

YOU CAN END
Emotional Eating
GUIDE



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YOU CAN END EMOTIONAL EATING

“Freedom from obsession is not about something you do; it's about knowing who you are. It's about recognizing what sustains you and what exhausts you. What you love and what you think you love because you believe you can't have it. (p. 163)”

– Geneen Roth, *Women, Food and God: An Unexpected Path to Almost Everything*

I believe there is a solution for you.

I trust this process. I know it can work.

It is NOT just about the food on your plate.

I will not lie to you and tell you every day will be easy because life is not easy but I will teach you a set of tools that has worked for me.

These tools will help you live life and communicate with people.

These tools will help you have a voice even when you feel you should be silent or keep secrets.

You have the power. You always have.

Believe. Trust. Take a deep breath.

Now, let's take the journey back home to your soul.

Lots of Love, Ivette

SELF-CARE = SELF AWARENESS

This is a journey of self-discovery; of conquering inner demons and regaining control over your eating. While nothing can be fully healed in 21 days, this guide is the beginning point of creating new habits that will assist you on this path.

Work as slowly as you need to. Make self-awareness a daily ritual by being more present in your life and acknowledging what you need in your life to be completely happy. When you start to fill your life with joy, you won't have the need to fill your body with extra food.

DAY 1- BECOME AWARE

We cannot make lifestyle changes unless we are aware of what's not working in our lives.

One way to become aware of our purpose and to be present in our lives is to journal.

So, I want you to **buy a journal**. It doesn't have to be fancy; it can be as simple as a spiral notebook.

It may be tough to journal when the tough feelings come up, so start journaling during a stress-free day. Get into that daily habit so even on stress-filled days you'll be able to sit and journal your feelings, as difficult as it may be.

Journal every morning about how you feel and your plan for the day. Add affirmations to your journal. Or journal in the evening by stating what you're grateful for and what you accomplished. Make notes about how you can handle stress or other difficult situations going forward.

Allow yourself to open this door daily and explore those feelings. Feel them and identify them. When you feel, you will not run to the pantry to eat or hide a bag of chips in the car and eat them when nobody is looking. The deeper you dive into your soul and re-write the story, the easier it will be defining your life and what you want.

Homework:

1. Buy a journal.
2. Journal about the first time you felt denied to dance and share your truth.

Action Steps:

- Download all the material for this program.
- Post a copy of the menu plan and safe food lists in your kitchen for easy reference.
- Familiarize yourself with the supplied menus and clean eating options.
- Make a plan for grocery shopping so you will avoid all the packaged junk food in the center aisles of the store.

DAY 2 – GO DEEP

Too often the emotional eating does not come from wanting a doughnut or pizza or feeling deprived...right?

We feel emotionally hungry. Accept those feelings and dig deep to discover why you're emotionally hungry. What's missing in your life? Journal these thoughts so you can reflect on them during the next days, weeks, or months.

What are your deepest desires? When you feel emotionally hungry? Write them down in your journal.

- 1.
- 2.
- 3.
- 4.
- 5.

Now, take a deep breath in and let it out.

There is no judgement. This is your journal that is a safe space to write and release your inner demons. There are no right or wrong answers. There are no dark secrets here.

This is emotional freedom.

You are setting yourself free. Today. Now.

We cannot let go of food as the healer unless we set our hidden secrets free and let our voice free.

Homework:

1. Journal daily about absolutely anything that's on your mind.
2. Allow yourself 5 minutes of quiet meditation to calm the body and quiet the brain.

Action Steps:

- Stay hydrated by drinking water. Avoid fruit juices and all sodas. Water is the best choice but you can add some cut up fruit to the water to infuse some subtle flavor.
- Use the meal plan and recipes to prepare 3 healthy meals each day.

DAY 3 – SECRET KEEPING

Write down 5 times you were not permitted to speak or when you felt you should have kept a secret. *Again, no shame or blame and no judgement.

- 1.
- 2.
- 3.
- 4.
- 5.

So, take another deep breath and release now. Release those feelings into the universe. Allow them to take flight and make your spirit lighter.

Sometimes it feels good to scream while releasing these hard feelings. You can. You have permission.

Too often we feel we have to over eat to compensate for our inability to share our voice.

What do you want to say? Write it down in your journal.

The time is now for you to say goodbye to old habits that don't serve you anymore.

Goodbye.

Homework:

1. What are you grateful for in your life? Journal about your gratitude.
2. Meditate when you have 5 minutes of quiet time.

