger by fatigue.

## Upgrade 2: Walk with Nature

Most bariatric patients are avid walkers. Rather than walk on the treadmill seek outdoor routes that force you to walk navigating obstacles like curbs, slopes, and rocks to burn more calories.

## Upgrade 3: Adapt Different Angles

Experiment your strength training circuit by doing more reps or adding more weight. Over time bicep curls and squats overuse and tighten some muscles and weaken others. Changing the angle of the body by adapting variations of these exercises helps in building strength.

If you are still not seeing results, consider other factors. When you are slowly seeing signs of a fitness plateau, you tend to become stressed and feel inferior. It is important to stick to the goal and remember why you are doing the workout and the hard work.

Sometimes, it is not about the workout but rather life's other triggers like stress, lack of sleep, and poor nutrition. You will need sufficient sleep to support your routine. Lacking in this aspect means an increase of the stress hormones that in turn can compromise workout results.

## Replace Activities to Make Time for Exercise

We have a lot of activities in one day that is considered unnecessary, such as watching bad TV or browsing through social media accounts excessively. If you have the time to do this, then you have the time to exercise. Better put down the phone or turn off your computer and hit the gym. Skip this unnecessary activity in favor of a short workout.

- Mark your calendar and commit to planned exercise. Stop skipping appointments with yourself.



- No matter what the day looks like, exercise first thing in the morning and have back up plans for days you are unable to
- Always exercise on Mondays. This sets the tone for the rest of the week.
- Never skip exercising for two days in a row
- Even if you are tired, go through the motions. After the first 10 minutes, you will be glad you started

Remember exercise is not a luxury, it is a necessity. So always have the “yes time” mentality rather than the “no time.”

### The Hidden Benefits of Exercise

The benefits of exercise are almost instantaneous. The moment you head into your spin class or to your Pilates session, the benefits of exercise start to kick in. Your heart rate goes up, and blood is delivered to the muscles. You burn calories for fuel and immediately get a mood boost. You could add years to your life just by doing 30 minutes of cardio three to five days a week according to research done at the Cooper Clinic in Dallas.

On top of that, exercise will not only help you live longer but also help you look younger and feel happier. Your body also has more energy and you're ready to stay slim.

That's just the beginning. Keep on reading and you'll discover some of the quick and long-lasting benefits of regular exercise.

What happens when you continue to work out?

As you continue to work out, your lungs get stronger. When doing cardio, the brain sends signals to the lungs to help you breathe faster and deeper,

delivering extra oxygen to the muscles. Your motivation is at its peak. The endorphins start to flood in, triggering the classic runner's high.

What happens within an hour of exercise?

You start to protect yourself against colds, flu, and other sickness. Exercise elevates levels of immunoglobulins – proteins that help boost immune system and fight infection.

Your mood-enhancing chemicals start to flood your brain for a couple of hours after the exercise, and for a day, your mood and body feel at Zen.

Even when you're resting, you're burning calories.

This means that if you went on a 3-mile run, you'd be burning about 300 calories, and could be burning a few more 45 minutes later.

What happens to your body within a day of exercise?

If your routine involved strength training, you potentially adding lean muscle after exercising. After one day, your muscles are now rebuilding themselves, repairing the microscopic tears that come with weightlifting.

Your heart is also healthier. A sweat session lowers blood pressure for up to 16 hours.

You're also thinking very quickly. You're more alert and focused after the exercise. This is because a good workout increases flow of blood and oxygen to the brain.

What happens after a week of regular exercise?

Your risk of diabetes goes down. The more you work out, the greater the sensitivity to insulin. Regular exercise lowers blood sugar levels and reduces the risk of Type 2 Diabetes.

Your maximal oxygen consumption or VO2 max, which is a measure for endurance and aerobic fitness, has already increased by about 5 percent. The more regularly you exercise, the higher your endurance develops.

At this point, you're now toned. You're cutting about 500 calories a day through exercise alone. Combining this with diet will help you drop to one pound a week.

The long-term benefits of exercising

You're getting stronger, and those 10-pound weights don't feel quite heavy as they did before. This is because your muscular endurance is starting to increase. Your 10 reps are no longer a struggle with the same weight. You can now aim for higher rep count with the weight that you struggled to do ten with last week.

After four weeks of regularly working out, you're already burning off belly fat. You're burning off flab and gaining muscle.

What happens after a year?

