

SIMPLE WEIGHT MANAGEMENT

SECTION 1

It's just a process (that your body will love 😊)



...powerful habits to transform your life!

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Quick Guide

Section 1 (of 12) is entitled ~ *It's just a process (that your body will love 😊)* .

This 1st section is basically an introduction to set your expectations.

It will give you a good overview of the process and what to expect in terms of the potential benefits, when you engage wholeheartedly in the programme. You'll fully appreciate that the process is very holistic and not just about eating.

You should feel excited (if we've done our job) by the end of this section!



Disclaimer

All the information and recommended action steps provided in this guide are with the sincerest intentions to genuinely help you enhance your weight management, general health, well-being and make you feel good. It is the culmination of thousands of hours of research into books, published medical studies and the study of professional expertise. Vibrant health accepts no liability for the results of any actions you take following the information contained within. We strongly advise you to do your own research prior to the taking action steps and consult a medical professional if in doubt with any aspects.

1. It's just a process (that your body will love 😊)

“LET’S GET ONE THING STRAIGHT... there are no magic pills, potions, secret ingredients or wonder foods that will magically make you and keep you slim forever, unfortunately 😞.”

Let's kick off with the solution...

The key to maintaining long term weight management and never having to diet ever again, can be summed up as follows;

Engage in the long term consistency of good healthy habits that stimulate and satisfy both your digestive and biochemical needs.

In other words, healthy habits that keep you feeling full, satisfied and happy.

Feeling full and satisfied without overeating or frequently bingeing is all about balancing what is happening in your stomach with what is happening in your brain.

Please pay attention...

Through advances in molecular genetics, neurology and biochemistry we're finally able to learn what causes us to really gain and lose weight (it's **not** what you think!) ...

And more importantly, what eating routines and actions allow you to feel full, satisfied, have more energy and stay at a healthy weight.

If you like the idea of never having to diet again in your lifetime and maintain a healthy (optimal for you) weight, you're going to like this 😊!

We're going to educate you and give you the tools and processes to create the following:

- The ideal weight and shape you (realistically) want for the rest of your life.
- Excess weight loss (short term only) to help reach your optimal weight and shape.
- Eliminate all the emotional misery that the cycle of 'weight gain, then diet' brings!
- Change the way you think about eating, no more guilt or emotional eating.
- An eating regime that fills you with energy, satisfaction and makes you feel good about yourself 😊.

Bold claims?

On one level YES, and as the words in the box at the top of page says, there is no magic ingredient!

It all comes as a result of many simple actions and intelligent strategies over a period of time that you systematically develop as a set of good healthy habits.



We want you to embrace this, so it becomes an automatic and natural way of being for the rest of your life. So, we're going to...

- ✓ Reprogramme your thoughts around food and how your mind and body interact (crucial to understand, so you realise why dieting is absolute madness)!
- ✓ Teach you the behaviours, routines and habits that work in tune with your mind and body, so you feel full, satisfied, healthy and more energised (and your self-esteem goes crazy 😊).

Just in case you're wondering...

You can have plenty of treats, pretty much eat whatever you wish, **in moderation!**

This isn't about eating salads forever or counting calories, it's about having a good balanced diet, eating plenty and staying satisfied 😊.

It's much more than about food, it's a holistic process

I'm sure you already know; we only allow access to this weight management programme if you've purchased either the essential or advanced programmes as there's a much bigger prize at stake here.

Almost without exception, all the weight loss and diet programmes focus on what you put in your mouth! Seems logical but there's are many additional elements that often get neglected, that are absolutely crucial.

For instance... your **sleep** patterns, your **water** intake, your **eating window**, your **gut health**, your general **movement/exercise**, and the scope of your **nutritional habits** all have a strong bearing on your weight and shape.

Hence, natural weight loss/management that makes you feel good (i.e., satisfied and healthy) is a holistic process. You need to adopt several related habits to get the real benefits, as opposed to just focusing on your food intake.

Think of it like this...metaphorically...

