

NEW YOU IN THE NEW YEAR

2014



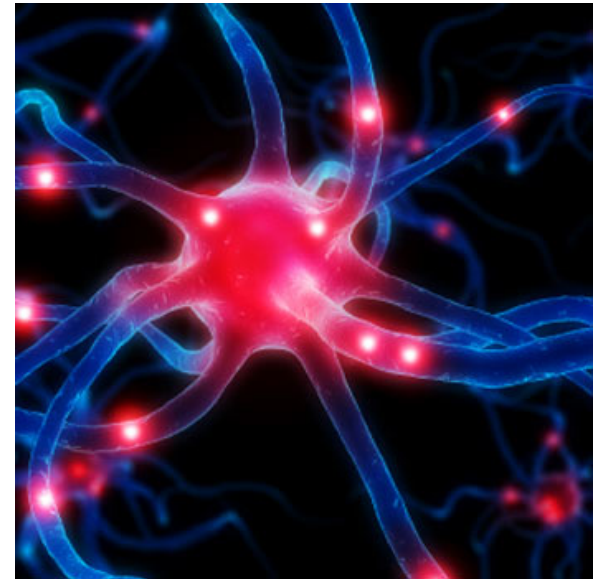
Next Steps - 2014 & Beyond

New You in the New Year Coaching



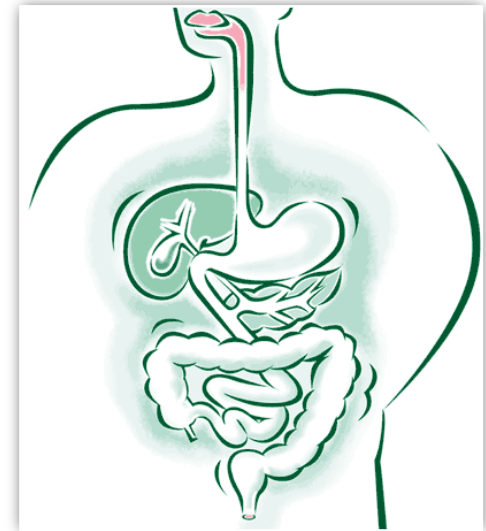
FAT Programs & Fat Hormones

- FAT Programs = fat and temperature programs, determine your ability to burn or store fat
- On a hormonal level, we're talking about leptin & insulin primarily
- "Resistance" to these hormones is where the problem often lies
- Reverse that resistance, reverse your weight problem



The Role of Digestion

- Digestive health is directly correlated with weight management
- Processed foods, toxins, medicine, and stress greatly impact digestion
- Your “good” vs. “bad” bacteria in your gut is crucial
- We want to eat for digestive health: live foods, fermented foods, water and nutrient-dense foods
- Enzymes & probiotics can help



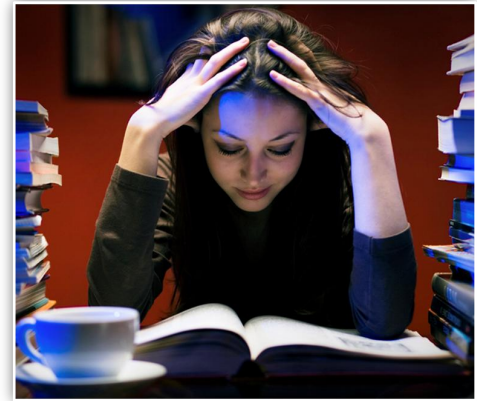
Stress & Emotions

- Mental & emotional stress directly impacts your hormonal balance and weight (in a negative way)
- Fat can act as protection from emotional trauma
- You must find practical ways to deal with & control your stress
- Chronic stress will put you in a negative spiral, peace and balance will put you in a positive one



Stress & Emotions (cont'd)

- You need to move from shame and guilt to self-compassion and self love
- Negative emotions have physiological effects
- Mindfulness is foundational for dealing with stress and emotions
- Start simple, use visualization and other mind-body approaches to heal



Gabriel Method Fitness

- The Get Thin or Get Eaten response is created by GM-style exercise
- Focus on brief, intense, bendy, and playful exercise with plenty of rest between exercise days
- Like pro athletes, incorporate visualization for better results
- Don't work "out", instead work "in"



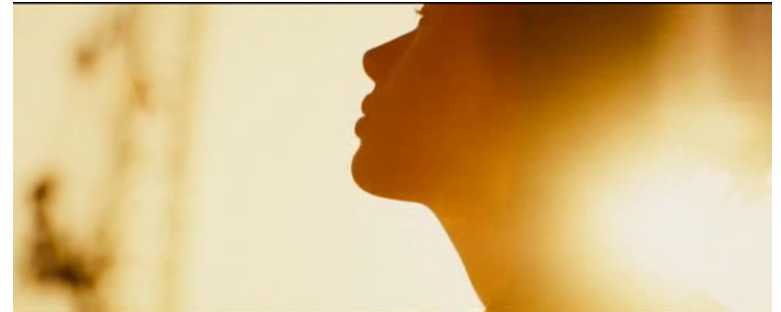
Mind-Body Connection

- You mind and body cannot be separate, so to treat them separately is non-productive
- Your mental state immediately impacts your physical state—unity & balance is the goal
- Modern day stresses confuse our body, put us out of touch, and can lead to challenges



Use Visualization to...

- Kill junk food cravings
- Create positive habits
- Increase life force vitality
- Develop intuition/guidance
- Manifest your dreams



Ongoing Healthy Habits

- Drink 2 glasses of water w/ lemon or apple cider vinegar, and probiotic
- Listen to a morning visualization
- Drink green juice
- Eat a great blood sugar balancing breakfast
- Consider probiotic supplement & digestive enzymes with meals—especially these first months
- Eat frequent Gabriel Method-friendly meals with the Big 3 – protein, live food & omega-3's

- Take an afternoon stress reduction break.
- Try new activities like yoga, tai chi or meditation classes—or even try at home with a video program
- Experiment with 10 min Gabriel Method-style fitness exercises 2-3 times per week
- Drink a glass of water before each meal
- Listen to an evening visualization nightly

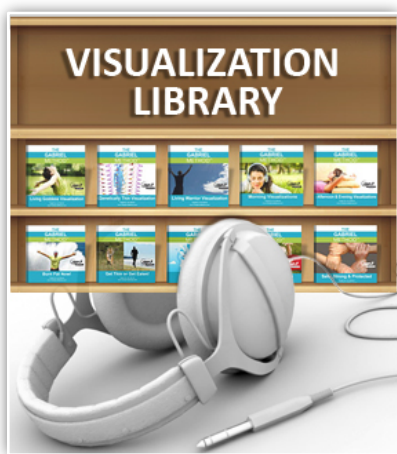
Eat Real Food

- Shop on the perimeters of the grocery store
- Avoid manmade, fresh foods
- Avoid inflammatory and sugary foods
- Keep the positive changes you've made going strong, focus on “adding” and you'll find changes come naturally



Use Your Resources

The eRecipe book, Visualization Library, Audio classes and all the program bonuses are ongoing resources. Dip into them whenever you need inspiration!



Support Is Key

- Stay connected with everyone in the private Facebook Group
- Considering trying my popular Support Group if you're not already a member
- Surround yourself with like-minded people in your local community—or recruit a friend or relative to support you in this journey
- Stay in touch! We've always got new and exciting things happening here...



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