

60 DAY

Weight Loss Journey

GUIDE - WEEKS 7 & 8



CONTENTS

METABOLISM AND ITS EFFECT ON FAT LOSS	3
ARE YOU ADDICTED TO FOOD?	3
LOVING YOURSELF THIN	4
WEIGHT LOSS RESOURCES AND SELF-LOVE	5
WEIGHT LOSS AFFIRMATIONS.....	6
HOMEWORK.....	7
CONCLUSION	7

METABOLISM AND ITS EFFECT ON FAT LOSS

It can always be tempting to completely blame metabolism for your weight gains. Metabolism is a natural process and the body has plenty of mechanisms that help regulate metabolism to meet individual needs. Only in some rare situations will medical conditions contribute to excessive weight gains that might slow down your metabolism, such as hyperthyroidism as well as Cushing Syndrome.

Unfortunately, weight gain is a very complicated process. It is a combination of some hormonal controls, genetic makeups, diet compositions, as well as impact on your lifestyle, such as physical activities, stress, and sleep. Even though some people seem to lose weight more quickly and easily than others, almost everyone loses weight when they try to burn up the calories from what they eat. To quickly lose weight, you need to make an energy deficit by eating foods with few calories or just increasing your physical activities.

ARE YOU ADDICTED TO FOOD?

Are you a food addict? It is normal to hear that someone is addicted to medication or alcohol but it is not common to say and think that someone is addicted to food. Addiction to food is a real problem and sometimes more difficult to fight because we need food every single day to survive. Therefore, if we don't retrain our minds to think healthfully and make healthy, organic choices in the markets, we are doomed to repeat our bad habits forever, thus sabotaging our weight loss efforts.

Being a food addict consists of two different components. The first is the actual foods you normally like to indulge on, which are usually high in fat or sugar

content. This can also give you physical satisfaction that relaxes your body and gives you energy. Such feelings will never last yet you will feel the need to replenish that feeling regularly using these junk foods.

The second component to food addiction is the mental aspect. Food addiction provides a mental component wherein your mind completely believes that you need these foods. This is a real addiction crux because even if intellectually you know what foods you should be eating, you'll still gravitate toward the convenient packaged foods for that quick fix. If you want to lose weight, try to control your food addiction as early as possible.

LOVING YOURSELF THIN

Do you sometimes feel that you're out of control, have low self-confidence and self-esteem, and are a very compulsive eater? Well, until you learn to love yourself and deem yourself deserving of weight loss success, regular dieting won't work for you. Now is the time for you to examine the reasons why you are overweight, what foods are your downfall, and promise yourself to love your body enough to make it healthy again.

Don't waste time, effort, and money with those pills, fad diets, or other trendy products that promise you easy weight loss. The best and long lasting result lies in your hand and that is to love yourself thin.

In one week of following this plan, you will immediately see healthy changes in your body. At about four weeks, you will already be happy since other people will be commending you on how good and healthy you look. Loving yourself coupled with organic, clean eating and daily exercise is an essential and safe method that will help you learn how you're going to acquire your ideal body without deprivation or dieting.

Imagine yourself at the end of this program. You are worth it.

Loving yourself thin can help you not only to lose your weight but also to keep your body healthy and safe against illnesses and diseases. So, try using this method as early as today!

WEIGHT LOSS RESOURCES AND SELF-LOVE

We just spoke about self-love in the last chapter and how important it is to accept your body the way it is now and to promise yourself the gift of health. But, giving yourself self-love can be difficult for those who are struggling to accept their physical look. I completely understand. I was once in your shoes. Self-love starts with acceptance. No matter how big or obese you are, you need to love yourself. You need not put yourself down just because of your size. Rather, love yourself for who you really are. Once you have accepted yourself, your next step is to look for the best and most effective weight loss resources that will be responsible for changing your life.

There are many weight loss resources to choose from, especially on the internet, but don't let too many choices paralyze you. Choose a resource (a book, website, class, forum, private Facebook group, etc.) that you know could provide a number of benefits to your life, especially when it comes to your weight loss concerns. Read book reviews, ask questions in groups, and don't be afraid to do your research. Also, use me, your coach, as a resource! I am your biggest cheerleader and I want you to succeed.

Here is a book that changed my life and the way I eat. If you are ready to be inspired by Geneen Roth, then buy this book:

<https://www.amazon.com/Feeding-Hungry-Heart-Experience-Compulsive/dp/0452270839>

WEIGHT LOSS AFFIRMATIONS

Get in the habit of combatting your negative self-talk, especially when it comes to your weight loss efforts. One way to combat negative self-talk is to fill your mind with weight loss affirmations. When used on a regular basis, you will start noticing some changes in the way you think about yourself and your body.

Start with these weight loss affirmations:

1. I can easily control my weight through exercising and healthy eating.
2. Every cell found in my body is fit and healthy.
3. Every exercise or physical movement that I make can burn extra fats in my body. This helps me to keep my body at the ideal weight I want.
4. Life is very beautiful and I really enjoy my life by maintaining my ideal weight and staying fit.
5. I usually breathe deeply to assure that the metabolism of my body is always at its excellent and healthy rate.
6. Even in the smallest way, I am getting fitter and slimmer.

These are only some of the weight loss affirmations that you can use. Think of your own affirmations and add them to your routine.

HOMework

- Have you been taking your probiotic daily? Purchase more or eat foods that contain probiotics. Your gut will thank you.
- Meditate. Not only does this practice help relieve stress but it also helps retrain your mindset. Believe that you deserve great health and believe that you can conquer your addiction to unhealthy foods.
- In your journal, write down all the things you like about yourself. You are a living, breathing person with unique and special qualities! Acknowledge and give thanks for those things.
- Create a list of support resources. These can be books or websites or your best friends.
- Practice saying weight loss affirmations every day. Rely on those affirmations when faced with a food temptation.

CONCLUSION

Losing weight is by no means easy. You need to make significant changes in your lifestyle from the food you eat to how you exercise. You need to devote time and patience to this process because losing weight healthily does not take a short cut. However, if you can turn the weight loss tips, advice and information you found in this program, you will have long term weight loss and self love.