

7 Ingredients to Make You Thin

By Charles Borden



WEEK 1 - Learn the art of feeling satiated with less by eating more s-l-o-w-l-y.

This week, concentrate on developing or reinforcing the habit of "mindful eating". At the base of your brain you have a small gland called the hypothalamus. This is the part of you that regulates the sensations of feeling "full" or satiated. What stimulates your hypothalamus is entire olfactory experience of eating - chewing, taste, smell, swallowing and flavor.

Your stomach is smaller that you may realize, about the size of your closed fist. With this in mind, try this: **Place a modest amount of food on your plate. Focus on taking small bites - perhaps half as much on your fork as in the past. Then chew each bite until it is completely dissolved.** Savoring every bite in this way this will cause you to feel satisfied and help prevent you from overeating in an easy and natural way.

Four more tips:

- **This may seem a bit weird, but it is also effective: Try using chopsticks for every meal.** This tends to automatically facilitate smaller bites. I conducted an

interesting experiment a few years ago with a sub-group of weight loss clients and noted above average weight loss with the chopstick users as compared to the those using traditional silverware over a four month period.

- **Here is something a little more conventional: When you sit down to a meal, use your fork to divide a modestly filled plate of food into six sections.** Then give yourself a five minute time-frame to consume each of the six divided portions. This will also help you slow down a bit and feel more full and satiated. Also, you will be less likely to want "seconds".

- **If you have any of my recorded hypnosis weight loss sessions, listen daily.** All my sessions have repetitive hypnotic suggestions that strongly and effectively influence mindful eating as described above.

- **Adding zero or extremely low-calorie natural flavor enhancers such as herbs, spices, extracts, lemon/lime juice, mustard, horseradish, fruit or tomato salsas (can you think of others?).** As I mentioned above "flavor" is one of the key components of feeling more satisfied and this is the best way to make food more interesting without having to add extra fats or sugars. Also, if you enjoy food preparation a creative rewarding and interesting (and slimming!) experience.



WEEK 2 - This week make it your mission to find a physical activity that gives you pleasure.

I have been talking to people who are in the process of "trying to lose weight" for many years. Invariably they usually attempt, or talk about attempting, some type of exercise program. Most people tell me they are going to join a health club or have, perhaps, purchased a treadmill, stationary bike, or a similar device. The results are nearly always the same; they quit after a short time (usually thinking they are a lazy failure).

I encourage clients to exercise daily. But, what I have found is the only exercise that is sustainable for most humans as a regular part of their lifestyle is physical activity that provides pleasure. Find something you love to do and incorporate it into your daily life! Here are some examples: walking, swimming, biking, running, golf (walking please), dancing, tennis, hiking. You will be able to incorporate something into your daily life if it is something you want, and look forward to. Listening to my weight loss CD's can also motivate you in this area.



WEEK 3 - Every day this week, do this simple mental exercise. It will help you start developing mental image of a slimmer and healthier YOU.

During my three decades of helping people overcome difficult challenges in their lives the most powerful tool for change I have discovered is visualizing success. If you have any of my CDs you already are doing this every time you listen. It is all about stimulating the part of our minds that control all of our self-beliefs. Here is a little exercise to try:

Sit down or lie down in a comfortable place for a few minutes. Then take three deep, slow breaths and start to

create an "imaginary photograph" of you in the near future in your imagination. If the image is a little vague for you, that's okay. See yourself as a healthy, active, thin person. Visualize yourself in as many different situations as you can think of, but, always as a thin, healthy person. A variation of this method is to see imaginary videos or pretend you are watching yourself from outside your body.

Of course you can use this technique for anything you would like to improve in your life. See yourself being calm and relaxed while you are in a situation that has caused you to feel nervous and stressed in the past. Or think of a situation where you would like to achieve a higher level of performance and visualize a positive outcome. I used to have a serious public speaking phobia and I was able to change it by visualizing myself in front of an audience being calm, relaxed and confident. The bottom line is this will help you get there.



**WEEK 4 - Overcoming Emotional Eating:
This week, open up your mind to this idea:
Whenever you feel stressed or depressed
commit to a natural way to feel happier and
more relaxed.**

It is a normal and healthy desire to want to "do something" to quell the feelings of stress, anxiety, worry or depression. What Gail and I know from our seminar work and private sessions is that a high percentage of our weight loss clients state that emotional or comfort eating is a contributor to their overeating. If you fall into this category, there are many other ways to feel better. If you

are feeling anxious or need a quick boost to feel calmer or happier, instead of binging on sugar, fattening snacks, alcohol or other fattening foods, I am sure one, two or all three of these proven strategies will resonate with you:

Take a brisk Walk. Even a five or ten minute walk around the block can easily be enough to vastly change your mood. A brisk walk can also stimulate endorphin flow in your body which has a way of making you feel calm and happy. Do this as a quick fix if and when you are depressed or anxious and you will feel better. This is far more effective than raiding the cookie jar every time you are in a bad mood, instead of being left with feelings of guilt and discouragement, you will be prone to feeling happier, more positive and relaxed AND enjoy a sense of accomplishment.

Immerse your body in warm water...a shower, bath or hot-tub. There is something about being in warm water that tends to make us quickly feel a sense of calm and happy renewal. If you're having a bad day or are overly stressed, use this simple remedy as a quick fix to quickly feel much better. It will help break, or at the very least, vastly reduce your using fattening foods or drinks as your only remedy to feel better when distressed.

