

Guidelines

of The Habit of Thin Program

These are suggestions
that have worked brilliantly for hundreds of clients.



The Neuroscience of Healthy Habits

Nell Rose Foreman
Certified Hypnotherapist &
Board Certified Coach

HABIT of *thin*

Neuroscience of Healthy Habits

SOMETHING'S GOTTA GIVE

This is where my journey begins. I have had failures and challenges in the past with food and weight loss. My weight and/or eating have been a challenge. I have been down the dieting road many times. I will have success for a time and then something happens in my life and I am right back where I started. I feel out of control with food. I have difficulty sticking to exercise. I am frustrated, desperate, tired and overwhelmed. I know how to lose weight, but sticking with it is the problem. I know it is time to do things differently.

0

1

AWARENESS JOURNEY

I am excited and ready for change. I am committed to discovering my authenticity and doing things differently and without judgment. I trust this process and have made the decision to say "yes" to myself. I feel and accept that I am right where I need to be. Even though it may be a little scary, I am taking a deep dive and gaining awareness of my habits - physically, emotionally and mentally. I have a spark of hope and I am looking forward to letting it light me up.

2

INNER ARCHITECT

I have clarity of what I want to achieve and have created bright lines to stay on track. I have understanding of my habits and am applying strategies while starting to see success. I am discovering how to use my mind and physiology to change patterns and challenging my previous programming. I am releasing my fears and the past. I am becoming more confident and notice that I am feeling more in control around food.

3

MOLDING THE MIND

I know how to use my own physiology to interrupt the patterns that have kept me from success in the past. I am committed to manipulating my mind and retraining my brain for confidence and control to create what I want in my life. I understand and use neuroscience to my advantage. I am choosing my thoughts and becoming more aware. I am being more present in life while understanding and applying mindfulness.

4

EMBODYING WISDOM

I am identifying and creating trust of my own body's natural wisdom. I am developing and practicing rituals that work for me. My chosen habits are becoming more automatic and things are flowing more naturally. I am safe, authentic and connected with myself. I understand that everything is energy and I am beginning to use and direct mine to get the results I want.

5

THE GODDESS WITHIN

I am learning to prioritize self-love while nurturing the goddess within. I am discovering my bliss and empowering my soul. True power comes from within. I celebrate my uniqueness and know my strengths. I am connected to and know how to use energy to achieve the results that I want.

6

HABIT MASTER

I am comfortable with food and my body. I feel empowered. I know and define my habits and feelings. I can create my own success. I practice self-love and perform internal audits regularly to stay on track. I am resilient, aware of my emotions and in control of my responses in any situation.

Foundation



Neuroscience



Subconscious
Mind



Neuroscience



Subconscious
Mind

The Habit of Thin guidelines have their foundation within these four topics, Neuroscience, the subconscious mind, embodied cognition and rituals. Many of the guidelines span to several of these topics so Let's break it down one by one....

Neuroscience - What does neuroscience have to do with weight loss? Actually it controls a great deal of what you eat and why. Throughout the program you will be learning just how much neuroscience and your brain influence your current weight.

Did you know with every thought you have you are release chemicals in your brain. So in each moment you are either moving towards the state that you need for success or moving you away from it. You will discover how to leverage your own physiology to be in the state that you need in the moment.

Subconscious Mind - The Subconscious mind is where we keep the beliefs that keep us stuck in a pattern. We will be working with the subconscious in several ways to bring things to the surface so that you can win. We will be deprogram your prior beliefs about food, eating and yourself to get that win.

I want you to think up how you created the food choices, your likes and dislikes around food in the first place. You may find that most of these choices were made for you at a young age. Once you begin to challenge what isn't working for you and how it got there, you may see the food you eat and your behavior around it begin to change.

I have had clients that hated vegetable or fish previously and then challenge their thinking and now really truly enjoy them. In this course you and I we are entering in a partnership to challenge all of your thinking and ways of being to manipulate your mind for success that you want.

