RENA GREENBERG PRESENTS
21 DAYS to Permanent WEIGHT LOSS
GASTRIC BAND SELF-HYPNOSIS GUIDED COURSE
FIT FOR LIFE
Congratulations on your decision to lose weight permanently! Thank you for taking the 21 Days to Permanent Weight Loss Gastric Band Self-Hypnosis Course.

This is Rena Greenberg and I want you to know how very much I want you to be successful and that I want to support you.

This workbook is filled with keys to success. Please study them and ACT on them. Think about the alternative...I hope you come to realize that you are worth so much more than what that alternative would end up costing you.

I know because I also struggled with my weight, my health and food addiction. In fact, in my mid-20’s I was literally facing death, having been in the Cardiac Care Unit of Brooklyn’s Methodist Hospital for 3 weeks. When I survived, I made a decision to turn my health and life around. I studied many areas of health but by far my greatest discovery I made was the power of the mind.

I realized that you could have all the knowledge in the world about what’s good to eat and what’s bad to eat, but until you change your thinking on the inside, you are always going to go back to your old, unproductive eating habits.
After I was able to get healthy and end my own food addiction, I went on to share the powerful method I had developed, using self-hypnosis, NLP and other life changing methods that tap into the vast power of the subconscious mind and heart, to help others lose weight.

Since 1990 my program has been reviewed and sponsored in over 75 hospitals and in 100+ major corporations such as Walt Disney World, AT&T and Home Depot, and has been featured in over 150 television and newspaper stories.

I am so excited about sharing this method with you now and helping you to end your struggle with dieting and feeling deprived and get on the road to permanent weight loss and vitality!
Keys to Success on Gastric Bypass
Hypnosis Surgery Program:

1. First, follow the instructions on each of the videos.

2. After you do the hypnosis sessions with me on video, don’t worry how deep you went in hypnosis or if it “took.” Your conscious mind will never know the truth about that. Though some people’s experience in hypnosis is very dramatic, for many people the actual hypnosis experience is very subtle. It’s not uncommon to be unsure if anything happened at all.

   The issue now that’s essential is your commitment to reinforcing the hypnosis and your belief in yourself. The irony is the less you rely on the hypnosis, the more it kicks in subtly and often not so subtly and makes it easier for you to follow through on your goals.

   I am always inspired by Lucy. I remember her reaction was that she was so disappointed and thought that she wasn’t “hypnotized” after going through the Surgery Session. Her mind had kept wandering. Five months later she was ecstatic having lost more than 50 pounds even while “cruising.” She just did what she was supposed to do in spite of the fact that the hypnosis ‘didn’t work’! You see, it doesn’t matter if you think the hypnosis worked or not—you can do this, whatever you attribute your change to. You don’t have to believe in miracles to be the recipient of one.

3. After going through the “surgery” session on video #13 one time, play your hypnosis videos (either #8, #11 or #13) every single day while you are in a relaxed, quiet, comfortable place where you will not be disturbed, with your eyes closed. Use your affirmation audio (available as a free bonus at EasyWillpower.com/GastricBonus) as much as possible and make the words your own. Repeat them with
FEELING. Remember that successful people make my words their inner self talk, throughout the day.

4. **One of the biggest pitfalls is being overly concerned** about whether you feel an actual band on your belly. Fifty percent of the people who use my program feel as if they have a band on their stomach, and the other 50% do not. Some of my greatest successes never felt a band on their stomach and eat more than 5-6 bites at a time. Remember the keys to success are simply eating less, eating healthier foods and being more active. Even if you don’t feel a physical band on your stomach, you can imagine that it’s there. Cathy McHugh who lost 130 pounds with my gastric bypass hypnosis program, told me that she would just tell herself there was a band on her stomach, even though she didn’t feel it, and even though she could eat more than 5-6 bites at a time. Remember that this is all a mind game and you can do it!

5. **Realize that YOU are in control!** It is up to YOU to accept the suggestions that your stomach is smaller and that you WANT to eat healthy food, less food and be more active. Let the self-hypnosis SUPPORT you in your conscious desires—don’t expect it to do the work for you. To do that, keep remembering WHY this is important to you. Without a reason we wouldn’t do anything. Also, think of the nightmare of the alternative (not losing weight and not switching to a healthy relationship with food)...

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Write down why losing weight and gaining control of your life and eating habits is important to you.

