

Break Up with Dieting

*10 Tips for Calming Your Mind, Loving
Your Body and Eating for Pleasure!*

~ A Holistic Approach ~



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The Wisdom of Dieting... *Don't!*

The only thing I learnt from all my years of dieting was that I always ended up where I started from: weighed down with body-hate, hunger, cravings and mood swings.

I tried all kinds of methods and followed every word of every article and book I found on losing weight, shaping up and slimming down.

I'd finish a diet and immediately begin worrying about putting weight back on! It was all too confusing on what to eat, when to eat, how much to eat and so on...!

I just wanted to like myself and feel comfortable in my body.

It's highly likely that you want to be happy and like yourself too.

It's a sad fact that every single one of us has something negative to say about our bodies at one time or another throughout our lives.



For many people, especially women, it's an everyday never-ending torrent of disgust, shame and hatred.

We constantly talk down to our bodies and equate our worth to whether we've eaten a 'good' or 'bad' food that day.

Too many people live according to what they think they should be doing, instead of what they really want to do. The result is feeling unloved, unfulfilled and unhappy.

You CAN be happy!

You CAN feel worthy!

You CAN live a life you LOVE!

It all starts within YOU: your mindset, your beliefs and your ability to love and accept yourself in THIS moment.

I BELIEVE in you.

Are you READY, OPEN and WILLING to BELIEVE in yourself and create positive changes to support your health, happiness and lifestyle goals?

**It's time to end the cycle of dieting and
live a full, whole-self-loving life!**

Combine the knowledge, understanding and awareness of mind, body, food, emotions, stress and lifestyle techniques in a holistic approach, and you have a powerful recipe for a fulfilling life.

So let's get started!

This Quick Start Guide gives you 10 whole-self loving and wellness tips to:

- [Embrace your bio-individuality](#)
- [Eat real food](#)
- [Stabilise blood sugar and hormones](#)
- [Listen to your inner wisdom](#)
- [Reduce your cravings](#)
- [Stress Less](#)
- [Choose your thoughts](#)
- [Practise daily self-care](#)
- [Feel more calm](#)
- [Eat more greens](#)
- [BONUS Whole Food Recipe Links!](#)



So you've been on a diet: lost weight, regained weight, then done the whole thing over again.

Albert Einstein referred to this kind of repetitive behaviour as "Insanity: doing the same thing over and over again and expecting different results."

The word 'diet' simply used to summarise your daily assortment of nutrients, or food intake, but over the years 'diet and dieting' have become a repetitive cycle of restriction, starvation, cravings, binging, (maybe purging) and guilt.

When we don't like our reflection, especially those thighs and that stomach, we tend to blame our body and put it on a diet.

When we aren't happy in our relationships, are struggling to fit in, aren't enjoying our job, or feel uncomfortable in our jeans, we often turn inward and ask, *What's wrong with me?!*

Sadly in striving to fulfil our needs, dieting to 'improve' ourselves and feel worthy starts a journey of self-hatred and imbalance that only increases our sense of not being good enough or worthy.

In our efforts to be 'good' by eating 'good' food, we often equate our self-worth with whether we've stuck to our guns and adhered to our willpower or not.

Depriving, starving and restricting ourselves only activates our bodies stress response and disrupts our hormones, blood sugar, sleep, mood, concentration, weight and cravings.

We're seeing a rise in many popular diets and ways of living: *paleo, vegan, low-carb, gluten-free, grain-free, sugar-free...* the list goes on.

For many, eating a certain way is due to ethical, religious or allergic/inflammatory reasons.

For a large majority, following a diet may have little more reasoning than because it's popular – and well, just maybe this time it will work.

When we restrict and deny nourishment to our body, we often wrestle with cravings, tiredness and mood swings.

We try a diet that a friend lost weight on, or one that a celebrity follows, not really considering if it's suitable for our own individual needs.

Our willpower lasts for just long enough before the brain overrides the body and reaches for a quick fix of fat, sugar and salt. At this point we think we're a failure, struggle to keep going, and start to believe that it's all too hard!

The key point to remember is that diets will mostly work when adhered to as written, but they are not a sustainable or enjoyable way of losing weight and getting healthy in the long term.

And for some people, specific diets may do more harm to their body than good.



There are many triggers behind our reasons to start dieting. Major reasons people want to lose weight:

1. Desire to feel happy and have more energy
2. Wanting to like themselves and their body
3. Feeling sick and tired of feeling sick and tired
4. Scared of developing diabetes, obesity or heart disease
5. Wanting to be a better role model for their children

Why wait until you lose 10 kilos to feel happy, like yourself or be a better role model?

FEEL HAPPY NOW!

LIKE YOURSELF NOW!

BE A BETTER ROLE MODEL NOW!

The greatest ally in figuring out what natural diet or way of eating is best for you is to start trusting your own inner wisdom.

With an onslaught of “advice” about what to eat, what not to eat, how much you should eat and when, how on earth are you supposed to make sense of it all without becoming totally OVERWHELMED and CONFUSED?!

A sage approach is to be mindful of your hunger and satiety signals and stop looking outside of yourself for the answers.

No aspect of “dieting” will teach you about long term peace between mind and body.

And it certainly won't help you figure out what's going on behind your eating habits (beliefs, thoughts, feelings, behaviours).

Diets encourage you to focus outside of yourself and follow a plan. When are you focusing within your body and listening to what it responds best and worst to? **And what are you learning about the following?:**

- regular real food nourishment
- lifestyle habits
- hunger and satiation
- stress and mood issues
- sleep and digestion

Very little.

If you're not listening to your wisest counsel (your body) how will you ever get off the diet-food-weight-mood-stress roller-coaster?

Find your OWN way of nourishing your body, in a way that feels right for YOU.

This is what I help my clients discover once they stop reaching for quick fixes, 7 day detoxes, fat-burning pills, metabolism boosters and meal replacement shakes: to listen to their bodies and make wise decisions based on overall health, lifestyle and stress management.

