

A Resolution is Not the Solution!

Before you make yet another New Year resolution read this:

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So, you have mastered in excuses, PhD's in New Years resolutions, and taken an Oscar for your dramatic performance of vowing to commit to those drastic diet and fitness resolutions. Still somehow, the rewards have yet to manifest your ideal state of health and wellness. Isn't it time to simply and without the Oscar winning drama on the 'why is has not worked for you' resolve to take another approach?

The Solution to sustained weight loss and improved health is not in the 'oh so well intended and so familiarly over ambitious, all too frequently short lived' infamous resolution! Most fail miserably with this approach and yet continue to repeat the same pattern year upon year resolving that this time will be different. Does this sound familiar?

Now please don't get your muscles all flexed in defensiveness over this. I merely want to get your attention and have you realize if what you are doing is not delivering you the results you want it's time to change your approach. Read on and find out where the key to sustained weight loss really is, for most people are looking in the wrong place or continually attempting to achieve different results doing the same things repeatedly.

Sustained weight loss is not simply 'in your mouth and your movement' or merely about what you eat and how much you exercise. It begins in your mind and is nurtured or fed if you will, within the very way you see yourself. There is not one of the miracle products or any of the fad diets that will see you succeed until you decide you will. However, once this decision becomes 'your truth - your knowing' then most any diet will do. In fact once a person chooses a different view of them self, when they can actually see it – see them self as that stronger, healthier and fit person - the process is underway and results are sure to arrive.

To truly shift your perspective of yourself and begin the process of improved health, weight loss and weight management some introspection is suggested. Ask yourself these questions:

- 1) Why do I want to lose weight?**
- 2) What do I feel this will do for me?**
- 3) Do I really believe I can succeed?**
- 4) What is it I need to do?**
- 5) Am I willing to do what it will take?**
- 6) How will I overcome the challenges and stick to the program?**
- 7) Where will I get support?**
- 8) What does success look and feel like to me?**



To achieve success it is imperative to source out the root of your desired objective (why and what and how), and to picture the results you want to realize. Create a mental image of exactly what it looks and feels like to you – own this image, make it yours, and begin to act like it is already happening, that this is who and how you are.

Think of it like an architect with the 'resolution' to build a house. For this to happen, there must be the clear and specific vision of what this house will look like. Specifics such as who is it being built for and how will it be constructed must be established. Plans must be drawn, supplies ordered and a crew scheduled. There must be a succinct plan and that plan must clearly establish the step-by-step process in order to see the realization of this house.

For a person to succeed at weight loss, it is usually necessary to understand what their relationship to food is and why weight gain has become an issue. In addition, it is necessary to know that the weight loss can and will happen. That architect I mentioned earlier does not 'try to build a house'; they 'know' they will build it. With dieting and weight loss objectives, success is realized when the desired weight loss (or whatever the intention may be such as improved health, lower blood pressure, decreased body fat...) is simply that, 'a knowing'. It is something you believe to be true.

Decide this for yourself – make the intention for a healthier and happier you and begin to consciously live your life one breath, one mouthful, one activity at a time. Create a mindful knowing and a 'clear as day' visual of where you are going, how you want to be, what you will do to get there and how it will feel. Live like you are already in this mode and make it your reality. "As a man think'ith, so shall he be" – Napoleon Hill

Below is a guideline of how to implement this approach and create your own crystal clear, precise and visualized intention of what it is you want and see for yourself. Remind yourself daily of this great quote I have seen often in my studies yet do not know who to credit:

'The way we see ourselves, creates the self we see.'

Begin to see your-self as you want to be.