Your workouts are easier. Your heart rate is also lower thanks to the regular workouts. Your heart is now pumping more efficiently. If your initial heart rate before was 80 BPM, it would've now dropped to 70 or lower. The less work your heart does, the healthier your body.

You're also adding years to your life.

Pick a Dance, Any Dance

No Gym? No Problem

There are many reasons why individuals do not exercise. It could be because the gym is very far from where they are residing and accessibility can be an

issue. Or, they just don't have the time to exercise because of their work and busy lifestyle. Or, the gym membership can be pricey and not everyone can afford to pay it monthly or annually. These are the reasons why others find a more convenient way to exercise.

Good thing is there are exercises that you can do even without hitting the gym. There are easy workouts that you can do and yet reap meaningful benefits.

### Small Snack After Workout Is a Must: Here's Why

You have been working hard at the gym. You have finished a few rounds of routines. You are sweating like crazy. After all your hard work, it is now time to reward yourself. And a common treat after exercise is food. Since your body lost a lot of fluid and calories, a little reward would go a long way. There are others who would rather not eat instead.

When you forego to eat a healthy source of protein before or after you have exercised you defeat the purpose of exercise.

Individuals who eat a lot after a workout simply negate the exercise. They could be adding more calories to their bodies rather than eliminating them. In short, they could be sabotaging their weight loss. If you would rather not eat after a workout because you are serious about your weight loss journey, you could be doing more harm than good to your body.

After a workout, it is normal not to feel hungry at all. After all, an intense round of exercise can lower ghrelin. This is the hormone that stimulates the appetite. It would usually take three to four hours before your hunger returns to normal.

Because of that long period of time, dismissing the need to eat after a workout is a big no-no. When you delay eating and just eat when your body feels the hunger, you might eat more in the process. As soon as your appetite is back, you might be binging on more calories. Additionally, delaying it can slow your recovery process. It would be harder to hit the gym next because your body hasn't recovered yet.

When experts say, eat after a workout, you don't have to overindulge. A small recovery snack is preferred rather than a whole meal.

- 1 small Apple with 1 Tbsp. peanut (or almond) butter
- Greek yogurt with fruit
- Protein shake
- 2 Turkey and cheese roll ups

### Walk Away Your Weight

If you want to lose weight quick and efficiently, you should get started on a walking program. It's a low-impact exercise that's so easy to fit into a busy schedule, and can be done by anyone regardless of age or fitness level. Power walking for instance is a great workout, and even greater when it's done in the morning. Try to do 30 to 45 minutes of power walks four to five days a week. Then set yourself up to longer durations as you progress.

To get to your weight loss goals, take short walks for at least 20 minutes following every meal. This helps you control blood sugar and prevent cravings for more food. This also boosts your metabolism. Another way of getting walking into your regimen is to take the stairs instead of the elevator. If you're only going down two floors, take the stairs to and from the

destination.

At night, once you are off work, you can walk for another 30 to 45 minutes. If you're just going down a couple of blocks to buy something from the store, try walking instead of driving. Not only are you burning fat, but you're also saving up on fuel consumption and reducing greenhouse gas emissions.

### The 30-Minute Bariatric Walking Treadmill Workout

5 minutes - warm up at 3.4 mph

Repeat intervals below for 6 minutes

60 seconds – walk fast at 4.0 mph

60 second –walk slower at 3.4 mph

Repeat intervals for 5 minutes

40 seconds – walk fast at 4.2 mph

20 seconds – walk slower at 3.4 mph

Repeat intervals for 5 minutes

30 seconds - walk fast at 4.4 mph

30 seconds – walk slower at 3.4 mph

Repeat intervals for 5 minutes

20 seconds – walk fast at 4.6 mph

40 seconds – walk slower at 3.4 mph

4-minutes – Cool down at 3.4 mph

### 10-minute Floor Activity

3 minute- warm up

1 minute- Brisk walk

30 seconds – Jog

1 minute – Fast walk

30 seconds – Jumping jacks in place

1 minute – Fast walk

30 seconds – Side jumps, feet together in place

1 minute – Fast walk

30 seconds – Jog

1 minute – Cool down

	Warm Up	Activity	Cool Down	Total Time
Week 1	Walk slowly 5 minutes	Then walk briskly 5 minutes	Then walk slowly 5 minutes	15 minutes
Week 2	Walk slowly 5 minutes	Then walk briskly 7 minutes	Then walk slowly 5 minutes	17 minutes
Week 3	Walk slowly 5 minutes	Then walk briskly 9 minutes	Then walk slowly 5 minutes	19 minutes
Week 4	Walk slowly 5 minutes	Then walk briskly 11 minutes	Then walk slowly 5 minutes	21 minutes
Week 5	Walk slowly 5 minutes	Then walk briskly 13 minutes	Then walk slowly 5 minutes	23 minutes
Week 6	Walk slowly 5 minutes	Then walk briskly 15 minutes	Then walk slowly 5 minutes	25 minutes