A short term diet can't teach you a long term solution. However your mindset, beliefs, feelings and thoughts can teach you everything when you learn how to be mindful, make conscious choices, and trust your inner wisdom.

So, let's take a look at 10 healthy tips for Calming Your Mind, Loving Your Body and Eating with Pleasure!





Health Tip #1

Dare to Be You!

Not one eating ideology, method or philosophy fits all. The sooner you start to understand that you are unique, beautiful and **bio-individual**, the sooner you can start trusting your own inner wisdom.

The way you choose to eat and nourish yourself with nutrients, energy and information can never be dependant upon which diet your friends are following.

I never tell people what they should or shouldn't be eating. I like to educate people on what's actually in the food they are already eating and give them options for substitutes and replacements that are real, natural, whole, seasonal foods as low in chemicals, processed sugars and genetically modified organisms as possible.

Once they get in tune with their bodies and start to **feel more energy, focus, quality sleep, efficient digestion and stable mood**, then it's simply a choice of which type of food makes your mind and body thrive, and which one causes inflammation, bloating, mood swings, cravings and/or weight gain.

I believe in bio-individuality. It's not about following a "diet" or particular way of eating. Have guidelines yes, but then **trust the wisdom of your body to guide you** in choosing which foods provide the best fuel, energy and information for you to feel your best throughout each and every day.

Get educated on what you are putting
into your body, on your body, and
around your body at home.

Inflammatory Foods

Grains, gluten, sugar, dairy, vegetable oils, chemical oils, genetically modified organisms, chemical by-products, artificial colours, preservatives and flavours.

Toxins on your Skin

Sodium Lauryl Sulfate and Sodium Laureth Sulfate

Chemicals: 884, 146, 218, 778, 314, 376

Toxins around your Home

Cleaning supplies

Carpets

Paint

Air fresheners

Cooking utensils

Plastics & Toys

Shower curtains

Body care products

Deodorant & antiperspirants

Soaps

Shampoo (& conditioner)

Skin lotions

Hairspray

Makeup

Toothpaste



Health Tip #2

Eat Real Food

One of the biggest obstacles people face is their relationship and emotional attachments to food, diet and their bodies.

Because we are all bio-individual in our needs, it makes sense to step back from the overload of information and influence and get back to basics with our food choices.

Back in my eating disorder days I tried so hard to be “good” but certain foods just had a knack of teasing my taste buds. This was exacerbated by the fact that I was nowhere near nourishing my cells with sustainable and wholesome nutrients on a daily basis.

My constant dieting and restriction had starved my cells of real nourishment, leaving me constantly hungry, moody, tired and distracted.

I was never really concerned with eating real, natural or whole food back then, it was more about whether I thought the food would make me fat or not. If I did eat a “bad or forbidden” food, then I thought I was bad for wanting more of it and would berate myself with a binge, which of course was followed by a desperate and damaging purge.

I’ve since embraced a far healthier way to live than that, and it quickly improved my health when I began eating real, natural and whole foods.



These days I always prefer to choose real food over fake food.

If it was grown on a tree, pulled out of the ground, plucked or fished it's a safe bet I'll eat it.

If it was grown in a laboratory or mixed in a chemical bath, I'm no longer too keen to indulge.

When it comes to food, simply asking myself one question has made all the difference to my blood sugar, moods, energy, cravings and weight.

Is this REAL food I'm about to put into my body?

It really comes down to choice. When you make healthier choices your body will thank you for it with satiation, stable blood sugar, natural hunger and fullness, more energy and happier hormones.



Health Tip #3

Eat Regularly

Nutrients provided by the food we eat are required for the tens of thousands of necessary chemical reactions that occur every second of every day. That's because food provides, or fails to provide, the many chemical building blocks needed to produce neurotransmitters – hormone messengers linking the brain and body.

Nutrients are also required to make the many essential brain chemicals that influence our moods and behaviour. The quality of the food we eat supplies the biochemical basis for everything that happens, or should happen, within the body.

Without real and regular nourishment our moods, energy and overall well-being suffers. Before you know it weight is out of control, cravings and mood swings are a daily occurrence, sleep and digestion are getting you down, and your stress levels are through the roof.

Consistent irregular eating habits (dieting) contribute to poor digestive health, low immunity and unbalanced hormones.

So what's one simple tip to reduce cravings and blood sugar imbalances every day? Eat breakfast, lunch and dinner.

It's important for your digestive health, hormones and nervous system to **receive regular nourishment** in regulating mind and body keep you healthy, happy and energised.

The Restrict–Repent–Repeat Cycle

When you're dieting and feeling deprived, or filling up on nutrient devoid foods, your brain and body will often focus on and crave foods high in fat, sugar and salt for a quick pick me up of energy.

Cravings cause blood sugar and hormonal imbalances that perpetuate a cycle of binge eating and over eating.

People restricting themselves on one diet or another frequently succumb to overwhelming cravings, simply because they're not eating enough real food that is nutrient dense.

Quite simply, the more we deny our brain and body of nutrients, the more our cells will crave food. It's really got nothing to do with willpower or motivation.



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Side Effects of Dieting:

- Fatigue
- Irritability
- Depression
- Reduced sex drive
- Fainting
- Constipation
- Dehydration
- Muscle atrophy
- Rashes
- Acidosis

Still seem like a good idea?

#NoDiets



Health Tip #4

Loosen Up on Food Rules

I used to think of food in black and white terms: it was either good or bad, with no inbetween. Therefore, if I caved and gave into my cravings with ‘bad’ food, I would then feel ‘bad’ for not being able to control myself with enough willpower.

We know there’s real, natural, whole foods, and then there’s processed, chemical and packaged foods. But instead of looking at food as either good or bad, try looking at food for what it is – real food or fake food.

If it’s a real food, go for it! Nourish your cells with those colourful nutrients until your body is energised with vitality and comfort.

