



IMPROVE YOUR
Relationship
WITH FOOD

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MEET THE COACH

Hi! I'm Coach JJ and I want to personally welcome you to the journey to learn more about how to lose weight with no diet, exercises, or pills!

I created this guide to share some important concepts with you as you begin to learn more about insulin resistance, insulin sensitivity and intermittent fasting.

Using this booklet as a starting point, I can help you *change your relationship with food* and help you learn the tools to lose the excess weight in a healthy manner, *permanently*.

I've also created a free FB community, *In Shape After 40*, that you are welcome to join! We discuss many of these concepts in more detail and you will see the successes that others are having in losing excess weight as a result of becoming more healthy. Visit: www.facebook.com/groups/inshapeafter40 to join!

You can also learn more about this program on www.Fasting-Coach.com, see some healthy recipes, and learn how to get started today.

I am looking forward to seeing you in the group!



IMPROVE YOUR RELATIONSHIP WITH FOOD

Our life is based on our relationships and the emotions they create. We have many - some are great and some are not. But, one thing is for sure, it only takes one BAD relationship to ruin all others along with your life, health, and emotions. We all like to believe we are rational beings, but in reality, there is not one decision we make where our emotions don't play a huge role.

Have you ever finished eating and disappointingly realized that you overdid it? You don't even know how it happened. You wonder, "*Why did I eat that?*" and "*Why did I eat so much?*"

But, you have no answers. Your emotions took over and like most emotions, we have a hard time controlling them unless we become aware of them and learn how to manage them.

Awareness is key.





Most bad habits originate from emotions caused by a bad relationship. Examples include problems at work or arguments with spouses or family members. It might be interactions with your boss, employees, children, mother, father, husband, or wife. Divorce and financial issues also frequently cause emotional turmoil and there are so many more situations in life that can impact you and create intense emotions.

These are all relationships that create emotions, and if they are not good relationships or interactions, we undoubtedly end up looking for some comfort. We seek something that will help us cope with such emotions. Unfortunately, food is probably the number one object people use to comfort themselves and escape from reality, at least for the “few seconds” it takes us to gulp down that pint of ice cream or that double cheeseburger with bacon and fries. Oh yeah, and you probably added a diet cola with it, right?



Your Relationship with Food and the powerful emotions that it generates can be very influential in your life - just as much or more than any other relationship.

Food will not fix the problem with that bad relationship or source of emotional distress. Instead, by taking food as a source of comfort, you have created another bad relationship. Food should never be a source of any emotions, good or bad.

Awareness and proactively planning a strategy to cope with these emotions when they happen will go a long way to helping you improve your relationship with food.

You do not *LOVE* pizza or french fries or ice cream...or whatever your favorite food may be. Is the “love” that you feel for food comparable to the love for any of your relatives? Do you *love* chocolate more, or as much as, your parents, children, husband, or wife? I am sure you don't. But the problem of loving something is that you always want more of it and in the case of food we know it is not a good thing.



So, start by eliminating that expression and start saying that you “Enjoy Food.”

Once you understand food is nothing but energy and medicine for your body, you will become free from the chains of food and will begin enjoying a better relationship with food.

I will help you establish a new and better relationship with food.

WHAT IS INSULIN RESISTANCE? WHY DOES IT HAPPEN?

Insulin is a hormone produced in the pancreas that regulates the amount of glucose in the blood. It is the transport hormone that takes sugars to the cells to use as energy.

When you become insulin resistant, the cells do not accept (and instead resist) the delivery, so your body must do something with that extra energy that is not being used. Your body is efficient and does not like to waste energy, so it takes all that extra energy and turns it into FAT.

So basically, you have a large amount of potential energy stored *on* you to be used in the event that you have no food. Some studies have shown that with the average amount of fat we carry, we could last anywhere from 20 to 60 days without any food.

My objective is to teach you how to break insulin resistance and how to avoid it forever.