Just focusing on food (like a typical diet) is metaphorically akin to just changing the oil, spark plugs and filters when the car engine is running a little sluggish.

It will make a difference but limited... it is far better to also tune up the whole engine and make sure all the cars' systems are running efficiently.

That's what the essential & advanced habits will do for you, they'll tune up your general health and wellbeing, so the weight management habits have a bigger impact and you get enhanced results, that'll make you feel even better 😊.

When we trialled the **essential programme** over 44 days, everybody who measured their weight, reported a (welcome) weight loss and that's without any specific focus on weight loss/management.



The **advanced programme** (if you have it) will enhance this a step further as these habits will help you eliminate a lot of emotional stuff (e.g., guilt, anxiety, stress) that can play havoc with your weight and is a major problem in today's civilised world, certainly with obesity.

In fact, it's no coincidence that the major increase in mental health issues since 2020 is creating a surge in weight gain and obesity as they are inextricably linked.

The **first 4 advanced habits** all help you deal with and start **eliminating the emotional stuff**, the other 7 advanced habits all help you feel better in yourself (e.g., happier, more confident, higher self-esteem). You'll see in section 6 (*The Dangers of Emotional Eating*) how much impact emotional issues and low self-esteem work against you, when it comes to eating.

Will this programme be easy?

Yes, it's just one simple recommended **action** after another, for you to follow in whatever timescale suits you. Take all the time you need as this is a new routine for you to play around with and tweak as required to suit you – then you can use it for the **rest of your life**.

Once you fully understand how your mind and body interact by studying this programme, you should feel pretty motivated because the lifetime rewards on offer are significant...

'Eating plenty to feel full and satisfied whilst maintaining your optimal weight!'

Your task is to slowly but surely carry out the list of recommended simple actions and behaviours until they are fixed habits, then it becomes natural and very easy (as we're creatures of habit) 😊.

The whole basis of this programme is to eliminate that dreaded weight gain/loss cycle forever, the one that goes something like this...

...bad eating habits ~ weight gain ~ some guilt and self-loathing ~ diet ~ psychological torture/misery ~ weight loss ~ improved self-esteem ~ end diet ~ slip back into bad eating habits... repeat ad infinitum!

Automation is the key

We're going to educate you and reprogramme your mind so that your decisions, food choices and lifestyle brings you satisfaction, enjoyment and more energy, in short leads you towards vibrant health 😊.

Adjustment period

As mentioned, there is no time limit, this is about creating highly rewarding habits that will nourish your mind and body for a lifetime. There will be some trial and error



'tweaking' to hit the sweet spot (that's just right for you) with certain habits, so stay flexible, take your time and do it at your own pace.

Your objective is to find the right balance that keeps you satisfied, allows you to enjoy your food, makes you feel healthier and feel good about yourself 😊.

The transition from where you currently are to what we've described above is not a success or failure proposition. **It's a journey** where you may encounter the odd side street (slightly off track) or dead end (fallen off the wagon temporarily) whilst you adjust to the new psychology and behavioural actions, to take you from where you are to the promised land.

Once you've gone through the programme and are ready to start your permanent weight management journey, it's simply then about having some patience and perseverance, doing one simple action at a time until it all becomes habitual.

By then you'll see some very positive changes, feel good and want to do it 😊!

Final words

A lot of this programme becomes self-explanatory to a degree, once you understand how your stomach and brain interact with regards to eating. You'll discover the key battle ground is **your mind!**

The whole diet and weight loss industry focuses (more like obsesses) on your body and calories/scales! However, as we explain in the advance programme prologue, your body is an instrument or reflection of your mind.

We're going to teach you a routine that **automatically** synchronises your mind and body to work in your favour, so...

- ✓ You always eat plenty and feel satisfied every day.
- ✓ You feel more energised and healthier.
- ✓ You can still have whatever you want in **moderation** (plus the odd binge).
- ✓ You can lose excess weight initially, to reach your (realistic) optimal weight.
- ✓ You can automatically maintain your optimal weight without having to diet ever again.

Section 2 up next... ***Your Hidden Enemies (in the Food Chain)!***

