

# WILLOW HYPNOSIS

## Weight Management Suggestions

- Go home and clean out your fridge, pantry & kitchen cabinets. Toss all foods that you know are not healthy and stand in the way of your goal. The obvious ones like chips, cookies, candy & ice cream and the less obvious ones like white pasta, bread, hydrogenated oils, margarine, crackers. If in doubt – throw it out. If you can't bear to throw it out, give it to a friend or a homeless or food kitchen.
- Go grocery shopping and buy only things that grow from or live on the earth – first generation foods. (There are several excellent whole food groceries in the area: Whole Foods, The Garden of Light, Trader Joes, etc.) You'll find the majority of these things in the outer aisles. Fruits, vegetables, poultry, fish, lean meats, whole grains & healthy dairy. Try things you've never tried before.
- Say good-bye to convention. Eat only when you're hungry, eat what your body wants for FUEL and stop when your body is satisfied.
- **Whole** grain products contain nutrients where as “white” or processed grain products have very little. These are whole grains. Amaranth, spouted grains, barley, brown or wild rice, buckwheat, corn, kamut, millet, quinoa, rye, spelt, wheat. Unless it says **WHOLE-grain or 100% whole it's not.**
- Drink 6-8 glasses of water a day. Not getting enough water will slow your metabolism down by 3% a year! If you can't stand plain water – add lemon – it's an excellent aid to weight loss.
- We've typically been taught to build our meals around meat & starches. Build yours around vegetables. Make vegetables the main dish in all your meals and view meats and starches as side dishes. Shoot to have vegetables become 40% of your total diet.
- Eat as much of your food as possible raw or uncooked. (This obviously doesn't apply to meat or poultry). Raw fruits and vegetables are more nutritious. When you do cook your vegetables cook them lightly or steam them so they retain more nutrients.
- For fruit, stick with low glycemic fruits like berries. Blueberries, blackberries, raspberries, etc. Washing fruit in a mixture of cider vinegar and water removes residues such as dirt, pesticides and bacteria.

### Breakfast

- LISTEN TO YOUR BODY!!!! If you're not hungry when you wake up wait till you are. It's OK to start your day with water or a natural vegetable juice. Something light is fine. If your body needs something more substantial it will tell you what and when.
- Sample Breakfast: Protein smoothie, any type of eggs, sautéed vegetables, nut, low-carb yogurt or granola.
- Try green tea instead of coffee. It contains caffeine, stimulates your metabolism as well as a long list of health benefits.

## **Lunch**

- LISTEN TO YOUR BODY!!!! When you get the signal for hunger from the body ask it “What do you need for fuel” It will answer you by sending you a thought or a picture.
- It will mostly likely be something that’s easy to digest like a salad. Remember you can throw pretty much anything into a salad for variety. Steamed vegetables, a small amount of whole grains, nuts, seeds, legumes, chicken or fish – even some fruit.
- Sample Lunch: Salad & Soup or vegetarian or chicken sandwich on whole-grain or sprouted bread.
- STOP WHEN YOUR BODY IS FULL!!!!

## **Dinner**

- LISTEN TO YOUR BODY!!!! If your body wants granola or eggs for dinner – that OK!!
- Allow vegetables, raw or cooked to become your main dish. Build the rest of your meal around them.
- Sample Dinner: Steamed vegetables and brown rice with small portion of chicken or fish or A large salad with chicken, tuna, nuts, beans etc. or zoodles with vegetables a light sauce and salad.
- STOP WHEN YOUR BODY IS FULL!!!

## **In General:**

- Eat meat 1x per day instead of 3 – it should consist of approximately 10% of your daily diet.
- Cut out all fried foods
- Cut out high-fat processed meats and cheese and all products made with white flour
- Instead of processed sweets – have sweets from Mother Nature – Berries!!
- Stevia (found in whole or natural food markets) is made from an herb and contains no calories. There are also many other natural, low-carb sweeteners to choose from now.

## **Exercise:**

- Moderate, consistent exercise is better than excessive, inconsistent exercise.
- Start with a goal that you know you can achieve. E.g. 10 minutes/day.
- Gradually work up to 30-60 minutes per day. Before you know it, it will be your favorite part of your day.
- Keep in mind that it doesn’t matter what you do for exercise. Walking, dancing, vigorous cleaning, yard work, biking, rollerblading, weights, yoga, Tai Chi, Chi Chung, any sport.

## **Forgiveness:**

- We are human, there will be slip-ups. Forgive yourself of them and then get back on track.
- Food is fuel for your body. This is not about deprivation, it’s about moderation and providing your body with the best fuel options available

**Nothing tastes better, nothing is sweeter than Thin, Fit & Healthy and you deserve to be Thin, Fit & Healthy!!!**

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