If it’s a fake food, then ask yourself do you really want to put that into your body over the natural stuff? If you do choose to eat it, notice how your body responds:

- does your body feel light, energised, satisfied, comfortable?
- Or does your body feel heavy, lethargic, inflamed and still hungry?

Depending on your answer then try to remember that the next time you’re hungry, and start honouring your body’s true nourishment needs.

Food is not “good” or “bad”.

It’s how you use it.

Next time you’re reaching for some chocolate biscuits, cake or chips, ask yourself the following two questions:

1. Is this food high quality?

Is it real food or fake food.

2. Am I using this food in a healthful way?

Is this is a treat, a side dish, a frequent snack, and am I using this for pleasure, distraction or to smother my emotions.





Health Tip #5

Sweet Cravings

Too much processed, artificial and chemical sugars are hidden in a large variety of foods. High fructose corn syrup? Yep!

Ever heard of the term, Insulin Resistance? Insulin is released by the pancreas to transport glucose into our cells, but when we have an over-consumption of high carbohydrate food, insulin has a harder time escorting the glucose and eventually has to store it in the fat cells (and liver).

When the body is constantly experiencing high levels of sugar in the bloodstream, insulin is constantly trying to deal with it. When the cells begin to "resist" Insulin's attempts to store glucose in them for energy, the body becomes "insulin resistant" - also known as metabolic syndrome, or Syndrome X.

This can often create weight gain around the belly, high blood pressure, high cholesterol and high blood sugar. Symptoms can include tiredness, foggy thinking, irritability, mood swings, sugar cravings and problems sleeping – all precursors to heart disease, diabetes and cancer.

If you can keep your insulin level down then you won't drive energy into fat, you'll have a chance to lose weight, you won't be making your arteries thicker, and you'll have a real chance for your blood pressure to come down.

[FIND OUT MY TOP 5 NATURAL SWEETENERS HERE!](#)

5 Steps for Controlling Insulin

- 1.** Recognise if you do indeed have a high carbohydrate diet of processed, packaged and refined sugars - remember they're hidden everywhere in packaged food! Are you having mood swings, uncontrollable or unconscious sugar cravings, and/or developing stubborn belly fat that won't budge? Be honest with yourself... it's your health we're talking about.
- 2.** Visit your GP and request to have a fasting blood insulin test to determine whether you may in fact have metabolic syndrome, which is causing all kinds of havoc to your cravings and waistline. At least this will give you a reading of your insulin levels before they really get out of control.
- 3.** Start looking at swapping your processed, packaged and refined foods for more vegetables, nuts, seeds and sources of quality protein. Best to keep your fruit intake low until you stabilise your blood sugar first. Whole food, protein and healthy fats help to satiate your body's cells and are best included at every meal.
- 4.** Get moving! Utilise some of the excess energy you've been consuming and move your body. Get outside and enjoy the sunshine, fresh air and movement.
- 5.** Determine if your cravings or unhealthy eating habits have underlying emotional triggers and seek help to untangle and better manage your stress and emotions, without relying on food.

[Click Here for How I can Help!](#)

REMINDER!

Every time we eat, our food is literally creating our hormones and chemical messengers to transport information and feedback between the body and brain. We experience a change in our biochemistry, either to enhance health or to challenge it.

When your diet is high in processed, refined and packaged foods (think bread, pasta, soft-drink, lollies) it disrupts the natural balance of hormones in the body and creates a situation where sugar (glucose) builds up within the bloodstream.

If we aren't regularly eating real, natural and whole foods that are nutrient rich, then we may be lacking in essential nutrients that our bodies need to regulate health, inner balance, energy, moods, weight, wellness and mental focus.

Keep it simple and EAT REAL FOOD!





Health Tip #6

Stress Less to Digest

Let's be honest. We simply don't function at our best when we're stressed. Neither when we're truly hungry and ignoring our body's needs.

Under stress the body responds by taking resources away from the digestive system. Our fight-or-flight response (the body's inbuilt survival mechanism) is more invested in preparing us for danger than digesting a meal.

When we experience *prolonged* stress our mind and body is in a constant flux of excess stress hormones causing damage within the body.

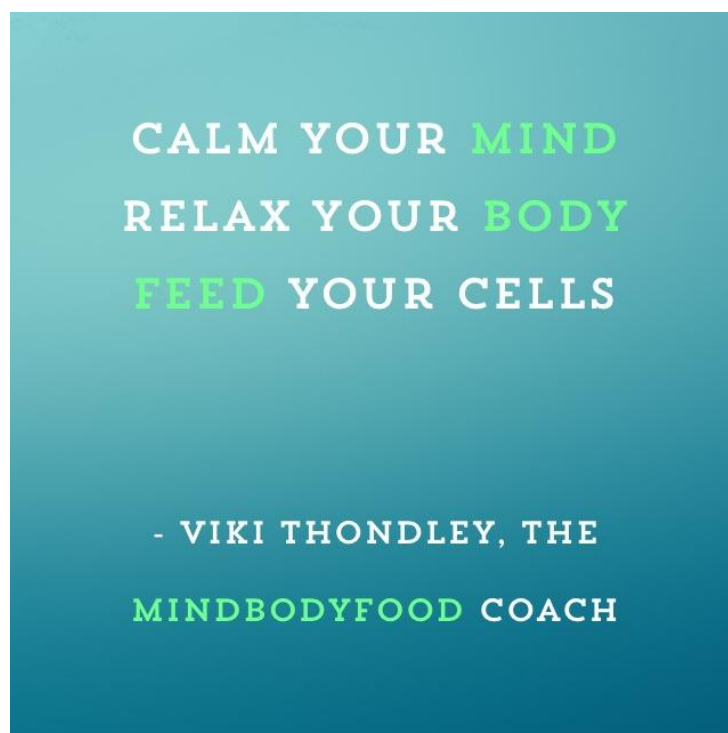
The main stress hormone Cortisol interrupts important digestive hormones like Insulin (moves glucose through the bloodstream into the cells for energy), Ghrelin (instigates our hunger hormone) and Leptin (the all-important hormone that tells our brain when we're full).