Action Steps:

- Move that body every day. A 10-minute walk in the sunshine and fresh air does a body good.
- Vow to avoid packaged foods at the market. Instead, use the Recipe Guide to prepare healthy meals and snacks.

DAY 4 – PREP FOR SUCCESS

“If you fail to plan, you plan to fail.” – Benjamin Franklin

Having the essentials ready and waiting in your home before starting this journey will help you succeed in the long run. You won't be tempted to settle for an unhealthy treat, for example, or talk yourself out of taking care of yourself. So, here's a quick list of extras you'll need to be successful on this journey.

- **Probiotic** – a healthy gut leads to overall health. Bad eating habits damage the good bacteria in your gut that your metabolic system needs to work efficiently. Probiotics help replenish all that goodness for maximum health and efficiency. <https://ivettedesai.lifevantage.com/us-en/shop/probio>

- **Protandim NRF1 and NRF2** – Herbal Blends that help with cravings, detoxification and reducing inflammation in the body.
<https://ivettedesai.lifevantage.com/us-en/shop/protandim-dual>
- **Journal** – you can go as fancy or as plain as you like and prices vary widely but treat yourself to a journal to share your deepest thoughts with yourself. It's a quiet way to calm your mind, release negative energy, and get in touch with your dreams.
- **Epsom Salts** – we'll talk about Epsom salt baths in the Self-Love section and these baths are also a great way to detox your body in addition to relaxing.
- **BPA-free Food Containers** – ditch all your plastic storage containers and invest in food-safe containers that are BPA-free. This dangerous compound can leech into food that is stored in plastic containers and is also found in the liners of canned foods and plastic baby bottles.
- **Plan your grocery shopping** – now that you're eating healthy, don't just wander into the world of temptation (aka your local grocery store) without a plan. Print out the suggested meals and recipes from your program documents and create a detailed shopping list. Do not succumb to instant gratification or a good sale; stick to your list and the outer aisles of the store! If you need to find a new grocery store that provides more organic produce and grass-fed meats, then do that research. Local farm stands or farmers' markets are a great alternative to big box markets.
- **Essential Oils** – these are completely optional but people are always shocked at the good results they get from using them. Lavender can help you sleep; lemon and peppermint can boost your mood. There are hundreds of individual oils and oil blends that can help combat various things so speak to an independent distributor or licensed aromatherapist rather than relying on the oils found in the grocery stores.

Homework:

1. Purchase a probiotic, Epsom salts, and BPA-free food containers.
2. Read the chapter in the Program Guide all about chakras. This may be new information for you but it's interesting to see how these ancient Indian energy sources can affect the energy and health of your whole body. If you have questions about chakras, ask in our private Facebook Group.

Action Steps:

- Start taking your probiotic every day.
- Treat yourself to an Epsom salt bath (look ahead in this guide for an Epsom salt bath recipe).
- Meal plan! Use the one we provided or mix and match your favorite recipes from the Recipe Guide. You will save yourself countless hours by knowing what you'll have for dinner every day, especially after a long day at work.

DAY 5 - ENDING THE VICIOUS CYCLE: WHY DO WE EAT WHEN WE ARE STRESSED?

For some people who are depressed or feeling low, they stop eating altogether. For others, eating takes on another form called stress eating, emotional eating, or binge eating.

It is a way of checking out. We all have reasons why we check out of life. For many of us it can be stress related. Think about being at work and feeling stressed or being a new mom and being stressed.

What feelings did you have? Did you feel in control or out of control?

This word "control" can mess with our mind because there are so many stressors and life factors that we simply cannot control. Our bodies can only handle stress when we learn to dance with life's stresses.

There will always be stress in life but as Tony Robbins says...

"Life is found in the dance between your deepest desire and your greatest fear."

Homework:

1. Are you dancing through life or stumbling through? Think back to the first time you stopped dancing. When was it? Journal those thoughts.
2. Think about and write down how you can add fun, excitement, and joy into your life.

Action Steps:

- Continue taking your probiotic every day.
- Are your fruits and veggies all washed and cut in your fridge? Avoid temptation by prepping all your fresh foods after your grocery shop.

DAY 6 – WRITE YOUR AFFIRMATIONS

Affirmations are short, positive sentences that invoke positive energy and a positive mind shift when spoken aloud. Reciting affirmations, or even writing them down in a journal, helps rewire your brain into believing the stated concept.