Embodied Cognition - The fascinating insight of embodied cognition is that behavior is not simply the output of our isolated brain. Therefore The brain is not the only powerhouse in change. We have to work with the whole system. Your body has so much wisdom, it also has so much trauma. We will be implementing awareness and healing to your whole being. We are all energy, understanding and using this energy is powerful.

Science and quantum physics urge that it is time for us to wake up, and realize that we are all energy, radiating our own unique energy signature. Feelings, thoughts and emotions play a vital role, quantum physics helps us see the significance of how we all feel. If all of us are in a peaceful loving state inside, it will no doubt impact the external world around us, and influence how others feel as well.

Studies have shown that positive emotions and operating from a place of peace within oneself can lead to a very different experience for the person emitting those emotions and for those around them. At our subatomic our vibrational frequency changes the manifestation of physical reality. In what way? We know that when an atom changes its state, it absorbs or emits electromagnetic frequencies, which are responsible for changing its state. Do different states of emotion, perception and feelings result in different electromagnetic frequencies? The answer is Yes! This has been proven. So

let's take things in and not only change our minds but our entire way of being!

Rituals - I define Rituals as habits with intention. Rituals help you to slow down, and to find happiness in the smallest of things. It is my passion to turn everyday routines and habits into more meaningful rituals. By doing this you are creating intention, mindfulness, and awareness to how you are being and showing up. The process of applying rituals to your life creates meaning and is powerful in change work.

Let's jump into the guidelines of the program. What I suggest is to listen to them all and to start incorporating them into your lifestyle. I want you to listen to them all and be mindful of which you feel will really push the meter on your weight loss goals. You know you best! At the end I will be asking you to make a commitment for the week. I will get more into that at the end, so stay tuned....

Guidelines

Guideline #1 Body Love

I see an inner and outer side to this guideline. First waking up to our bodies wisdom, what is going on on the inside of our bodies. learning, understanding and opening up to that wisdom allows you to see just how resilient and knowledgable it is. The human body has survived on this earth for a long time. Your body, despite what we do to it is always moving towards homeostasis- balance and healing. Your brain, your stomach, your hormones, your entire system has innate wisdom. The problem is, we are typically in our heads and cut off to anything below the neck and missing the cues to the wisdom within your body. Your body, when listening will tell you what to eat, will tell you what foods are irritating to your system and will also tell you when to stop eating.

Did you know that statistically most of the time when we think we are hungry are body is really craving water, it is dehydrated and we are misreading the signals. The guideline here is to slow down, realize that there is a valuable information below the neck and use the exercises in the program to reconnect with this incredibly powerful and wise machine. Because when you are congruent, the weight will naturally come off. We will be covering so much of this in this course. It is amazing to me how incredible our bodies truly are.

The outer side of this is straight up loving how our bodies look and what they do for us. Our bodies are miraculous! Celebrating this daily is a necessary part of healing. Many of my clients are harsh on their bodies which is truly damaging. It is time to break the cycle and begin to love where you are and all the wonderful things your body does for you everyday.

Guideline #2

Mindful Eating

Ah mindful eating, this is one of my favorites. Ever make it to the bottom of a bag of chips and not even really taste or enjoy it at all? My approach of Mindful eating is learning to slowing down and paying attention to what you are putting in your mouth, while noticing your thoughts, feelings and sensations as well as the look, taste, smell, of the foods that you are tasting. Often people are doing many things while eating, watching tv, driving or reading. The payoff is huge, so stick with it.

Creating a ritual of nourishing your body is a great way to start. Remember, rituals are doing something with intention and mindfulness. I suggest no distractions when eating. That means no tv or reading. Enjoy the food and any company that is around. See eating as a sacred act, be conscious, and enjoy every mouthful. Slow down your eating, become aware of the fact that it is nourishing and healing your body. Take time to remember how incredible your body is and to give thanks to the food you are consuming. I understand this may sound daunting to some, step into this slowly and I'm sure you will enjoy this guideline the most.

