Help Has Arrived!

Helpful suggestions on how to let go of that weight!

1. Check where you feel the hunger. Is it in your stomach – growling and annoying? Or is it in your head? If you "think" you are hungry – you are NOT hungry – you are bored. Find something useful or fun to do – go for a walk, dance, color, call a friend – anything but eat.

2. If you are hungry – are you hungry enough for broccoli? If you are not, chances are you are not really hungry. (Broccoli can be substituted for any veggie.) If not hungry enough for broccoli see above.

3. When you eat, eat at the dining room table – you know the place where you dump all the stuff you walk in with, mail, etc. That is the place to eat. Make it nice with a place setting, nice dishes, candle, soft music. IOW: not in front of the TV, not in bed, not standing at the kitchen counter, not in the car – you get the idea.

4. Make certain areas of your home a FOOD FREE ZONE!

5. Cook enough food for lunch the next day. Before sitting down to dinner, put all the left overs away in the fridge so you are not tempted to go back for seconds.

6. Ahh, you know this one – plan your meals for the week and shop ahead. As much as possible prepare meals in advance. This really helps for those times you come home too hungry to think about preparing a meal. It really helps if the meals you make are casserole's you can just pop in the oven or better yet are crockpot meals that you come home to. It's kind of like having someone else cooking for you.

7. When you do eat out, when you order, ask the server to bring you a take-home container. This way you can put half the food into the take-home container before you even start eating. This keeps you from eating too much.

Another thing you can do when you go out to eat is watch the other people. How fast are they putting the food in their mouth, chewing and swallowing and then going for their next bite? Notice if there is a correlation between their speed of eating and their body fat. One thing to realize is that it takes 20 minutes for your brain to register that you are full. If you are a speed eater, you have probably consumed more food than your body really needed. This especially happens when we watch TV and eat. Also, gulping food raises insulin and creates poor digestion. Slow down, enjoy your food.

8. Eat on smaller plates. It's all about illusion.

9. Brush your teeth when you want to be done eating for the night.

9. Think about this: Would you overfill your gas tank? Think about it – when you go to the gas station would you say, "Fill it up and add some more so it spills on the ground?" Of course you wouldn't! That would be a waste.
So think about your stomach as your gas tank – what happens when you overfill it? It is kind of a waste that goes to your waist. Ahhhh!

10. Have a good intention as to why you want to let go of the weight. It can't be because mom told you so, or the doctor advised, or anything outside of yourself. It has to be something you want – and you have to have a good reason you want it. Post that reason everywhere you can think of.

11. Before you decide to eat anything...stop and take a nice deep breath into the center of yourself and ask...what will make me feel happy and healthy and satisfied 30 minutes from now? ...and whatever you choose to eat...enjoy it completely…with no negative self talk.... eat it slowly, savoring every delicious bite...and simply stop when you feel full with this new wonderful sense of satisfaction...

What other ways can you think of to help with your weight loss/release/letting go?

Wise Heart Coaching & Hypnosis

WiseHeartCoaching.com
Judith@WiseHeartCoaching.com
503-318-9343
Free 30-Minute Discovery Session
meetme.so/JudithAuslander