If you suffer from self-doubt or combat negative thoughts about yourself and your abilities, creating positive affirmations out of the negative can help rebuild your self-confidence. This won't happen overnight but with daily use, you will eventually believe these affirmations and will be spurred to make changes in your life.

Here are some of my favorite affirmations that help me:

<http://geneenroth.com/wp-content/uploads/2016/02/Your-body-is-the-only-place-you-can-really-know-presence.-1.png>

Make body positive quotes like this or similar affirmations like:

“I love and accept my body.”

“I will honor my body.”

“I will honor my boundaries with my soul.”

“I will live in acceptance of my body.”

Homework:

1. Write some original affirmations in your journal or use these samples to combat your negative self-talk.
2. Write affirmations on sticky notes and post around your office or home so you are reminded every day how wonderful you are!

Action Steps:

- Journal and meditate for 10 minutes every morning in a quiet space.
- Visualize what a great day you'll have and schedule when you will exercise today.
- Fill up your BPA-free water bottle, pack your healthy lunch, and choose to have a great day.

DAY 7 – CREATE A VISION BOARD

A vision board is a fantastic way to dig deep into your soul to pull out what's important to you in your life. What are your dreams? What dreams did you have as a child? What's on your bucket list? All these questions can be answered by creating a vision board.

Create a traditional vision board by purchasing a piece of poster board and gathering old magazines that you don't mind cutting. Flip through each magazine and cut out the pictures that mean something to you; either a goal you want to reach, a physical product you'd love to own, or a place you'd love to travel to. There are no right or wrong answers! Even if you don't have a specific goal or dream in mind, choose photos that tug at your soul or that you

simply find beautiful. There's a reason your subconscious is showing that photo to you.

If you prefer to do this project online, there are plenty of free photo directories where you can copy photos onto your digital vision board. Again, search for things/goals/places/people that mean something to you.

Now that you have your photos in place, find a space to hang your vision board so you'll see it and reflect on it every day. Having a visual representation of your dreams will make you work harder to reach your goals.

Homework:

1. Create your vision board and hang it where you can see it every day.
2. Journal about how you felt making the vision board. Are you in a different space now that you have your board created? Write about it.

Action Steps:

- Take your probiotic, protandim, stay hydrated, and keep moving. Every day.
- Be inspired by your vision board.
- What else inspires you? Write about it in your journal.

WELCOME TO YOUR PROGRAM

I know counting calories or being on the scale daily can feel safe and I am not telling you that you must give up either of those safe things.

If you desperately want to continue counting calories, myfitnesspal.com is a great tool to track your food intake. But in the end, I want to put the power back into your soul to end the madness so you don't feel the desperate need to rely on a scale or an app to live life to its fullest.

You will have a food plan. You will have a shopping list. You will have recipes that are low in sugar and low in carbohydrates. You will have recipes that will boost your metabolism. You will have a plan of action to deal with stress.

A DAY IN YOUR LIFE

UPON RISING	Take a probiotic with lemon water Say your daily affirmation in the mirror
BREAKFAST	Drink 1 cup organic coffee, coffee substitute, or a cup of non-caffeinated tea (optional) with coconut milk or unsweetened almond milk Breakfast – see Meal Plan
MID-MORNING	Snack if you are hungry
LUNCH	Lunch – see Meal Plan
AFTERNOON	Snack if you are hungry
DINNER	Dinner – see Meal Plan
BEDTIME	Write in your journal and your Food Diary Practice self-love by treating yourself to an Epsom salt bath with lavender oil, do self-massage, or listen to an inspirational podcast

REMEMBER TO SAY DAILY AFFIRMATIONS FOR SELF-LOVE.

HOW TO START YOUR PROGRAM AND HAVE MASSIVE SUCCESS

STEP #1

Read through this Guide to get a good understanding of why clean eating is important.

STEP #2

Did you print out the suggested meals and shopping list yet? If not, do it now and make note of which meals you want to try.

STEP #3

Take a trip to the grocery store but shop along the perimeter only. This is where you'll find your fresh produce and meats. Avoid the center aisles that are full of packaged temptations.

STEP #4

After shopping, wash and cut all your fresh produce. Store it in BPA-free containers so they are easy to grab instead of relying on packaged snacks.

STEP #5

After every meal, track what you eat and how you feel afterwards in your Food Diary. The objective is not to count calories or focus on fats but to gather information that will allow you to determine how various foods affect your body.

STEP #6

Be adventurous! Try one new food or ingredient a week. Our Recipes are not difficult or exotic so you can find all the ingredients in your local market.