Therefore, no matter how nutrient dense or delicious our food is, under stress our body finds it difficult to break down, metabolise and assimilate the nutrients effectively because the stress chemistry disrupts inner balance.

Not adequately digesting food will leave you feeling hungry, tired and moody; the right ingredients to feed your cravings.

Learning to better manage stress in our lives is a 5 step process.

- 1 – Develop an understanding of how stress affects us physiologically and psychologically
- 2 – Learn to recognise the symptoms of stress in our bodies
- 3 – Understand what our personal stress triggers are
- 4 – Develop techniques for releasing stress (returning our bodies to the relaxation response)
- 5 – Learn how to avoid or minimise the situations in our lives that cause us stress



[Understand what Stress *really* is PLUS 10 Tips for promoting the Relaxation Response HERE](#)

10 TIPS TO DE-STRESS NOW!

Exercise – Exercise is a way to manage stress that doesn't have to add to your financial woes. Did you know that a 20-minute walk or jog around your block can yield up to 12 hours of improved mood? The main thing is to find a physical activity that you enjoy, whether it's dancing, tennis or gardening.

Laugh – Laughter reduces pain and physical tension, increases job performance, connects people emotionally, and improves the flow of oxygen to the heart and brain. Watch your favourite comedy DVD, phone a funny friend, or join a laughter therapy group.

Keep a Journal – Dedicating a period of time every day to write about what is bothering you, helps to release mental chaos and see a situation more clearly. Keeping a journal also assists in problem-solving your worries and finding positive solutions, in preference to being simply overcome by them.

Breathe – When you feel tension rising immediately focus in on your breathing. Observe the air moving down into your lungs, expanding both chest and stomach. As you exhale focus on releasing tension in your body. Taking four to five slow, deep breaths of an even count has an instant calming sensation on both mind and body. Oxygenation increases, blood pressure decreases, physical tension starts to release and mental chatter begins to slow.

Practice Self-Care – Self-care is essential. When tension spikes it can be tempting to put yourself last, but prioritising “me time” – healthy eating, physical activity, nurturing relationships and adequate rest – is necessary if you want to avoid making your stress worse.

See the Sunshine – If you're stuck inside or work at a desk all day, take a few minutes to go outside and see the sun. Breathe, stretch and relax. A little time in the great outdoors can change your perspective, improve your mood and alleviate mental clouds.

Be Mindful – Consciously notice what you're thinking. Negative thoughts only bring you down and attract more negativity to your day. When you catch yourself thinking negatively, turn your thinking around and tell yourself, "I am doing the best I can in this moment. I can do this!" Repeat, repeat, repeat until you believe it!

Socialise – It's all too easy to get caught up in the expectations of daily life and neglect the people who give you a sense of belonging and purpose. Schedule time with family and friends and remember how good it feels to be around people you love. Having a little fun may provide all the stress relief you need.

Be Grateful – Showing that you appreciate your family, friends and loved ones for the positive aspects they bring to your life has a powerful calming effect. It is impossible to feel negative when you are feeling grateful for all of the good things and people who currently contribute to your life in positive ways. Being grateful brings a greater perspective and makes your worries appear as they are – temporary.

Create Change – Sometimes the best way to obtain stress relief is to remove your source of tension. Doctor Charles Goodstein, clinical professor of psychiatry at New York University School of Medicine in New York City says, "For example, if you are in a job working at a certain pace in an environment that is objectively painful because of your boss, co-workers, and so on, and you're doing it because you can earn 10 per cent more money than doing something else, you could calculate that you might be better off doing something else".

RELAXATION STIMULATES DIGESTION

It also assists the breakdown, assimilation and absorption of nutrients in our food.

Under stress our digestion is slow and impaired, with blood deviating to the brain and extremities in preparation for ‘fight or flight’, also known as the Stress Response.

Do you pause between bites and really taste, smell, chew and enjoy your food? Or do you gulp it down in a hurry, eat on the run, and worry about which food will go straight to your thighs?

Stressful thinking, rushing, deadlines and worry all increase our stress hormones and inhibit efficient digestion.

To maximise the nutritional benefits of your food try using these easy intuitive and mindful eating psychology tips!

1. Pay attention to your hunger signals and make time to sit down and be present to your meals.
2. Before eating take 4-5 slow and even deep ‘belly’ breaths. Watch the breath enter your lungs and expand your ribcage, then consciously relax your shoulders, stomach, arms, hips and buttocks as you exhale. Feel yourself relaxing.
3. Take a moment to look at your food. Notice the colours, textures, aromas and general appeal of your meal. Take one mouthful and notice the flavour and mouthfeel. Give your mind and body time to become attentive to your eating and prepare your digestive juices and enzymes.
4. Put your utensils down between mouthfuls and give yourself adequate time to chew, taste, savour and enjoy your food. Be thankful for the abundance and accept it with gratitude.

Listen for your satiety signal when you’re on the cusp of feeling comfortably satisfied, then stop eating and breathe.



Health Tip #7

What Are You Thinking?

Words are powerful. What you are *thinking* in this moment, is creating your *experience* in this moment.

A great deal of our self-talk is mental programming that we learned in our early years, usually between 2 and 7 years of age. This is when our subconscious mind is wide open, downloading and interpreting information through observation, feeling and direct experience.

Not all of us get the best start in life on how to handle stress, disappointment, change or being different. We adopt what we are exposed to and create logic around our emotions in an attempt to make sense of our feelings. This often creates limiting beliefs that only serve to keep us stuck with self-sabotaging behaviours.

Start listening to your self-talk and pull up that inner critic whenever he/she begins talking you down.

A thought is just a thought, which means it CAN be changed. But to change your mental programming and self-talk, you first need to be aware of what you are thinking in any moment of the day.

