

NEW YOU IN THE NEW YEAR

2016

Core Lessons # 3

Stress, Emotions & Weight Loss

Mental & Emotional Stress Affects Your Weight Biologically



FAT Programs

- Physical Stress
- Mental Stress
- Emotional Stress



Physical Stress

- Chronic yo-yo dieting
- Nutritional famine
- Digestion issues
- Toxins
- Certain medications
- Sleep apnea



Mental & Emotional Stress

- Chronic Stress: making ends meet, daily grind
- Emotional Stress: traumas, relationship issues



Stress Activates the FAT Programs

- FAT Programs were used to protect us against famines & cold weather thousands of years ago
- FAT Programs cause chronic elevation of cortisol levels
- Increased cortisol causes insulin resistance
- Tells the cells of the body to stop listening



Chronic Stress: The Modern Day Famine

- Chronic stress works similarly to a famine on the body
- The hormonal changes within the body are identical in activating the FAT Programs
- It's crucial to address mental stress



Lack, The Feeling of Not Enough

- Fear of running out of resources is a fear of famine
- Your body is trying to help you save resources
- Studies show people in high stress jobs and economically challenging situations are more likely to gain weight



Stress & Weight

- If you don't deal with stress, then no amount of changes in your diet will solve the problem
- Dieting doesn't work for sustainable weight loss because it doesn't address the real issues



Stress = Fear

- Stress means in some way you feel unsafe
- It starts with a negative, fearful thought
- Sets up a negative spiral



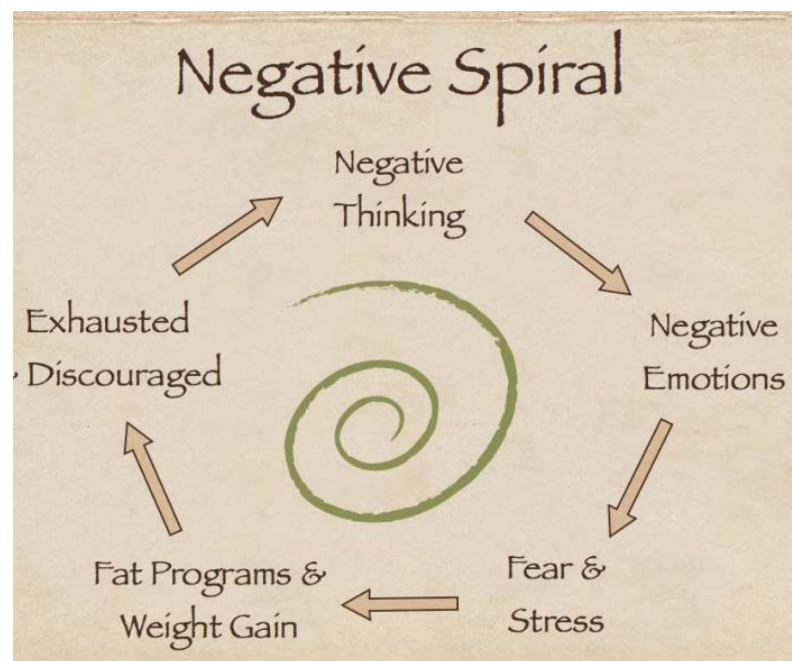
Negative Spiral

- Chronic state of stress
- Stress causes chemistry which is activating your FAT Programs
- You crave more junk food and put on more weight
- Weight gain causes more stress and the cycle continues



Negative Spiral (cont'd)

- Get more tired
- Gain more weight
- Become more stressed out
- Have more negative thoughts
- Cycle spirals and gets worse and worse



Positive Spiral

- Visualization techniques help create the habit of positive thinking and help reduce stress
- Mind-body practices reduce stress and connect you to the present
- You can reduce stress on a daily basis



Visualization Reduces Stress

- Rewires your brain
- Practiced daily, it inhibits the signals to your amygdala that are the seed of fear and aggression



Emotional Obesity

- The need to be fat to feel safe
- The key to weight loss!
- Caused by trauma
 - Abuse, attack, injury, moving, divorce, loss of job
 - New situations
 - Lack of boundaries



Fear & Trauma

- Past traumas tell your body you're not safe in current situations
- Past trauma makes it hard to say no when your boundaries are being encroached
- Your body says no for you



Past Trauma Weight Triggers

- Abusive situation- mental, emotional, physical
- Dominating parents/teachers/siblings/neighbors
- Moving
- Ending job/starting new one
- Getting married/divorced
- Having kids
- Illness/accident/surgery
- Financially stressful situation

The “Feeling Safe” Test

- Do you feel safe being noticed?
- Being around aggressive people in your life?



Overcoming Emotional Obesity

- Relieve Past Trauma
- Feel safe now: create a surrogate form of protection, use visualization



Strategies for Feeling Safe & Decreasing Stress

- Meditation/visualization
- Yoga
- Tai Chi or Qi Gong
- Sunlight
- Art & Music
- Sports, martial arts, boxing
- Living a simpler, lower-cost life



The First Changes

- You feel calmer and crave less food
- Less feelings of temptation
- You'll have so much energy that you'll be ready to start exercising



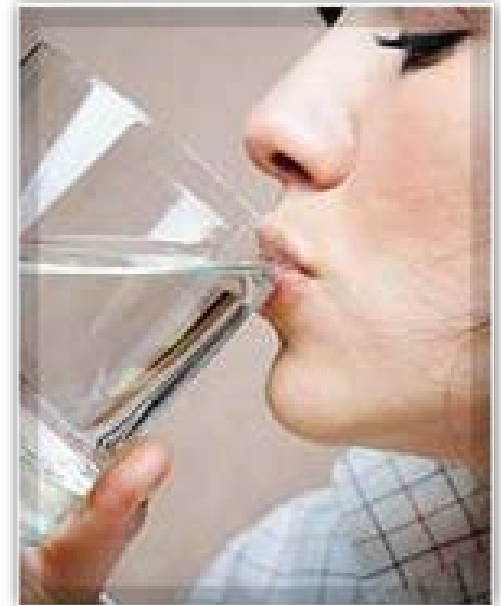
Stress Reduction Action Steps

- This week's morning visualization is: Safe Strong Protected
- Take an afternoon stress reduction break
- Fit in a yoga, tai chi or meditation class



Ongoing Steps

- Drink 2 glasses of water w/ lemon or apple cider vinegar, and probiotic.
- Drink a green juice, upon rising or in late afternoon.
- Eat a great blood sugar balancing breakfast
- Take additional probiotic supplement & digestive enzymes with meals.
- Eat frequent Gabriel Method friendly meals with the “Big 3”
- Drink a glass of water before each meal
- Listen to evening visualization



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