STEP #7

This program is designed to make clean eating as easy as possible but if you find yourself feeling overwhelmed, don't panic. I am here to support you as are all the other challengers in the private Facebook group.

Before we begin, take a moment to applaud yourself for taking such a huge step towards a healthier you!

WHY DIETING DOES NOT WORK

According to research, it has been proven that people who diet occasionally have compulsive eating patterns and these result in binge eating or emotional eating. The idea of a perfect diet is a fantasy and will have you eating more out of frustration and stress. If you are always denying yourself, there will come a day when you say, "Why not?" and throw all your hard work out the window by falling prey to your old eating habits yet again.

Changing the **way** you eat will change your old habits.

Studies show that dieters usually have 40% more chance of emotional and binge eating than those who practice moderation. Diets are short term and can lead to binges but what we are doing here is different because this is soul work. A diet is just a food plan. Soul work is about re-writing the old stories that leave you feeling empty.

A diet is about calorie counting. Soul work is about owning the ups and the downs of life and moving through them.

You have the power. You always have.

Homework:

1. Write an affirmation on your bathroom mirror with lipstick or create a beautiful picture with an affirmation and tape it to the mirror.
2. Download My Fitness Pal or other food intake app (optional) or simply print out the Food Diary that came with your program materials. Start documenting your meals: what you ate and how you felt after each meal. Be honest!

Action Steps:

- Take time to meditate every day, even just for 5 minute intervals. Allow your mind to be quiet and simply reflect.
- Keep taking your probiotic. Used daily, probiotics help replenish the good bacteria in your gut, which helps improve your metabolism and overall physical health.

WAYS TO HEAL YOUR SOUL

The Power of EFT Tapping

I remember being introduced to EFT (Emotional Freedom Techniques Tapping) and it was life changing. For emotional eaters, the power of control was taken from us at a young age, so every tool I am teaching you is a tool that was taught to me; a tool where the power came back to my soul.

There are various ways to deal with chronic stress and EFT tapping is one of them. This technique allows you to literally tap away the old stories and the stress.

When you feel an intense craving, stop right where you are and tap with 4 fingers on the opposite side of your hand. But while you tap on your opposite side of the hand, you need to repeat some affirmations:

"I am full of love and deeply love myself and accept myself."

"I allow myself to be overwhelmed and tired and love and accept myself."

"I am nourishing my mind and body with deep breaths and relieving myself from the stress of the day."

This technique of EFT Tapping has helped a lot of people in calling quits to their emotional eating and getting control over it. It might sound odd at the beginning but as it helps you, you will see a big difference in the frequency of your cravings.

To learn more about EFT tapping, click here: <https://eft.mercola.com>

HOW TO EAT CONSCIOUSLY

Learning to be tune with your body and eat consciously is how I could love myself again. I started to slow down my eating. I started to use chopsticks. I chewed each bite 30 times. I said affirmations as I ate and told myself I loved myself. I even told my food I loved it, too.

Before you eat, you need to feel gratitude. Appreciate the fact that you have food in front of you and your body can eat and digest food properly. Give thanks to your food.

Second tip is to chew gradually and slowly. Notice the various flavors in your food and make sure that you chew one bite at least 20-30 times.

Sit at the table and breathe deeply in and out 3 times before you eat. Never start eating when you are stressed. This may take a little practice and you'll have to be a little conscious about doing this but that's the point of this exercise, right?

If you are stressed and you want to run to the fridge, call a friend. Sometimes we do need extra support, such as Overeaters Anonymous or a therapist. Don't feel shame. We need support to heal the wounds and you **will** heal. Be conscious about the food you eat. Be conscious of your breathing.

If you feel stressed, stop and hold your belly with your arms. Take 5 deep breaths. Then ask yourself what is hurting you?

Do you feel emotionally upset about your current life or the past?

The more you understand what is happening in your body, mind, and soul, the faster you will uncover the truth about why you are an emotional eater.

Homework:

1. Read more about EFT tapping and try using this technique to alleviate stress during the day.
2. During meal times, try playing relaxing music instead of the television as background noise. Engage your family in conversation instead of being distracted by TV or cell phones.

Action Steps:

- Think of other ways you can exercise and alleviate the stress in your life. Consider taking a class, doing videos on YouTube, or enlisting a friend to exercise with you. What task will you most look forward to?
- Stay hydrated, especially as the weather is warmer and you're moving for longer periods of time.