What words are you using to experience your life? Are they empowering, positive, supportive... or complaining, negative and judgemental? **In the wisdom of Louise Hay, *What you think, you create.* Literally.**

Reprogram Your Mental Computer

Beliefs create thoughts. Thoughts create feelings.

Feelings create behaviours.

So many of us want to make healthy changes and look only on changing behaviours while ignoring underlying beliefs. To change your behaviour, you need to start with the beliefs. *For example:*

You want to lose weight and get healthy so decide to join a gym. Two weeks later you haven't made it to the gym. Three weeks later you've been once, but felt embarrassed. Four weeks later you keep coming up with excuses why you're too busy to work out.

You say you want to get healthy, but what do you BELIEVE about what you say you WANT to do?

Identify your underlying fears and beliefs about getting healthy:

- *I've tried so many diets before but nothing seems to work!*
- *I've lost weight plenty of times but I always put it back on!*
- *It's all too confusing. I don't know where to start.*
- *It's so hard, I feel like a failure with no willpower!*
- *I don't like all the attention when people make comments*

If you're thinking aligns with the negative and self-sabotaging thoughts above, then now is the time to challenge that thinking and **start choosing beliefs that nourish and support you.**



Health Tip #8

Soothing Self-Care

Imagine you KNOW that you're the most important person in your life.... You wake up with energy and can't wait to get going! You look in the mirror and love what you see! You make time to calm your mind, move your body and feed your soul – *every* day. You love yourself – and it shows with every thought you think, word you speak, and food choice you make!

If you don't immediately and whole-heartedly believe YOU are the the most worthy and deserving person in your life, then time to reassess where the bulk of your energy is being invested.

Create some personal self-care boundaries:

- Say NO when you really want to say no
- Spend a little time alone each day to breathe and relax
- Prioritise your self-care and let go of unnecessary things
- Step back from stress and take a moment to focus
- Create an evening routine to support restful sleep
- Make time for your favourite activities and hobbies
- Choose foods that energise, replenish and satisfy you
- Eat slowly, mindfully and enjoy nourishing your body
- Listen to your body over ignoring hunger or bladder signals

Setting boundaries takes practice and determination. Don't let anxiety or low self-esteem prevent you from taking care of yourself. Self-Care is NON-negotiable.

Next, consider your lifestyle.

It's important to know which areas may need some attention in improving your overall health and wellbeing.

Look at all the areas of your life that could be contributing to your eating habits: family, work, exercise (lack of), stress, leisure, creativity and purpose/passions.

What are you doing to help yourself feel nourished in each area to assist in balancing out your true hunger and needs?

Ideas may include:

- including protein rich foods and healthy fats at every meal
- regular fully body movement
- getting adequate rest
- catching up with friends/family
- returning to your favourite sports or hobbies

Take steps to reduce your stress and improve your self-care:

- ✓ Take slow, deep and even diaphragmatic (or belly) breaths
- ✓ Do one thing every day that relaxes and rejuvenates you.
- ✓ Move your body regularly with activities you enjoy.
- ✓ Nourish your cells with quality nutrient dense, whole foods.
- ✓ Listen to your body and get to bed when you're tired.

Improving your lifestyle and stress levels can then in turn nourish your thoughts, feelings, moods and behaviour in more positive and beneficial ways.

[A Quick "Breathing 101" Lesson HERE](#)

CREATE CONFIDENCE and build your self-esteem with 3 very simple yet life-changing daily practices.

You don't need anything fancy to begin. Simply start making yourself a priority in your own life with conscious intent.

1. Write down five things you are currently grateful for. (Use the term, "I am grateful for...".) Focus on the positive feelings that come up as you associate them with your gratitude. Read them aloud and look for new things throughout the day.

2. Look in the mirror and name out loud, five things you admire most about yourself. Engage in experiencing the positive feelings that arise while you're doing this. At first you may feel silly but I guarantee you'll grow a big smile on your face. Every time you look in the mirror, your awareness will automatically notice the previous list as you look for new things, gradually expanding and changing your self-perception. If this is difficult for you then it's even more important that you do it!

3. Think about five things you've already accomplished in life and how great you felt after achieving them. Write them down if necessary to really look at them and take in what they represent for you, and pay attention to what you learnt from the experiences. When the going gets tough, remind yourself where you've been and what you've already overcome. You can get through the next challenge stronger, wiser and more capable.



Health Tip #9

Discover Your Inner Calm!

When was the last time you felt deeply, completely and utterly relaxed, peaceful, calm and quiet?

When I was 15 I would lie back at bedtime and [notice my breath](#) entering my body, feeling it relax into the mattress as I exhaled, and I would take my mind off to a happy, safe and peaceful place. I could go to that place whenever I wanted and all would be well for as long as I stayed.

Such a simple thing to do but it brought so much respite from the stress in my head, even throughout the next day!

From this simple beginning, meditation became a steady journey towards self-love and acceptance for myself, eating and my body.

[Meditation](#) has been scientifically proven to reduce stress and activate our opposite inbuilt survival mechanism of rest, repair and healing, called the Relaxation Response.

If you practice meditation for at least 20 minutes every day, you will discover life changing benefits on many levels. The size of the benefits will always be in direct proportion to the amount of time and regularity of your meditation practice.