Do not focus on what you are giving up—rather, think about what you
are getting. Imagine VIVIDLY having improved, positive, more intimate relationships, imagine what it’s like to feel comfortable in your clothes, imagine looking in a mirror and feeling proud of who you see, imagine being able to move easily and with agility, imagine being healthy and your doctor taking you OFF some of your medications (if you are on any), imagine how good you will feel to be fully in control of your life and your habits.

6. **Key to success:** The people who are successful over the long term are completely committed to making this work and do everything they need to do on a physical level to lose weight, using the hypnosis as a psychological support.

   What they find is that the more they are willing to do themselves, the more the hypnotic suggestions seep in and make it so much easier, which is why so many of the testimonials on my website describe the process as if it were magic.

   Make no mistake, these people were each at their breaking point with their weight, but the key that made them successful is that they KNEW they were going to succeed and were willing to do whatever it takes. There is an expression: if you give a hand, you’ll get an arm . . . What does it mean in this context to give a hand? Give a hand to yourself by:

7. **Planning ahead.** Every good parent has a plan for what they are going to give their baby next. You have to treat yourself the same way. Imagine a new Mom being too “busy” to pack a diaper bag for her baby?! It would never happen! Treat yourself the way a new Mother cares for her beloved newborn baby. Carry around healthy snacks. Plan what you are going to eat when you next get hungry. See 10 Food Rules for Success.
8. **Eat when you are physically hungry.** Don’t starve yourself and let yourself get ravenous. Set the intention to eat only just enough to satisfy your physical hunger. You can eat more later when you are hungry again. If you are not yet in touch with physical hunger, eat three meals a day, and if they are small, add three healthy snacks (protein and veggie).

9. **Do not eat for any other reason besides PHYSICAL hunger.** Your emotions aren’t bad—they just make you human. If you are feeling depressed, overwhelmed, angry, disappointed, anxious or tired, don’t eat. Do something else instead like exercise, listen to your self-hypnosis cd, discuss your feelings with someone you trust, jump up and down, listen to music, take a walk, breathe deeply, lie down, listen to music, work in the garden (shovel the snow).

10. **Exercise to help clear emotions:** Write down the thoughts you are thinking and then write down the opposite thought and realize that they are both true—there is usually some truth in opposing thoughts—so choose the highest thought. The highest thought leaves you feeling expanded and the lowest thought leaves you feeling constricted.

11. **Realize that reaching for food when you are feeling emotion is just a habit that you can change.** Set your intention to make that change, stay committed, and watch the hypnotic suggestions that have been planted in your subconscious mind help you.

12. **Set aside time every day to move your body.** If “exercise” is a bad word for you, re-frame it, and tell yourself you are de-stressing by moving. Forget about your weight for the moment and just move for mental, physical and emotional health. Have a minimum but allow yourself to go over. My minimum is 25 jumping jacks every morning, no
matter how I feel, but if I feel good enough, I can do more.

Do some movement every day because you know that if you don’t, you will die. Challenge yourself. That may not sound very nice but you have to make not moving your body not an option. Find something you enjoy doing. If it really is a gym that you need to motivate yourself, find a way to get there. But also realize that you don’t NEED a fitness center to move. You can just park 10 blocks from where you are going and make yourself walk.

13. I don’t give you a diet because diets cause deprivation and rebellion. For PERMANENT change, however, you must follow rules. Make your own rules that make sense. What foods are you going to eat and what foods aren’t you going to eat? You have rules in other areas of your life where you are successful—you need them with food/exercise, too.

14. To strengthen yourself, keep associating harmful foods with rolls of fat, illness, disease, shame and guilt.

Remember, it’s not that a food is “good” or “bad” and it’s not about being “on a diet” or “off a diet.” The point of this program and healthy eating is to notice how any particular food or group of foods makes you feel and making your food choices based on only wanting to eat the foods that lift you up, mentally, physically and emotionally. From this day forward, you select foods based on the results you want, not on the basis of a second’s pleasure on the tongue (followed by tremendous emotional, mental and/or physical pain).

15. Imagine the pride you’ll feel when you get down to your ideal weight and are no longer even tempted by these harmful substances (if you like, instead of thinking of such substances as food anymore—substitute the words “harmful substances that the food industry
tries to seduce you to eat for their own personal gain").