LEARNING THE POWER OF SAYING NO SO YOU CAN STOP FEELING STRESSED

"Boundaries" is the magic word in life. When was the last time you could say "NO" to someone for a request they made? I guess that it was somewhere in your childhood or your silly teenage years when we never gave a thought before saying NO to someone. It didn't even take a single heartbeat skip to just simply tell someone that NO, we can't do this for you or NO we cannot attend that birthday bash. It was easy back then, wasn't it? Society teaches us to be people pleasers and then we suffer, right?

The idea of "No, I can't say NO to someone," is a pattern that we have made for ourselves, on our own. It must stop if we want to cherish a stress free and happier life.

Saying yes to everyone, every time, leaves you emotionally drained and super stressed.

You are important. You come first. You don't need to explain to anyone why you are saying NO. If you are scared to say NO, then sit quietly and meditate or talk to a friend.

MAKE THE RIGHT DECISION FOR YOU.

Sometimes saying NO to a party where there will be a lot of food or a buffet may be necessary for you to be OK.

HOW TO LET GO OF WEIGHING YOURSELF DAILY

The scale makes us depressed, whether we like to accept it or not. The weight of our body fluctuates on a weekly basis or sometimes daily. If you need to weigh yourself, then do it in the morning before you drink anything and at the same time every day.

But, remember you are not defined by the scale!

You can't know how far you've come if you don't know where you started. Now, let go of that scale. Put it in a closet or the basement. Get it out of the bathroom so you can break that daily habit of standing on it and giving it power over your life.

This program is not specifically a weight-loss program, you **will** be at your perfect weight when emotional eating ends. Judge this progress by how your clothes fit instead of a random number on a scale. Take before and after photos and look for physical changes in your appearance. Those are the outward signs that this lifestyle change is working, not a number on a scale that we feel defines us.

At the end of 21 days, feel free to dust off that scale but only if you feel you need reassurance that the program is working. If you're happier not having the scale visible in the bathroom, leave it in its hiding place. Gauge the program's success in your energy level, how you're sleeping, and how your clothes fit. A number simply cannot tell you all that information.

Homework:

1. What circumstances prompt you to say YES when you should be saying NO?
2. In your journal, write down 5 times you wanted to say NO but felt trapped into saying YES. Go into as much detail as you like. You deserve to see the truth.
3. Take a deep breath as you uncover the truth. The truth is your birthright. If you need to say YES, then make a plan of action to remain stress-free.

Action Steps:

- Eat consciously. Enforce a “No cell phones at the dinner table” rule.
- Express gratitude before every meal, either in prayer or simply offering gratitude to the universe. Practice daily gratitude in your journal by writing 3 things you’re grateful to have in your life.
- Hide your scale. Break the daily habit of living by that random number.

DO MASSIVE SELF- LOVE WHEN YOU FEEL LIKE OVER EATING

When I struggled with emotional eating, I found doing massive self-love rituals were key. Here are some that worked for me:

EPSOM SALT BATH

The Epsom salt bath is proven to offer numerous health benefits. One of the most prominent advantages is that it soothes the body and relieves the pain and inflammation. It also makes the skin soft and treats sore muscles. Taking an Epsom salt bath can help your body to relax and make you feel better, both mentally and physically.

Here's How to Make an Epsom Salt Bath:

Add 1 cup of Epsom salts, ½ cup baking soda, ½ cup sea salt, and ¼ cup raw apple cider vinegar (optional) to a warm bath. You can add a few drops of essential oils, such as lavender or another favorite.

Try this and it will leave a positive and soothing impact on your body. It will release your negative emotions and help you to feel better overall.

MUSTARD BATH

Mustard is a highly useful ingredient and offers countless benefits. In fact, mustard baths were traditionally used in England as an effective remedy for fatigue, stress, sore muscles and more. Mustard works by stimulating the sweat glands of the body. It opens the skin pores and removes the toxic substances from the body.

Here is how you can enjoy a soothing Mustard Bath:

Take ¼ cup of mustard seed powder, ½ cup baking soda, ¼ cup of Epsom salt and 6 to 8 drops of any good quality essential oil of your choice.

Add all these ingredients in a bathtub filled with hot water.

Soaking in this tub detoxes your body efficiently and leaves you feeling relaxed. It treats the soreness of muscles as well and makes you fresh.

REST YOUR EYES

Tiredness results in emotional eating; therefore, soothing water therapy and warm water baths are known to be helpful in combatting emotional eating. Just as your body needs rest, your eyes also require proper rest. Often people don't pay attention to it but their work begins right from the start of the day and they keep on performing their functions until we fall asleep. After a long day, our eyes need rest, too. You should give them a break every now and then so that they can work with improved efficiency, especially if you work long hours in front of a computer.