Listen to your favorite music. Listening to music changes our brain waves in a good way. If you are feeling overly worried or anxious try listening to your favorite music....in your car, on your radio or i-Pod whatever your source of music is. This will take your mind off your worries, help relax you and is a wonderful, natural way to relieve feelings of distress. It also can help you eliminate or reduce your reliance on using fattening foods or drinks for emotional comfort.



WEEK 5 - Reducing Sugar: This week, place your focus squarely on eating fresh, whole fruit instead of sweets.

Studies show we (as a culture) are consuming roughly eight times more sugar than people were just a hundred years ago. Researchers credit sugar as the number one reason for the epidemic of overweight people in our modern world. Here are some quick and practical solutions to help you greatly reduce your sugar intake:

Let fresh fruit be the sweetest food you care about. Stock up on the best, ripe and freshest fruit available. Sure, fruit has some natural sugar in it, but fresh fruit is primarily water and fiber. Keep fruit available on your countertops instead of sweet treats. The amount of sugar in any whole fruit, for example, is a fraction of what is in a candy bar, sugary cereal, cookie or other sweet treats. Fruit also is a "water-rich" food - the extra hydration actually tends to reduce or eliminate sugar-cravings.

Also, many drinks are a significant source of sugar. A good solution is to drink much more water - bottled, sparkling, purified, with a wedge of lemon or lime...whatever is more appealing to you. But also be wary of alcoholic beverages - they don't necessarily taste sweet, but turn to sugar almost immediately upon entering your body. Fruit juice is commonly thought of as "healthy", however, be aware the high concentration of natural sugar in juice puts the sugar content on par with soft-drinks. Instead, opt for either a very small glass of juice, or dilute it half juice-half water, or sparkling water with just a dash of juice for flavor. Also, as I mentioned above, getting more hydrated helps reduce sugar cravings.



WEEK 6 - This week, take special care to shop the 'perimeter' of your supermarket with the main focus on buying fresh, healthy, slimming foods.

We tend to eat whatever foods are stocked in our kitchen. So, one of the key components of a healthy, slimming lifestyle - over the long-term - is to develop good fundamental food shopping habits. Take a mental tour of your supermarket: It really makes a hugely positive difference to stick with the fresh foods - vegetables, fruits, poultry, fish, meats, eggs, carefully selected dairy

products etc. These foods tend to be on the perimeter because fresh foods usually require refrigeration and/or water to stay fresh...hold this thought - "shop the walls".

On the flip-side, we primarily find processed foods in the center aisles of the store. These are food products that are ordinarily in boxes, bags, jars and cans and require no refrigeration. Also, the frozen food department is fraught with high-fat/high sugar food products. One of the surest ways to greatly cut back on unwanted hidden sugars, fats, oils and salt is to reduce your processed food/frozen food purchasing as much as is practical for you and your family. I am not saying to never buy anything processed, there are lots of things such as herbs or spices, vegetable based salsas or soups, extracts, legumes, tomatoes, olives and a few others that are often more convenient to buy in this way. What is totally self-defeating though, would be filling your pantry or freezer with a high percentage of junky cake or cookie mixes, ice cream, deep fried or cheesy frozen meals, sweet-syrupy canned fruits, big bottles of sugary drinks (and on and on).



WEEK 7 - Keeping your blood-sugar steady is one of the surest ways to have better self-control.

In my early education about matter of obesity, I had a professor called Dr. Davis. He was a retired endocrinologist and was always talking about the role that steady blood-sugar plays in people having more self-control. He used to say; "If a person allows their blood-sugar to crash they will eat anything that is not nailed down...and they won't be able to help it". Hunger is normal and healthy and is caused by the natural process

of our blood-sugar levels slowly dropping to a certain level. This takes anywhere from a couple of hours to a few hours depending on the person and also what they have eaten.

All of that said, here is my thought for you: If I can help you develop habits that keep your blood-sugar steady it will be far easier for you to make the right choices. There is no way to cover the huge universe of information on this subject here, but here are a few quick and simple tips that will help you start leaning in the right direction. Allow these thoughts and the info below to influence you this week:

- **It helps to eat smaller but more frequent meals.** Five or six small meals per day is ideal for keeping blood-sugar stable. Or you may find it more practical to stick with a "three meals per day" regimen, but keep the meals on the smaller side and add three carefully chosen snacks - late morning, mid-afternoon and in the evening.

- **"Complex carbohydrates" are far better at helping keep your blood-sugar more stable than "simple sugars".** Good examples of complex carbs are vegetables, leafy greens, legumes, tubers, fruits, high-fiber whole grain oatmeal (porridge) and whole grain bread (usually at least 3 grams of fiber per serving). Simpler sugars tend to cause a quick blood-sugar spike followed by a quick drop in blood sugar. The result of this is it can leave you feeling both hungry and weak. A few examples of simple carbs are highly processed cereals, bread and baked goods, sugary drinks, alcohol, sweets.

- **Lean protein sources such as fish, poultry, legumes are sensible food choices that tend to keep your blood-sugar levels steady for a longer period of time.** The method of preparation matters a great deal and adding least amount of oil or other fats in preparation is important. For example; a piece of fish or chicken that has been grilled with little or no fat has approximately 100-175 calories depending on the cut and size, while the deep-fried version has roughly twice the calories.