16. Avoid feeling deprived. Deprivation and the state of “wanting” will cause you to feel pain and in your desire to escape pain, the old impulse will be to reach for food. To avoid wanting, convince yourself that you ARE doing what you want by NOT EATING that which hurts you. Success is so much easier when the goal is OPTIMAL HEALTH in mind, body, emotion and spirit, and you think of weight loss as the side benefit.

Focusing too much on the result of weight loss puts pressure on yourself that creates desire for rebellion, or self-talk that says things like, “I’m fine the way I am.” “One cookie won’t hurt me,” “This is going to be hard,” etc. But when you think of food as either lifting your vibration or lowering it, increasing your energy or decreasing it, building your life force or destroying it, perpetuating health or addiction, it’s much easier to make good choices. Therefore, think of yourself making this change for your health first, with weight loss being the side benefit.

17. Another trick is to tell yourself you can have whatever food you may be craving another time, like tomorrow. This way, subconsciously, you don’t feel like you can’t have it, so you won’t need to rebel, you’ll just keep putting it off until “tomorrow.” That trick works wonders and most people “forget” to eat what they were going to eat “tomorrow.”

18. The bottom line is that your mind is more powerful than you know. The key to success is to commit and re-commit every day to the road ahead of you. The more you do, the more this program can help you and make it easier. But you have got to talk yourself into it!

19. You’ll hear me talk a lot about how we move towards pleasure and away from pain. The brain is wired that way—it will
never change. Associate absolute pleasure with looking and feeling your best, with being in control of your life and your eating habits, and with small portions of healthy, delicious, nutritious, water rich food, and moving your body. Associate pain with harmful, energy draining, life sucking “food” that causes you to be an addict. Associate so much pain with those foods (illness, feeling ashamed, uncomfortable) that you just don’t want them. Get rid of those foods like you would banish a toxic relationship from your life.

20. **Never give up on yourself!** The only one who fails is the one who gives up! See (visualize) yourself in 5 years. This is an important choice point in your life. See what you want in your life and claim it!
Guidelines for Success Review

Play your hypnosis videos (#8, #11 and #13), regularly at least once a day for the first 30 days. After the first thirty days, continue to play your recording at least two or three times a week. Play it in a restful setting where you will not be disturbed.

Keep written material with you and refer to it frequently throughout the day.

Recite positive affirmations regularly. Write them down and keep them posted in your home and car.

If you have any questions or concerns, please send us an e-mail at: seminars@easywillpower.com.

If you need a boost, re-watch each video and re-read written material frequently.

Sign up for our FREE newsletter at EasyWillpower.com for motivational support.

We appreciate your feedback!

Congratulations...
You're on your way!
Positive Self-Talk

Recite positive affirmations throughout the day. Write down the affirmations at least three times per week. Choose your favorites and affirm frequently throughout the day. If you catch yourself engaging in negative self-talk, cancel and affirm the positive opposite. For example, if you hear yourself say, “I will never succeed,” cancel this statement and declare “I am absolutely determined to succeed. I will succeed. I am succeeding.”

You can get your free affirmation audio bonus at:
EasyWillpower.com/GastricBonus
Affirmations

I am able to reach new weight goals easily and effortlessly.
I am in control of my life.
I am becoming stronger each and every day.
I am confident in myself and my ability to succeed.
I love and appreciate myself.
I respect myself.
I can do it.
I am active and energetic.
I enjoy being active.
I am a vibrant and happy person.
I maintain my ideal weight easily.
I fit into my clothes with ease and comfort.
I love looking good.
I am slender and fit.
It's OK for me to look and feel good.
I am attractive.
I choose healthy foods naturally.
I am energized with an inner drive to enjoy life.
I have a strong desire to be healthy and energized.
My body burns off fat.
I eat the right foods.
I eat properly.
I feel good about myself.
The past does not equal the future.
My body is becoming more balanced.
I believe in myself.
My future looks bright and positive.
I rise above negativity automatically.
I rise above stress easily and effortlessly.
I am optimistic and enthusiastic about life.
I am a self-starter.
I am a positive person.
I am calm and relaxed in mind and body.

Constant repetition brings results! You can do it!
Tips for Weight Reduction

Choosing Healthier Habits

• Write down and keep track of the foods you’re eating, if you find it helpful to do so. This will help you to be conscious of what you are putting in your mouth. Be accurate.

• Sit down while eating. Serve up your portion from the kitchen and sit down and eat it. Enjoy your meal. Relax and eat slowly.