Try this for providing some relief to your tired eyes:

1. Rub your hands to warm them.
2. Close your eyes and place the warm palms on the eyelids for 1-2 minutes.
3. Repeat this process twice a day.

YOGA CHILD'S POSE

Reducing fatigue and stress is how to overcome emotional eating. Practicing a child's pose is a great trick for combatting fatigue and stress. It is a very useful way to lower the stress levels and it keeps the body relaxed. Try this to soothe your body and calm your mind. Besides, it is good for the digestion system as well.

Follow these steps to practice this pose properly:

1. Spread a soft mat or carpet on the floor.
2. Kneel on your knees and keep the knees wide apart.

3. Make your buttocks rest on the heels.
4. Lean in the forward direction and stretch your arms outward.
5. Place your forehead on the floor and breathe in and out for about 3-5 minutes.

CALL A FRIEND

Sometimes when you are exhausted or frustrated, you need someone to listen to you. In that case, the best thing you can do is to call your friend instead of racing to your pantry. Talk to her for 20-30 minutes and you will surely feel better. It would divert your mind and make you feel lighter. Conversely, if you don't do this, there is a possibility that you would rely on some sugary food for enhancing your mood. Therefore, it is better to socialize with your friends to combat emotional eating. Obviously, you can't go to meet them instantly but you can surely call them at any moment.

KEEP A JOURNAL

If you want to overcome emotional eating, first you have to identify your eating habits. Keep a journal with you and make a habit of writing in it about what you eat, how much you eat, and what were the circumstances during your meal time. Note all this down to help you identify what the real causes are and what triggers you to eat more. Once you identify the reasons, you can better work on them to overcome emotional eating.

DRINK TEA

Taking a cup of black tea or Cinnamon tea daily would be good for you. Both of these significantly lower the level of cortisol in the blood, which is also known as the stress hormone. Its lowered amount would help you to overcome negative emotions and would be helpful in preventing emotional eating. Make it a routine to take one cup of either of these teas daily and it will have a good impact on your overall health.

STRETCH

Sitting all day long can also be extremely damaging to your body. Sitting in front of your TV screens all the time can lead to emotional eating. Have a plan of action if this is a trigger.

Likewise, if you keep on sitting for hours and hours in front of your computer in the office, you will get tired soon and strain your eyes.

You need to take a break from sitting. Stand up for a minute once or twice during the extended sitting hours and you will have an instant energy boost. Stretching your arms and shoulders can also help in relieving stress. Try this and you won't need a chocolate bar to raise your energy levels during work.

COLOR

Coloring can be a way to release stress, get creative, and discover your inner child. Adults need to play just as much as children!

1. Buy an adult coloring book here: <http://www.amazon.com/Adult-Coloring-Book-Relieving-Patterns/dp/1941325122>
2. Find time three times a week, or at least once a week, to color in your coloring book.
3. If you want to color with another person, a child or a friend, or host a coloring party, go ahead. You deserve some time to release and let go. As you play, you will feed your heart.

MOVING MEDITATION

Take 10 minutes a day to move your body and meditate. Moving meditation is my favorite way to meditate because you're burning calories while finding inner peace. You can dance, go for a hike, go swimming, stretch, or go for a walk. My favorite moving meditation is dancing. I turn on the music and let my body move. If you do this, let every part of your body find release, free your mind, and allow it to wander.

Practice makes perfect so have fun practicing!

SELF-MASSAGE

A long, hectic day can make you feel terrible. A tiring day can really affect your mood and frustrate you badly. The excessive workload and job stress are common these days and these can also lead you to excessive eating. To eliminate this possibility, you should try to relax your body and get some much-needed rest. No matter how busy your schedule is, find some time for yourself and relax. It will make you feel better.

You can try self-massage to relax your muscles. Take a deep tissue massage ball and roll your feet over it. It will make you feel relaxed. You can also use this ball to massage your shoulder and back.

Homework:

1. Choose one or two self-love activities and practice them on a regular basis.
2. Hide your scale. Or be brave and throw it in the garbage. You are so much more than a number!

Action Steps:

- Find new recipes to cook for your family.
- Try new foods from the healthy food list in your packet.
- Continue logging in your Food Diary and/or your phone app.

