

Session 2

What happened in the last week? What changes have you noticed?

Usually people feel any or all of the following:

Decreased hunger
Fewer cravings
Longer lasting satiety
Improved energy
Decreased joint pain
Migraines and headaches reduced or eliminated
Acid reflux reduced or eliminated.
Better sleep.
Better mood.

Continue with Phase 1 foods for the next two weeks and notice what changes are occurring for you. Make note of them in your little note book.

STRESS – reduction

Resets: Nature has given us a reset button called sleep. You can have a bad day but after a night's sleep you can feel much more positive and upbeat.

So doing a very basic 'reset' will do a reboot for the brain that doesn't require taking nap throughout the day.

As you remember the potato conundrum you realize that a 1% reduction in stress can actually lighten your load by 50%!

So do the color resets throughout the day – just short 10 second resets – 5 or 6 times a day. It trains your brain to stop, observe and simply 'be' without judgement.

Listen once a day to the short mindfulness trainer – it is a skill builder that you can call on whenever your mind is caught in a yes/no or shall/shan't kind of battle.

Whenever you are feeling particularly pooped – then listen to the stress reduction mp3.

HOMEWORK:

Come up with 3 'weakness' moments that in the past have *scuttled* your resolve to stay on an eating plan.

On 3x5 index cards write out the following.

- A. What habit do I want to establish?
- B. Where, when & how will you do it.
- C. What could hinder you from doing it?

We will be working & refining these the next session.

Finally – go for a short leisurely stroll once a day after a meal. If going outside is difficult, then call a friend and stand and pace gently throughout the call. This simple movement will have a beneficial effect.