• Remember that you can eat whatever you want, whenever you want, but you choose to be selective—eating smaller portions of healthier foods.

• Learn to differentiate hunger from appetite. Eat only when you are physically hungry.

• Drink lots of water, especially between meals. Before you have a beverage or meal, have a glass of water.

• Before you reach for food impulsively, wait 10 minutes. By then, you might decide you don’t want it anymore. Ask yourself, “What do I really want or need?” Talking to a friend might be more satisfying than a 400-calorie donut!

• Most dieters allow themselves too few calories so that they drive themselves to a binge or to late night eating to satisfy ravenous hunger. Instead, don’t skip meals, eat regularly. By spreading your calorie intake over the day, you’re less likely to overeat later on.
• Many people eat from habit, consuming snacks while watching television, and then not really enjoying or paying attention to the food. Instead of mindless snacking, you might set a rule that you’ll only eat at the dining table.

• If you find yourself eating because you’re bored or because it’s a social occasion and everyone else is eating, ask yourself why you feel that you want to eat at that time. Just say “no” if you’re not really hungry.

**Be Prepared**

• Plan your eating and your meals ahead; eat only what you’ve planned on.

• If you’re really hungry, eat something high in fiber first like fruit, steamed vegetables or a tossed salad. This will take the edge off your hunger so you don’t overeat.

• Don’t let social situations or parties undermine your weight control. Be prepared. Concentrate on socializing; it’s hard to talk with your mouth full. Hold a beverage in one hand and your food in another, so your hands aren’t free to eat. Stand away from the food table. You may try eating a little before the party, so you’re not tempted to overeat.

• Set up your living environment for food control. Believe that you can control your food intake and make yourself the center of your world.
Choosing Healthier Foods

• Make healthier choices. Cut back on fat i.e. butter, mayonnaise, fatty meats, oily and greasy foods. Also limit sugary foods such as ice cream, cake, cookies and candy.

• Choose healthier foods such as salads, vegetables, fruits, low fat dairy products, whole grains, fish, chicken, lean meat.

• Get in the habit of asking for a doggy bag when dining out. Don’t clean your plate at restaurants. It costs the same whether you eat it or not.

• Check with a nutritionist to find out which foods are best for you and listen to your body’s feedback.

• Be aware of addictive foods and eliminate them, if necessary.

• Eat poached, broiled or baked food, while avoiding fried foods.

• Make small progressive changes. For example, move from 1 tablespoon of mayonnaise at 100 calories to 1 tablespoon of diet mayonnaise at 35-50 calories. Then mix diet mayonnaise with an equal amount of mustard at 30 calories.

• Say NO to extra fat and sugar. Watch your fat and sugar intake as carefully as banks watch the limit on your credit cards. Then limit the hidden and added fat and sugar in your food. Choose healthier alternatives such as olive oil drizzled on veggies or a slice of cheese on a rice cake.

• In a restaurant, ask for dressing on the side. Dip your fork in the dressing, then lightly spread on salad. Better yet, mix with olive oil and vinegar.
• If high fat, high calorie foods tempt you, try making more healthy choices. Instead of a piece of apple pie, try a fresh apple. You’ll find you’re filled up more with the fresh fruit. The less processed a food, the healthier it is.

“You are never given a wish without also being given the power to make it come true.”
—Richard Bach

Reward Yourself
• Give yourself positive feedback for your new, healthier habits.

• Reward your new behaviors with something other than food, i.e. a walk on the beach, a movie, a massage, new clothes, etc.

It’s Quality, Not Quantity
• Eat smaller portions. Remember to affirm to yourself before each meal “small portions satisfy me”. Chew your food slowly and enjoy each bite.
• Eat nutritiously. Make your calories count. Think before you eat something. Treat your body as a loving temple, not a garbage pail.

• Eating “on the run” lets you consume too many calories before your stomach has a chance to tell your brain you’re full. Instead of grabbing a bite, eating while standing at the refrigerator, or dashing through lunch at your desk, slow down. Eat more slowly and you’ll eat less.

Increase Your Activity

• As the weight comes off, you feel more mobile. Enjoy your new-found energy. Take a walk, go for a swim, or do an activity that you enjoy. Important: Check with your physician to see which activities and exercises are appropriate for you.

• Remember to start off slowly and build up gradually to avoid fatigue. Listen to your body and don’t overdo, especially when you get started.

• Being consistent with your program is important. If you miss a day, don’t give in to negative self talk. Just get right back on track.