TAKING YOUR SOUL TO THE NEXT LEVEL: HOW TO HEAL THE CHAKRAS

Balance the Chakras with Essential Oils and Meditation

We all have come across the word “Chakra” which has its roots coming from extremely ancient times. It was first brought into existence in an ancient Indian text. Chakra is Sanskrit for “wheel,” which refers to the circular shape of the chakras as well as how, when balanced, they all work together to keep your body running smoothly. Think of a properly inflated tire. At full capacity, the tire drives smoothly whereas a flat tire causes problems. Properly balanced chakras allow your body and mind to run smoothly; blocked chakras cause problems. There are basically 7 chakras which run throughout the human body along the base of the spine to the tips of the foot. As there are several energies running within us, these chakras act as guardians for those energies. When the chakras are in good movement, our energy flows freely within our body and we feel a very positive and smooth outlook on life. Whenever a chakra gets blocked or does not function properly, a discomfort is felt within an individual as the energy gets blocked and you don't feel positive, productive, or everything seems to go wrong.

For example, if your **head chakra** is blocked, you might experience a severe headache that doesn't seem to go away. Similarly, if the **throat chakra** is not working properly, you might get a very stubborn cough that stays for a very long time.

If you refer to any spiritual individual for your chakras, they will make you understand the ultimate connection between your physical being and the unseen energies that run within your body. Sometimes a body part of yours is demanding proper meditation or care so that the chakra of that area can be

relieved and you need to give them the best of what they are demanding to get your energies back in flow.

GETTING THE CHAKRAS BACK IN ACTION

Now, there are many ways through which you can bring your chakras back into action so that they function properly. A lot of people work with meditation and some believe in visualization techniques to unstick the blocked chakras. Here are some essential oils and meditation tips and tricks that are amazing and have proven that they work to unblock the chakras wonderfully well. **Note:** *not all the chakras play a part in emotional eating but knowing how all the chakras are intertwined is important for understanding how to achieve overall good health.*

Root Chakra:

This is the basic chakra which exists in the base of our spine. It is responsible for guarding almost all our basic needs. If you have a lot of disconnection with your friends and family and you are stressed about financial security, then you need to give it some attention.

According to the experts, the best way to bring your root chakra into balance is by connecting with the Earth. A very easy way to do so is to mediate in a manner that you feel some connection with the Earth. If you love nature, then go to a park or garden and place your bare feet on the ground. Make yourself relax and feel that you are balancing your stress and giving your tensions to the Earth. Meditate and make the Earth your anchor and you will start feeling a balance in your root chakra. It is easy to pick up whether your root chakra is fine or not because you'll feel like you need a lot of attention and you crave it endlessly.

Sacral Chakra:

This chakra exists in the lower abdomen and is responsible for guarding your connections with others and accepting the changes that come in life. It is also highly responsible for the sexual energy that drives within a person. So yes, this chakra holds a lot of importance in your life when it comes to emotions.

There are a lot of things that can cause the sacral chakra to be blocked. For example, getting a lot of criticism, not being able to accept or perform a lot of sexual acts, or a past that holds sexual abuse can be some of the causes to block this chakra.

Crystals also hold a lot of importance in healing this chakra. Getting these crystals and holding them in your hands, with your eyes closed while you meditate is very helpful in unblocking this chakra and allows you to connect with people confidently. You can meditate with the crystals while you lie down, too. Place the crystal over the lower abdomen area and lie down in silence, relaxing and inhaling each moment while your chakra heals.

Solar Plexus Chakra:

This is your self-confidence guardian so for all the bosses out there, you need to pay attention to this one. Solar Plexus Chakra exists in your upper abdomen area. If this chakra gets excessive, you are going to feel very bossy. You might feel the urge to show off a lot and boss others around. If the solar plexus chakra is blocked, you will feel shy and timid. Either way, this can be damaging for your personality. Thus, a balance in the solar plexus chakra is very important.

Meditating is yet again the key to success in balancing this chakra. You need to do deep belly breathing before you get out of bed in the morning. A very calm feeling is centered in this chakra through deep belly breathing. After some deep breaths, start breathing deeply from the belly, but this time you need to sit up in the bed. When you are done with the breathing exercise, you need to visualize the day you want and think as positively and minimally as possible. You don't want the chakra to get excessive. Make a proper to-do list and navigate through it and imagine your day accordingly. Start off your day with a little "me" time and make your day much better, bringing your chakras into balance, especially your solar plexus chakra.