HOW TO BECOME INSULIN SENSITIVE

Insulin is secreted every time that we eat. As we eat larger amounts and more frequently, the more insulin is released and the more likely we are to become insulin resistant. The opposite is the remedy to insulin resistance.

Eating less frequently will make insulin levels drop, allowing your cells time to use the energy they already have and to eventually allow in more. They become sensitive again. A method used to diminish the frequency of eating is called Intermittent Fasting (IF). Learning how to intermittent fast correctly and healthfully will play a significant role in helping you become insulin sensitive again. An important concept is to choose the right foods and to eat at the right time.



I will teach you how to apply intermittent fasting the right way - so that you can enjoy not only breaking your resistance to insulin and losing weight in the process, but the many other benefits to your overall wellbeing.

HOW DO I KNOW IF I HAVE BECOME INSULIN SENSITIVE?

How long it takes to become insulin sensitive again will depend on many factors, including age, previous diets, metabolism damage, and how well you adhere to the plan. Studies show it could be anywhere from 2 to 3 months up to two years.

Just remember how long it took you to put on this weight, so be ready for a change in lifestyle, not a simple, quick fix. To become insulin sensitive again, you must commit and be persistent. It will eventually happen.

When you become insulin sensitive, your body will be using all the food you ingest in moderation, and burn it. So, after the days you eat, you will see minor fluctuations, if any, in your body weight. You must maintain this weight for a while to allow your body to accept it and stay on it. Otherwise your body will rebound and gain all the weight back and sometimes more. Has that happened to you before when dieting?

We will put together a custom plan based on your schedule, lifestyle, and goals that will facilitate using intermittent fasting in a comfortable & uncomplicated way. An intermittent fasting plan that is free of obstacles, flexible to fit your schedule, and simple enough to be easy to implement.

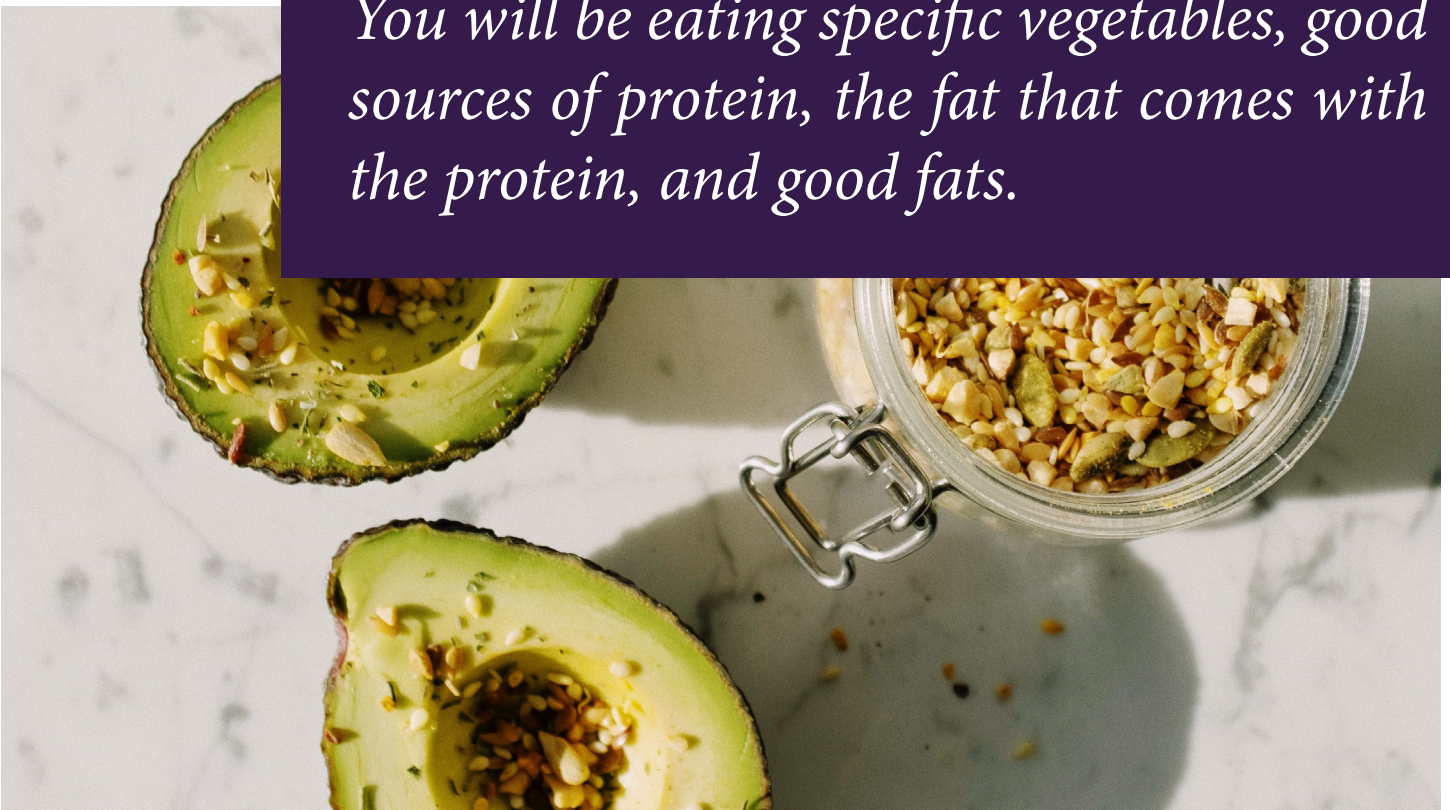
Under my supervision, I will be monitoring your daily weigh-ins and help you determine when you have become insulin sensitive again.