Guideline #3

Eat What You Enjoy

I know this sounds crazy right? Well deprivation and using willpower does not work in the long run. Resistance to certain foods is futile - Whatever the forbidden food is becomes all that you can think about. This takes an exhausting amount of energy!

In this program we are going to be challenging our likes and dislikes of food. Your goal is to be inspired by your food, and to really enjoy what you are eating. You may find that you can rewire your mind to enjoy healthy and nutritious foods. What food's haven't you tried since you were a kid

and black listed them? What things are you eating that is really upsetting your whole body? Keep an open mind and let's have fun with this one!

Guideline #4

Stop Eating When You Think You Are Full

The Japanese call this Hara hachi bu, which means “Eat until you are only 80% full.” This is one of the Okinawa’s secret to staying lean and healthy.

Science proves that It takes a full 20 minutes for food to reach your stomach. By stopping your eating when you have a warm feeling in your belly you will be satisfied but not stuffed.

In America, food portions have increased to an unhealthy size. Eating is not about cleaning your plate. It is about connecting with your body. Do you want that next bite, how does your stomach feel? I suggest when you go out to a restaurant immediately split the portions in half. Then do an assessment at that point. You will find that if you are connecting with your body it will most likely say, I’m good. Say goodbye to the over full feeling that really is uncomfortable and very unhealthy!

Guideline #5

Drink More Water

Drinking more water throughout the day not only helps you to feel more full, it also flushes fat and toxins from your body. Fat leaves your body through your lungs as carbon dioxide and through your urine.

Many people are dehydrated and the body is trying to get water when we mistake the cues as hunger. So a great practice is before meals, to drink a

glass of water before you begin eating. Also throughout the day you should be consuming water.

How much does your body need? It depends on your weight. Recommendations are to take your body weight, cut that in half and that is how many ounces of water you need a day. An example of this is if you weight 150 pounds, you should consume 75 ounces of water a day. Many of my clients have said they don't enjoy water. This is a great opportunity to challenge old beliefs and practice nourishing our body.

Guideline #6

Intermittent Fasting

Intermittent fasting is simply a pattern of eating. There are many ways to do this, it can be done by changing how you eat over a period of days, such as juicing for 2 or 3 days a week or intermittent fasting chan be changing when you eat by consuming food within a specific window of time.

This change in your eating shifts your body's energy source from burning sugar to burning fat for energy. Which is a faster, cleaner and more efficient fuel source that leads to multiple health benefits. A great way to start is to not eat after a certain time in the evening, and postponing breakfast in the morning so that you have a longer fast through the night.

Guideline #7

Interval Exercise

A great way to boost your body's fat burning capabilities is to add interval training to your exercise routine. One method is to do 30 seconds of

maximum effort followed by 90 seconds of recuperation, for a total of 8 repetitions. This could be running, walking or lifting weights. It also makes your exercise more interesting and fun.

Guideline #8

Add Healthy Nutrients and Live Foods

Even though our nation is obese, most people are not receiving the nutrition they need. In fact most low fat or diet products put people in a cycle to constantly be hungry. This becomes a vicious cycle. The more you deprive your body the more it craves.

By adding key nutritional components to your diet you can begin to allow your body to stop holding onto fat and feeling safe in letting it go.

These nutrients are:

- o Protein
- o Omega 3 Fatty acids
- o Live Foods
- o Micro Nutrients

Guideline #9

Inner Peace

Most of us are really good at anxiety and stress. What we are not good at is relaxation. Interrupting anxiety will allow you to lower cortisol levels. Throughout this program you will be learning techniques in neuroscience to interrupt these patterns. For now, know that it is coming and just breathe a bit more.

Cortisol is known as the stress hormone. Cortisol levels and comfort food consumption often rise during difficult times. Cortisol stimulates fat and carbohydrate metabolism for fast energy, and stimulates insulin release and maintenance of blood sugar levels. The end result of these actions can be an increase in appetite and can cause cravings for sweet, high-fat, and salty foods. Before you know it, this unhealthy eating is a habit and a natural part of your daily state.

