

Resources

Healthy living and feeling good requires a dedication to you. This takes time. Time devoted to finding ways that work for *you*. Everyone is different. I can tell you what works for me. It is up to you to find what works for you and then do it...day after day after day. Is it easy? Some days yes, some days no. Does it help to have a coach or a partner? Yes, as long as they are on the same path as you. If you are not pushing each other, holding each other accountable, cheering each other on, it will not work. Releasing weight is all about making your healthy living plan non-negotiable every day. Will you screw up? Of course, you will. The key is to not beat yourself up and get back on your plan ASAP. Once back on your plan, evaluate what happened and what you can do differently next time. You don't yell at a baby when she falls while learning how to walk. So, you fell off the plan. So what! We are human beings. Pick yourself up, dust your self off and resume moving towards your goal.

I would like to offer two resources that I have found very beneficial for weight release. I believe food is an addiction, especially carbohydrates. Studies are starting to show refined carbohydrates are as addicting as cocaine and morphine. I believe the only way to release an addiction is by doing something else. A simple thought but not easy. I love my *Five E's* because it looks at the whole picture of addiction.

Encourage Change. Why do you want to move away from this substance? Food is a great quick fix. You are stressed, you eat a lot, and you become numb. Is this how you want to live your life? Or do you want more?

Enlighten Yourself. Without peace you will eat.

Enjoy Life. This is moving away from food as your primary act of pleasure, to something you really enjoy.

Exercise Daily. Have to do it.

Eat Healthy. Let the following resources help guide you as you begin to move towards living the life you were meant to live.

www.releasingfat.com This website is by Ray Strand MD. His book is *Healthy for Life*. He works with Usana products which I love, www.usana.com. I have been using the shakes for breakfast and lunch and the bars for a snack. They are very yummy! He has different coaching programs on his website that will help you with weight release.

www.radiantrecovery.com This website is by Kathleen DesMaisons PhD. She revised her book *Potatoes Not Prozac* in 2008. She has a seven-step plan that works with people who are addicted to carbohydrates. Her website contains her seven step program, classes you can take on brain chemistry, groups you can join, a chat mail, and a weekly newsletter. Incredible information!

I would suggest going to these websites and see what resonates with you. Get the book and read it all. Then start on their program. Remember the *Five E's*. You may want to get both books and read them to help you decide which will work best for you.

Know this will take time. Hear my words... YOU ARE WORTH IT!!

Side Note: My two other favorite protein bars are

- *Pure Protein* Chocolate Deluxe with 20 g protein, 17 g carbohydrate – 2 gm dietary fiber = 15 g carbohydrate
- *Atkins Advantage* Marshmallow Mudslide Bar with 15 g protein, 3 g net carbohydrate, total carbohydrate 19 g – Dietary Fiber 5 g = 14 g

Good Luck to you. You can do it!