• In addition to a regular fitness program, get in the habit of increasing activity throughout the day. Avoid circling the parking lot looking for the closest spot. Choose to take the stairs rather than wait for the elevator.

• Humans are creatures of pleasure, not pain. If you force yourself into an activity you hate, you won’t keep at it. You may want to vary your exercise program, cycling sometimes and doing aerobic walking or dancing at other times.
- Do stretching exercises throughout the day to relax muscles.

**Goal-setting**
Set goals for short term success and take one day at a time. Set a realistic goal for yourself each month, and write down your strategy for achieving that goal, i.e. cut out ice cream and walk 1 mile per day. It’s so much easier to think in the short term, rather than the long haul. Use the following chart and be committed to reaching your goal. Remember, gradual weight loss equals permanent weight loss. Go slow and steady for long lasting results.

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<th>MONTH</th>
<th>MY CURRENT WEIGHT</th>
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Positive Self Image

• See yourself thin. Find a picture of yourself at your ideal weight and keep it in view (hang it on the refrigerator). If you don’t have a picture of yourself, find a realistic picture in a magazine of a slender person with your body type and paste a picture of your face on it.

• Believe in yourself. Today is the first day of the rest of your life. Look forward to the rewards of fitting into your clothes comfortably and looking and feeling your best.

• The past does not equal the future. Know that you can change old negative habits and become the person you want to be. You are letting go of emotional eating, binging and snacking by learning to choose new and healthier behaviors. You accept and love yourself and look forward to achieving your goals. You are absolutely determined to succeed, you will succeed and you are succeeding!

“If you can imagine it, you can achieve it. If you can dream it, you can become it.”

—Anonymous

• Keep a diary of both the foods you are eating and your feelings surrounding these foods. It is helpful to release negative emotions by writing your thoughts and feelings down.

• See yourself relaxed and confident. If you feel tense, close your eyes and take a few deep abdominal breaths. Let your muscles relax and go loose and limp—like a rag doll. Allow the chair, sofa or floor to support you as you let all your muscles relax. Enjoy the feeling of letting go. Recite your affirmations throughout the day.
• Notice and compliment your new productive behaviors—drinking lots of water, taking time out to let your body and mind relax, playing your recording and practicing self-hypnosis, reciting affirmations, being assertive and saying no to food. Enjoy the new you!

Food Rules for Success

“Develop an attitude of gratitude, and give thanks for everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better than your current situation.”

—Brian Tracy, author and speaker

“What can I eat?” This is a question I hear all the time. So many of us want someone else to tell us what foods we can and can’t eat. At first thought, that seems to make life so much easier. The problem is, however, that human nature is such that when we are given rules from outside ourselves our instinct is to want to rebel.

I don’t give you a diet because diets cause deprivation and rebellion. This does not mean that you will lose weight and get healthy by having no eating plan. Obviously, the opposite is true.

Make Your Own Rules
For PERMANENT change, you must follow rules. To get the results you want, you must make your own rules and these rules need to make
sense for you. What foods are you going to eat and what foods aren’t you going to eat? You have rules in other areas of your life where you are successful—you need them with food/exercise, too.

In fact, the only reason you are now struggling with your weight and/or your health, is not because there is something innately deficient about you. It’s not because you are an out of control person, weak-willed, or had a more difficult childhood than everybody else (although, please give yourself compassion for all the challenges you have faced).

The reason your weight is not what you want or need it to be for optimal health is because in this area of your life—your weight and your health—you have failed to adopt Rules for Success. The great news is you have followed rules for success in other areas of your life—so you know how to do it.

In other areas of your life, you base your actions on the results you want—not on transient feelings. If you pass an attractive person on the street you don’t run over to them and kiss them just because they look appealing. You think about how you would feel afterwards and how they would react and that stops you from making such an unwise choice.

When you are getting close to a red light, you don’t pump the accelerator even if you are in a hurry and feel that slowing down is inconvenient. You abide by the traffic rule to slow your car down and stop at a light because you don’t want to face the consequence of causing harm, wrecking your car or paying a hefty ticket.

**How Do Thin People Do It?**

If you want to understand how thin people stay that way, realize that
they are simply doing what you do naturally in areas of your life where you are successful.

The hot basket of bread may look good when it arrives at the table but if a thin person knows that she is a carbohydrate addict, she doesn’t dive in, even if it looks and smells good to her. Does she have some super inner power that you don’t have? Of course, not!