To launch into this improved vision of you:

- 1) **Determine what it is you want be it weight loss / a healthier lifestyle/ a stronger body / disease prevention-reversal....**
- 2) **Decide you are ready to do it! Rather than just 'wanting' it you have to commit to it and believe it - know you can do it and you will do it.**
Picture yourself fit, healthy and in harmony with life.
- 3) **Make a plan – how will you do this, what and who will provide support, what potential barriers do you face and how will you overcome them. (What have been your biggest challenges prior to now?)**
- 4) **Decide what success will look like and what will be your milestones / mini goals along the way. (In addition to weight loss, consider improved moods, strength, self worth, energy, sleep quality, skin condition, health issues from acne, eczema, allergies...)**
- 5) **Plan on how you will acknowledge and reward yourself for ongoing successes – not with food; consider spa treatments / massage / new clothes / a mini get away, etc...**

Though you may be constantly told otherwise: Sustained weight loss is not simply 'in your mouth and your movement' or merely about what you eat and how much you exercise.

Below are seven great tips to get you revamping your nutritional approach:

SEVEN GOLDEN RULES OF HEALTHY FOODS AND WHY TO HONOR THEM

EAT A RAINBOW ASSORTMENT OF VEGGIES AND FRUITS WITH AT LEAST 1/3 UNCOOKED

- ❑ Helps prevent many chronic diseases (heart/cancer/strokes/macular degeneration/cataracts...
- ❑ Provides full spectrum of plant pigments for powerful antioxidant effects
- ❑ Provides photo chemicals {carotenes/chlorophyll/flavonoids/fibre/enzymes) to fight disease and slow down the aging process as well as Vits C, E, and Selenium that work in harmony with antioxidants to prevent free radical damage to cells

AVOID REFINED CARBOHYDRATES INCLUDING:

- ❑ ALL refined sugars and white flours of any kind: bread, cereal, pasta, cakes, cookies, crackers, rice...
- ❑ These all trigger a rapid rise in blood sugar causing the body to boost insulin secretion which can lead to obesity, poor blood sugar regulation, Type 2 Diabetes and IBS.

CHOOSE ORGANIC FOODS

- ❑ **Buy Organic** produce and most importantly – **Organic**: Meats, Dairy (cheese and milk), Soy and Eggs.
- ❑ These have the highest concentration of pesticides and are linked to cancers and other diseases.

REDUCE MEAT AND DAIRY CONSUMPTION

- ❑ Studies confirm the higher ones intake of meat and other animal products, the higher the risk of heart disease and cancers such as colon, breast, prostate, liver and lung.
- ❑ Animal products are void of antioxidants, fibre and photo-chemicals that protect us from cancer
- ❑ They have an excess of saturated fats, hormones, antibiotics and carcinogenic compounds such as pesticides. When grilled, fried or broiled they are even more dangerous.

EAT THE RIGHT FATS

- ❑ **ELIMINATE**: Fake Fats/Trans Fats and Long Chain Saturated Fats and deep fried foods
- ❑ Reduce intake of Omega 6 fatty acids found in meat, most vegetable oils including soy, sunflower, safflower and corn. These are associated with increased risk for cancer and numerous additional health issues such as heart disease, stroke, high blood pressure, skin disorders and diabetes
- ❑ Over-consumption of these is usually associated with deficiency of mono-unsaturated fats from nuts and seeds, olive and canola oil along with Omega 3's from fish, flax, hemp and walnut oils.

REDUCE SODIUM INTAKE AND INCREASE POTASSIUM

- ❑ High sodium and low potassium intake can cause high blood pressure and increase risk of cancer
- ❑ Keep intake of sodium below 1500 mg and increase potassium w/ a natural foods diet abundant in vegetables and some fruits

DRINK PURIFIED WATER – LOTS OF IT

- ❑ Body average of water is 10 gallons with a minimum of 6 glasses per day to cover what is lost in urination, sweat and breathing
- ❑ Mild dehydration impairs physiological and performance responses.

Top Food Allergens - Wheat, Corn, Soy and Dairy. **Avoid completely** or consume in moderation!

**Weight loss solutions go well beyond New Years resolutions.
Rather than a 'strive to arrive' approach, begin to live like you already have great health
and want to sustain it. Practice living healthy everyday.**



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