As you develop your technique with regular practice, meditation has proven to enable physical and emotional healing as well as boost the immune system. Over time you will learn how to cope

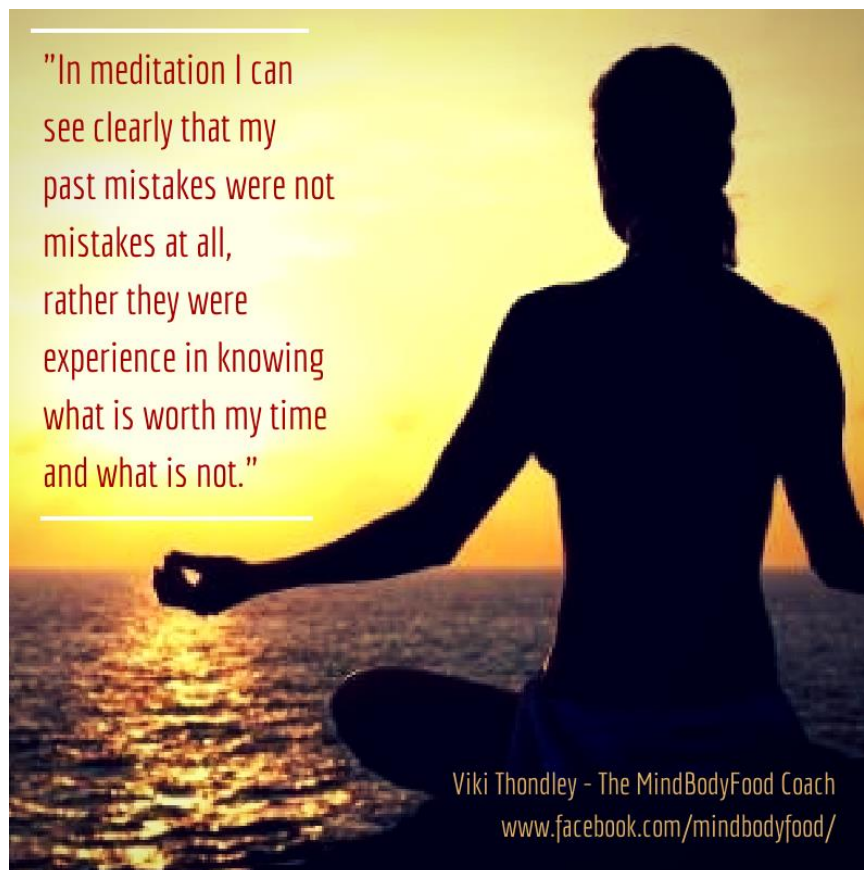
with fears that may be causing you anxiety, as meditation helps to diminish destructive emotions such as anger and unhappiness.

You will also begin to notice your breath, an anchor for your awareness and the doorway for the relaxation response.

After a week of daily practice you may notice an overall sense of calm and peace, lower stress levels, less physical tension, quality sleep and a higher tolerance to situations that previously made you irritated and tense.

You may even begin to enjoy your life in a completely new way!

[Watch my video 'Breathing for Stress Management' HERE](#)



Clinical studies prove that the benefits of regular meditation include...

- A significant reduction in the effects of stress in your life
- A greater sense of calm and peacefulness
- More clarity of thought
- Greater self-confidence and improved self esteem
- A sense of physical, mental and emotional wellbeing
- Better sleep
- More physical energy
- Increased motivation
- Assisting in the treatment of illness and disease
- Lowering high blood pressure
- Regulating weight
- Increasing mental capacity
- Assisting in pain management
- Relief from mild depression, tension headaches, irritable bowel and PMS

To help you get started it is beneficial to learn the basics. You can learn by [private tuition therapy](#) or attend a beginners course for correct explanation and guidance. As a meditation therapist, I run popular [6 week introduction courses for stress management and self-care](#) which are soon being offered online.

You can also try listening to a guided meditation CD as a prompt in where to place your attention. They are useful tools for beginners in developing a regular meditation practice and taking time out for yourself to induce the relaxation response.

Check out my various meditations CDs on [managing stress](#), [mindfulness](#) and [visualisation and healing](#) on my [website](#).

Using the scientific findings in his book, The Physiology of Relaxation, Dr Robert Cooper developed a six step program that minimizes the negative effects of stress when the body enters its fight-or-flight response. He calls it the Instant Calming Sequence:

Step 1: Practice uninterrupted breathing. When stress strikes, immediately focus on your breath and continue breathing smoothly, deeply and evenly.

Step 2: Put on a positive face. Smile a grin that you can feel in the corners of your eyes. "The conventional wisdom is that happiness triggers smiling," Dr Cooper explains. "But recent studies suggest that this process is a two-way street. Smiling can contribute to feelings of happiness, and in a stressful situation, it can help keep you calm." Try this simple test: Smile a broad grin right now. Don't you feel better?

Step 3: Balance your posture. People under stress often look hunched-over; hence the oft-repeated phrase, "They have the weight of the world on their shoulders."

"Maintaining good posture works like smiling," Dr Cooper says. *"Physical balance contributes to emotional balance."* Keep your head up, chin in, chest high, pelvis and hips level, back comfortably straight and abdomen free of tension. Imagine a skyhook lifting your body from a point at the centre of the top of your head.

Step 4: Bathe in a wave of relaxation. Consciously sweep a wave of relaxation through your body. *"Imagine you're standing under a waterfall that washes away all your tension,"* Dr Cooper says.

Step 5: Acknowledge reality. Face your causes of stresses head-on. Don't try to deny it or wish that it hadn't happened. Think: *"This is real. I can handle it. I'm finding the best possible way to cope right now."*

Step 6: Reassert control. Instead of fretting about how the stressor has robbed you of control, focus on what you **can** control and take appropriate action. Also, focus on thinking clear-headed, honest thoughts instead of distorted, emotionally driven ones.



Health Tip #10

Drink Your Greens

Be honest with yourself now. How much percentage of leafy greens, vegetables and fruits do you eat in a day?

A week?

What percentage of your nutrient intake is processed, packaged, refined and tinned, or loaded with fat, sugar and salt?

Just allowing yourself some time to consider what you're actually eating and putting into your body can be a realisation that your eating habits and choices perhaps aren't so healthy after all.

Depending on whether your diet is predominantly full of leafy greens, vegetables and fruits, or packed full of chemicals, toxins and packaged foods, you will either be experiencing vibrant, radiant energy and skin, or suffering various health issues.

Take into account your lifestyle habits, quality of sleep, stress levels, work commitments, family commitments, fitness, relationships and time for fun and socialising/connection.