Heart Chakra:

Located in the center of the chest, the heart chakra is where love, compassion, and kindness are empowered. This includes love for others as well as love for yourself.

When this chakra is overactive, you start making unhealthy decisions in the name of love or you may put the needs of others above your own needs.

To balance the heart chakra, try taking a warm bath, getting a massage, or meditate sending compassion to yourself.

Throat Chakra:

Just as the name indicates, this chakra is in your throat. According to spiritual experts, the throat chakra gets blocked if we have been silenced in our lives too often in the past or present. The blockage of this chakra is connected to the sacral chakra functionality, too.

Essential oils are of great help when it comes to balancing and unblocking your throat chakra. Lavender, rosemary, hyssop, and German chamomile are great essential oils that aid in unblocking the throat chakra. These also help in allowing one to speak their truth about what they want and bring a balance between speaking and staying quiet. Chakra balancing crystals also aid in balancing the throat chakra. You can lie down and place the crystals in the middle of your throat while you meditate as another way to find balance.

Third Eye Chakra:

Located in the forehead, just above the area between the eyes, the third eye chakra is where intuition and psychic energy come from. When the third eye is balanced, you will feel equally in tune with the physical world and the material world. When it is unbalanced, you may experience headaches, allergies, or sinus issues.

Even though this chakra may not play a strong part in your emotional eating, aiming to keep your chakras in balance is wise. To balance your third eye, practice silent meditation and allow your body to feel the energy around it. Become one with your surroundings and enjoy the solitude.

Crown Chakra:

This chakra is located at top of the head and is the source of pure conscious energy. This chakra is what makes us human and is especially hard to explain because you can't have an overactive crown chakra. Nor can you have a fully balanced crown chakra. The peace and happiness that comes from the crown chakra is achieved during the journey of balancing the other 6 chakras.

HOW TO LET GO OF STRESS AND TAP INTO THE SOLUTION

Chronic and emotional stress can be disastrous for your health. To bring an end to emotional eating, you just have one solution: learn to manage emotional stress and get control over it.

Trust me when I say that nobody is born with stress or emotional eating. We all learn this behavior over time and restraint is something that needs to be practiced.

A lot of people question why it is that stress is one of the major causes of chronic health issues? The answer is simple: your immune system is not able to defend you from emotional stress. Stress is not an infection or a cold that can be fought by your immunity. It is something that has very long lasting effects if it is not controlled and can cause health disorders and huge challenges that are hard to overcome. Your body is going to face huge issues with every passing minute that you experience anxiety, depression, stress, or an emotional strain.

Being emotionally exhausted makes you feel helpless and your nervous system is highly affected by it. Without you knowing, your body's ability to send proper signals and its ability to function properly start failing. Therefore, it is vital to get control over your stress and let it go.

Here are some easy tips that aid in letting go of stress and ending your emotional eating for a lifetime:

- **Breathe deeply whenever you can.** This allows your nervous system to relax and tone down a bit from the hurricane that your stress has caused within. Make it a habit.
- **Spend time alone and mediate.** There's no need to attend yoga or any other class to meditate. If you feel good and relaxed by listening to music, do that. Or you can simply write something in your journal. Just be alone and pray for a bit. You are going to feel a lot better.

- **Visualize your solutions.** It is always better to think of a solution for the problem that is causing the emotional riot within you rather than stressing about it every second. Visualization is the key to success.
- **Eating right is very important.** Make sure that your diet has some fruits and veggies in it. Also make sure that your nutrient intake is good. Store nutritious snack options in the fridge or pantry rather than munching on your favorite pizza slice when you feel stressed.
- **Be honest with yourself!** The best way to put an end to the stress is to be honest about what you are feeling. Knowing yourself and accepting who you are lessens frustration, stress, and anger in an individual. Once you accept yourself, you don't have much to worry about and you get good at handling difficult situations, too.

YOU DID IT!

You're closer to combatting your emotional eating than when you started! You may need to take deep breaths whenever you feel scared but you are worth it. Keep moving forward and put an end to that emotional eating.

Homework:

1. Review the section about Chakras and choose one chakra at a time to balance.
2. Continue your daily meditation and journaling.
3. Move that body! Taking an outdoor break (especially now that it's summertime with the sun and warm temperatures) will greatly improve your mood and stifle your need for emotional eating.

Action Steps:

- Continue your clean eating meal planning and always prep your fruits and veggies for easy, healthy snacking.
- Continue taking your probiotic.
- Explore some essential oil options and/or crystals to help keep those chakras in balance.

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