FAT IS YOUR BEST FRIEND!

Fat has been mystified and turned into the villain for at least the last 50 years. The truth is that fat is, and will become, your best friend. You just have to learn to choose the right fats. Not all fats are the same. For example, processed fats like pressed seeds oils, margarine, and Crisco are to be avoided altogether.

Natural fats like real butter, olive oil, avocado oil, and some nut oils are examples of good fat. When you eat, you will be focusing on eating more of the right fats and no processed foods of any kind. You must try to eat anything as close as it was to its natural origins.

You will be eating specific vegetables, good sources of protein, the fat that comes with the protein, and good fats.



WHAT IS INTERMITTENT FASTING?

Fasting has been known and used for thousands of years. The majority of religions mention fasting. Fasting is used in many different ways and purposes.



Fasting is anytime you are not eating. It can be from 2 to 3 hours to days, weeks, or months. In our case, we will be fasting for up to 5 days. We will start with short periods as a way to learn how it feels. It is like any activity in life. You learn it little by little until you become very good at it.

The main purpose of intermittent fasting will be to lower your insulin resistance and, as a consequence, lose weight!

Understand that even though your goal is to lose weight, what we really want is to heal your body from being insulin resistant, improve your metabolism, and as a consequence of this, you will lose weight.

I will coach you step by step until you are confident about choosing your intermittent fasting intervals.

HOW MY COACHING WILL HELP YOU IMPROVE YOUR RELATIONSHIP WITH FOOD.

I will help you improve your relationship with food & lose weight by teaching you how to use intermittent fasting correctly and safely. I will teach you what you need to know so you will never have a weight problem again and become healthier than ever.

No exercise necessary, no diets, and no pills. Just natural, good foods, and better habits.

Please join us over on Facebook where we have a free community where people just like you are learning about intermittent fasting and losing weight now.



Visit our Facebook Group - In Shape After 40
www.facebook.com/groups/inshapeafter40

**REMEMBER THAT YOUR HEALTH
IS YOUR ONLY TRUE WEALTH.**

*Ready to take the next step
and learn more? Let's Talk!*

<http://www.fasting-coach.com/contact-me>