My life previous to a change in mindset and values, consisted of a lot of the wrong kinds of foods that didn't sustain my energy levels, concentration or blood sugar at all. I experienced fatigue, poor sleep and horrendous digestive upsets.

The worst though were cravings!

Why Greens?

Turns out we're 99.4% genetically similar to the chimpanzee. These animals spent most of their time slowing and purposefully extracting the necessary nutrients they needed from their natural food source (greens) by chewing on it for hours!

Industrialised nations have strayed far from traditional and natural foods that support the immune, endocrine and digestive systems. We don't often make wise or healthy food choices when we're starving for nutrients. And we certainly don't chew our food properly when we're eating on the run.

When I was recovering from my eating disorder, I began researching and incorporating greens drinks into my diet. At first this was an easy way to boost my nutrient intake without taking in a lot of calories, to help boost my requirements and go easy on my recovering digestion.

These days I don't think of food in terms of calories at all, rather I think of food as nourishment, pleasure, energy and information. I count nothing.

Plant nutrients are found in the cell walls of greens, which are easily broken down and released by blending. If you're not eating a large variety of leafy greens, fruits and vegetables, then blending your greens gives you a natural dose of concentrated antioxidants, vitamins, minerals and enzymes that immediately boost your immune system and give you a power punch of easily assimilated nutrition!

Basic Greens Recipe (with video below!):

- 2 cups fluid (filtered water, coconut water, nut milk)
- 1 handful of greens (kale, spinach, rocket, lettuce, silver beet)
- 10 cm long cut of cucumber
- 1 green apple (or pear, or inch slice of pineapple)
- Juice of 1 lemon (or lime, or both)
- ½ inch cut of ginger (according to preference)

Blend on high in a high-speed blender for approximately 40-60 seconds or until smooth. Pour and serve.

Greens drinks are quick and easy, with so much variety potential. You'll notice how much more clarity, energy and satiation you'll feel just by including this very easy drink into your day. You'll also notice diminished cravings, stable mood, and a feeling of lightness in your digestive system.

[Make a Greens Drink with me HERE!](#)



Recipes on the MindBodyFood website

Real and Whole Food Recipes that are nutrient dense, gluten free, grain free, naturally sweetened and mostly dairy free.

[Healthy Basil Pesto Dip](#)

[Spicy Hummus Dip](#)

[Zingy Beetroot Dip](#)

[Chocolate Peppermint Slice](#)

[Healthy Chocolate Mousse](#)

[Coconut pancakes recipe](#)

[Gluten Free pizza base](#)

[Chocolate Cashew Cheesecake with salty caramel and choc sauce](#)

[Gluten free Orange Poppyseed Muffins with caramel frosting](#)

[Raw chocolate brown rice puffs using coconut oil \(video below!\)](#)



About the Author

[Viki Thondley](#) is a Holistic Health Counsellor, Wellness Coach, Meditation Therapist, Stress Educator, and Eating Disorder & Lifestyle Specialist.

Recovered from bulimia nervosa and the many years of hormonal imbalances, food challenges and self-sabotaging behaviours', Viki now provides holistic personalised programs and retreats to inspire self-love, healing, body confidence and wellbeing.

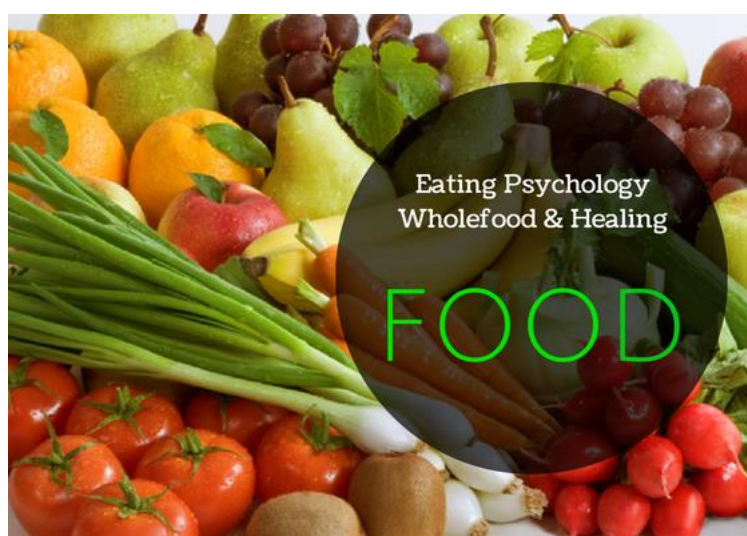
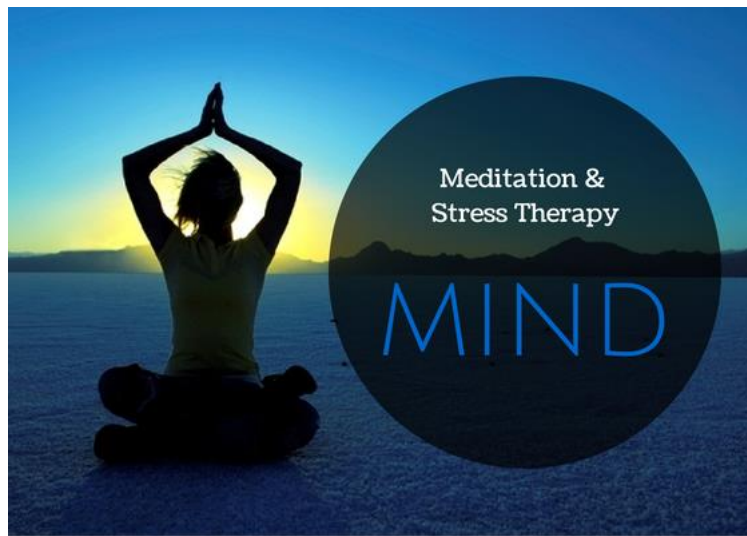
Viki's drive is propelled by her own past experience with bulimia nervosa, food addiction, negative beliefs, and resulting hormonal and metabolic imbalances.