Creating a practice of and relying on the state of inner peace is very powerful. You will learn to develop a relationship with your own zen within yourself instead of the relationship that you have with anxiety. Once you do that, you will find that you can easily return to that state within, no matter the storm that is happening around you.

Guideline #10 Awareness

Awareness is our most powerful state, it is where choice and freedom reside. It will allow you to move into a space where you have the ability for state management, and a choice in how you respond to things.

Over the next few weeks we will be doing a mind detox - Cleaning your mind of negative thinking and self-talk. This is self love. We are often our own worst critic. How do you speak to yourself? Awareness of the language you are use with yourself yourself is a first step. There is real damage being done and most people would never use the language they use with themselves with a friend. Self compassion is key and you deserve it.

Guideline #11

Take Responsibility

Sure a lot of things have happened to you over your lifetime that was completely out of your control. I'm sure some of is really horrific and I don't say this to discount anything that you experienced. It is true and real and I respect that. To do things differently, well we have to do things differently. Being a victim is not serving you. What happened in the past is the past. When we use those patterns now it is not serving you on your desired outcome. Time to take responsibility with where you are now so that you can move to where you want to go.

Choosing to be a leader in your own life and be responsible for everything you are thinking, doing, feeling and eating is liberating. In that there is power! In victimhood there is none. Yes this is vulnerable, yes it can mean difficult conversations with yourself and with others. In the end, I promise it will be worth it. Soon you will notice those moments when you jump into victim mentality. Celebrate it, when you notice you can change it!

Guideline #12

Listen To The Mind Spa Audios

The mind spa audios employ hypnosis and proprietary technology. You will be receiving these in week 2. Each of the recordings has isochronic tones, binaural beats, powerful suggestions and visualizations and subliminal positive affirmations all designed to help you make these changes easily and reprogram your mind to your desired outcome.

They should be listened to daily, in a comfortable position when you will not be disturbed. Shut off the phone, get comfy and enjoy. Take this time for yourself. All of the audios are most effective with headphones and are never to be used in the car or while driving.

What you should start feeling...

is more relaxed and comfortable around food and your body. You will be more clear on how your body works and how you can use that to create habits that will automatically get to your goals successfully. The pressure of when to eat and what to eat will go away. You will feel more relaxed and in control. You will find weight will begin to release and you will realize that it is easier than you thought possible!

You may notice...

Your energy levels increasing.
Your clothes becoming looser.
and a wonderful feeling of peace within.

You may question if it is working...

Relax! Allow the process to happen naturally. Give your mind a break and focus on each moment. It is creating a whole new way of being for you and know that if you are following the program, it is working!

Remember the program never stops working.

You stop following it.

What if I mess up?

I often get asked this question. I will tell you right now, at some point you will. That is what I love about this program. I call it out right from the beginning. This isn't about depravation or keeping ourselves from our favorite food forever. With habit of thin, I want you to make a conscious choice to eat what ever you want. It is all about balance and what you are doing habitually.

So if you feel you have “messed up” you have a choice -
You can beat yourself up about it and feel guilty **or**
You can remind yourself that I told you that would happen, smile and commit to the program again.

Success is not a straight line and nor is life, it is a winding road. You choosing to be the leader in your life and accepting responsibility will always bring you to success.

Power of 3 Challenge

I want you to think about 3 things that you will commit to 100%, 100% of the time for one week.

Here are some parameters.

- I need them to be specific. If you say drinking more water, define it as 60 ounces a day. I
- also want them to be attainable but somewhat stretchy. Meaning it may make you slightly uncomfortable.
- What I don't want you to do is to choose exercising 5 days a week on the treadmill for an hour, if you haven't been on a treadmill in years. A better choice there depending on your physical shape would be to do 15 or 30 minutes 3 days a week.

This is about 100% commitment on three things that will give you small shifts on your habits. You can implement more than three things but you are only 100% committing to the pick three challenge. Got it? Have fun with it.

1.

2.

3.
