

DAY 26

Hi All,

Well isn't the rapid weight loss great! Maybe some people are getting mixed results, so let's talk about that.

There are two points that you need to understand at this stage. People who have been eating less than the program recommends are more likely to have a problem, because they have skipped on the basis of our program. ***Feed your body everything it needs on a daily basis without the extra fats and processed carbohydrates and your body will use its own fat stores.*** This means proper supplementation and eating the fruit and salad at all meals as per the program. Why? Because your body needs an array of nutrition available only from eating an array of foods. Here is the ridiculous thing- I have had some adults (yes adults- not children, people who are supposedly mature in their thought processes) say things like but I don't like _____ fruit or vegetable. Well 2 alternatives are, eat the ones you do like or understand that after years of poor eating your palate will take time to appreciate the pure and unprocessed forms of food. But know this, if you are to lead a forever lean and healthy life your palate will start to look for more variety in natural foods. You will surprise yourself with how much you enjoy mixed salads and fruits over time. I can hear the objections from some already but you don't know my situation..... You are right! I don't but you do and you will be the major beneficiary of your food and exercise choices so do the best –please!

Remember the food industry has extra salt and sugar in many foods and this has polluted your palate. It will take time to cleanse it, but you will be glad you did. I never thought I would have a capsicum or cucumber or lettuce craving but I certainly do now!!

Today I also want to talk about some strategies to booby trap yourself into health success. Every day we come across challenging situations and how we deal with them is essential to our long term success.

Shopping is an important area I would like to discuss and here are some pointers

- Never shop hungry
- Read your affirmations before you go
- Stay clear of the danger aisles (e.g. bakery, chips, chocolate and soft drinks)
- Work from a list prepared when you were not hungry and stick to it.
- Don't let your children drive your choices.(I have seen parents stand in the biscuit aisle and the highly processed and packaged dairy snack area and ask their obese 7 year old what they would like to take to school for lunch. BAD IDEA AND BAD RESULT!! You are the parent and you are learning the skills for lifetime health so you make the family choices!)
- Cheap doesn't mean better value. Learn to read labels and assess what some of those additives are. Remember the ingredients are listed in order of quantity. So if it has the first ingredient as sugar, you guessed it, it has more sugar than any other ingredient.
- Don't go when you are stressed or tired
- Try to shop once weekly (shop more and you are more likely to buy things you don't need)
- Always read food labels and be aware of protein, fat, carbohydrate, sugar and sodium(salt) levels
- Buy as much fresh as possible and direct from farmers if you can
- If you go to markets or farmers markets, find out which ones are actual producers and which ones are simply opportunists. Ask them how they grow their produce.
- Beware of misleading advertising like "lite", "fat free" and "reduced fat" all of which ***usually*** mean more sugar
- Educate yourself in what the labels are really saying

Sounds like a lot of work!?! What is your health worth and what habits are you setting up for those around you.

Speak tomorrow,

Jamie