Her instinctive mind-body-food approach helps you:

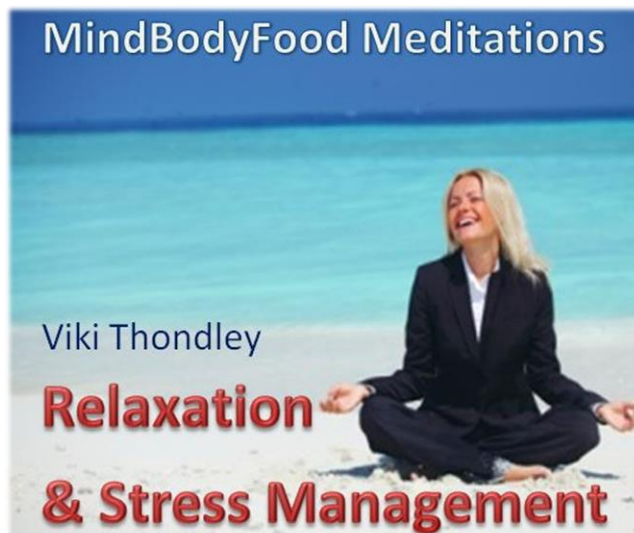
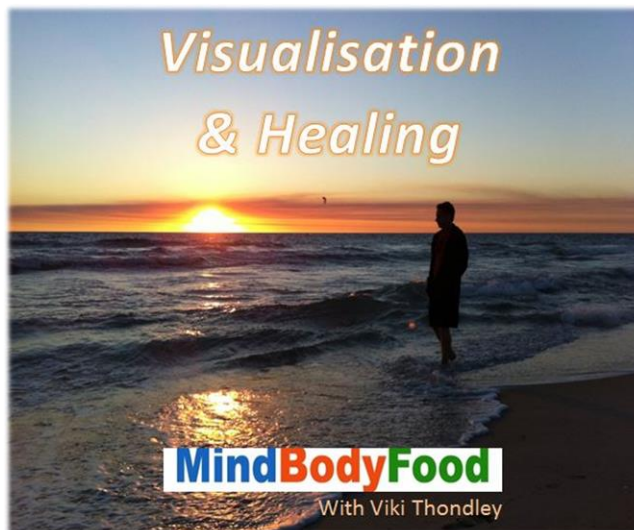
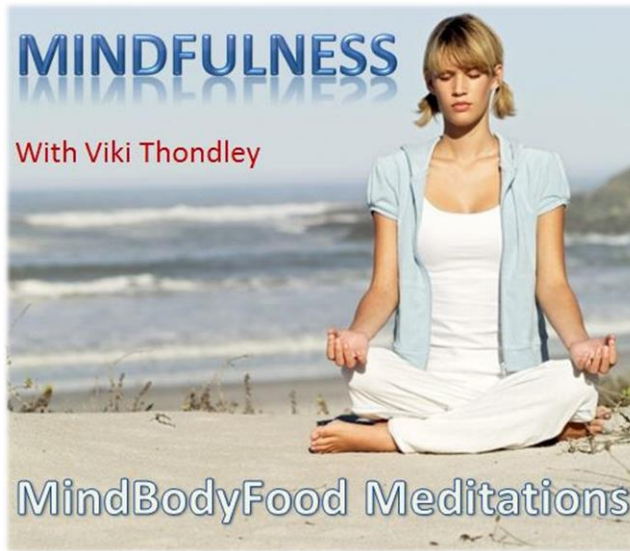
- Make peace with your past
- Replace negative and outdated beliefs
- Love yourself from the inside out
- Free yourself from unnecessary stress and anxiety
- Bring the pleasure back to food and eating
- Finally give your mind, body and spirit the nourishment they deserve
- Tune into your internal wisdom and never diet, starve, deprive or restrict again!

Viki's passion is to help you balance your thoughts, feelings and eating to become happy, healthy, confident and free! [Learn More HERE](#)

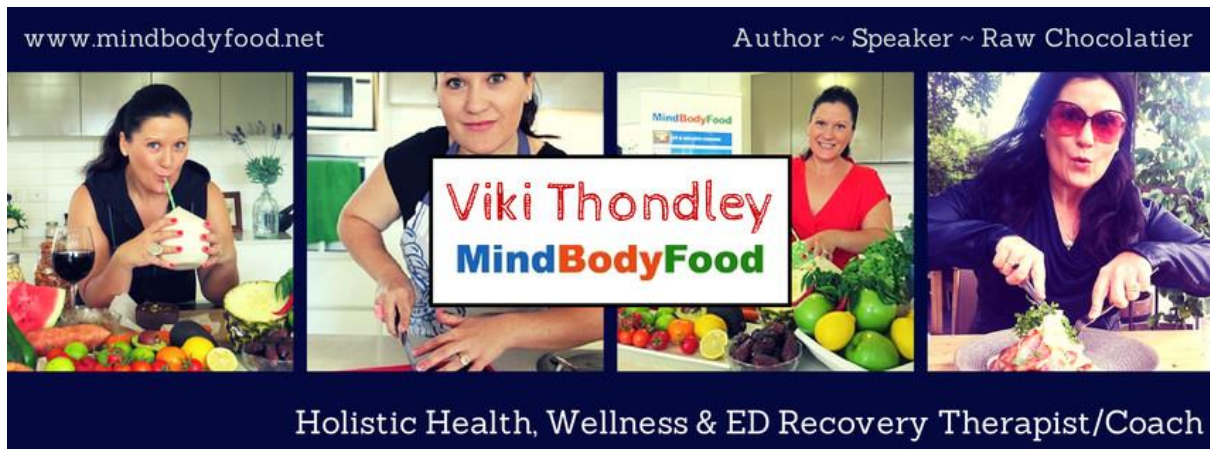
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