Week 7	Walk slowly 5 minutes	Then walk briskly 18 minutes	Then
	walk slowly 5 minutes	28 minutes	
Week 8	Walk slowly 5 minutes	Then walk briskly 20 minutes	Then
	walk slowly 5 minutes	30 minutes	
Week 9	Walk slowly 5 minutes	Then walk briskly 23 minutes	Then
	walk slowly 5 minutes	33 minutes	
Week 10	Walk slowly 5 minutes	Then walk briskly 26 minutes	Then
	walk slowly 5 minutes	36 minutes	
Week 11	Walk slowly 5 minutes	Then walk briskly 28 minutes	Then
	walk slowly 5 minutes	38 minutes	
Week 12	Walk slowly 5 minutes	Then walk briskly 30 minutes	Then
	walk slowly 5 minutes	40 minutes	

### How to Make Exercise Exciting Again?

How do you turn excuses into exciting reasons for you to start moving again? Here are some suggestions.

1. Try an out-of-the box exercise at least once a week

One of the most common excuses for not exercising is boredom. Most people find “workout” synonymous to “work” which is something that is boring, taxing, and uninteresting. If you are doing the same gym routine everyday such as hitting the treadmill, stationary bike, free weights, or gym equipment – I can see how you can grow tired of this.

An easy fix is to go out of your comfort zone and challenge yourself to try out a new exercise at least once a week. For example, if you’re tired of plain yoga then why not try aerial yoga? There’s drum fitness, Bollywood dancing,



belly dancing, pole workouts, and goat yoga.

## 2. Invest in inexpensive great looking workout clothes

When you wear nice workout clothes instead of that old, flabby shirt, the chances are you get to feel more confident in yourself. Wearing fun colored gym leggings will also translate to a feeling of fun and activity.

Great, high quality gym gear can also affect your performance. A good sports bra or a high-quality pair of trendy sneakers will help you perform better in exercise. These will also give you better support from injury or pain.

## 3. Find a workout buddy

When you have a workout buddy, you get to motivate each other and you can give a certain level of commitment to turn up. You wouldn't want to lose a friend just because you're lazy or always late!

## 4. Get moving today!

Nothing is a more perfect time to start than the present. The longer you delay, the harder it will be for you to get back into a good exercise routine. The key is to find activities that you enjoy so that working out will stop feeling like work for you.

### *Lose-Your-Regain Activity #10: Invite a Friend to Workout*

Sticking to your exercise plans can be very challenging. You can boost motivation and accountability by asking a friend to join you.

Combine socializing with your daily movement and add fun to your exercise regime. Catch up with your friend while looking forward to your workout.

Exercise partners should be willing to make specific plans, and hold you

accountable for it. Include specific goals like day, time, and duration for a timely and attainable behavior.

How to complete this skill:

- Approach a friend and ask if they would like to buddy up and get active at least a couple of days in the next seven days. Do research on exercise locations in your area that will work for a meetup.
- Decide on a plan for when, where, and how long you'll work out. Create a backup plan in case something does not go right, and try to figure out how you'll adapt.
- Try to be accountable to each other and commit to the time. Ask your friend to not let you bow out at the last minute.
- Have fun and get moving

## Conclusion

We sincerely hope that the book has succeeded in its aim to educate you about gastric sleeve surgery and the associated diet plan. The recipes contained in this book will help you in your recovery process.

To engage in the process, consult your doctor to ensure that you are physically fit and psychologically prepared. It should have been informative and provided you with all of the tools needed to achieve your goals, whatever they may be.

The next step is to talk to your doctor if you feel a gastric sleeve surgery is for you. If you already have one scheduled, you are ready to start trying out the recipes. This book will be there for you before, during, and after your surgery. The important thing is to make sure you are prepared.

If you enjoyed this book, can you please leave a review for it?

Thanks for your support!

**YOUNAN CAMPBELL**