You will learn to do the same once you tune into the reality that it’s not about dieting, it’s about following food and lifestyle rules that work for you, while re-programming your subconscious.

**You Are Not Weak-Willed**
Before you get too down on yourself and call yourself weak for living so long without following food rules, realize that this is most likely the
case because following food rules wasn’t modeled to you. In the same way, people who break social rules do so because treating others with respect failed to be instilled in them.

Now is The Time
It’s never too late to create rules for yourself. The first step is convincing yourself that they are necessary.

To do that, take a moment and think about what makes you successful in other areas of your life. Instead of seeing willpower as something that you don’t possess, take a moment to reflect on the amazing amount of strength and courage within.

If you can’t see strength and courage inside yourself, take a moment to acknowledge the incredible hardship it is to carry around all your excess weight, and still lead as productive a life as you already do. That is not easy!! Now, let’s turn your strong will into a tool that will allow you to be happy, healthy, and live at your ideal weight.

Make this connection:
To begin, contemplate the rules that you have given yourself about what you will and will not wear, what clothing is acceptable to you, and how you wear your hair.

In every area of your life where life is working well for you and you are getting the results you want, you have rules. Do you blurt out your every thought? Unlikely! You have rules about the way you treat people
and about what you do and don’t say to others. You have rules about how you care for your pets or children, whether you feel like it or not.

**Transient Feelings are Not Your Driver**
Create rules with food that will lead you to be successful. Rules are not predicated on whether you feel like them in any given moment. Rules are rules because they lead to specific outcomes that are desirable. Keep your eye on the goal always and do not allow your passing feelings to deter you.

Since food rules are essential if you want to be healthy at your ideal weight, let’s take a look at some good examples to pick from. Think about what makes sense for you and your lifestyle. Remember that ultimately, you must make your own rules.
Rule #1: What foods do you eat?

“I eat clean food, from the earth, in as natural a state as possible, as unprocessed as possible. Example: If I am going to eat bread, it will only be natural Rye made only from whole wheat, water and sea salt, and no other processed bread.”

That rule alone would limit your bread intake due to convenience, and yet you wouldn’t be deprived, because you could always go buy half a loaf of natural Rye at a healthy bakery and keep it in your freezer, having a small slice at a time, if you feel that you need bread in your diet/eating regime. Or, “I can eliminate bread all together because I see it as a trigger food that puts fat on my body.”

Rule #2: Eat with balance in mind

“If I do eat a carb/starch like a whole grain cracker, I ONLY eat it with a protein food (chicken, fish, meat) and a vegetable so my blood sugar stays balanced. I never just sit and eat a box of crackers plain.”

Rule #3: Enjoy the healthy foods you select

“I make sure to have animal protein and vegetables (fresh) with every meal, with only the least amount of complex carb (like a whole grain or root vegetable) and healthy fat (such as extra virgin olive oil, or a little cheese or nuts) to make the food taste good.” The key is to enjoy everything that you do eat so you don’t feel deprived or like you are dieting, but have only JUST enough “fattening food” to make it taste good—no more than that. Use fresh or dried herbs and Selina Natural Celtic Sea Salt (it has all the trace minerals in it – not just sodium) to flavor your foods.
Rule #4: Stick with the basics

Studies show that the less variety in your food choices, the more likely you are to be at your ideal weight. Know what foods you do and don’t eat and stick to the plan (without ever thinking that you are on a diet).

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• The past does not equal the future. Know that you can change old negative habits and become the person you want to be. You are letting go of emotional eating, binging and snacking by learning to choose new and healthier behaviors. You accept and love yourself and look forward to achieving your goals. You are absolutely determined to succeed, you will succeed and you are succeeding!

• Keep a diary of both the foods you are eating and your feelings surrounding these foods. It is helpful to release negative emotions by writing your thoughts and feelings down.

• See yourself relaxed and confident. If you feel tense, close your eyes and take a few deep abdomi-
al breaths. Let your muscles relax and go loose and limp—like a rag doll. Allow the chair, sofa or floor to support you as you let all your muscles relax. Enjoy the feeling of letting go. Recite your affirmations throughout the day.

- Notice and compliment your new productive behaviors—drinking lots of water, taking time out to let your body and mind relax, playing your recording and practicing self-hypnosis, reciting affirmations, being assertive and saying no to food. Enjoy the new you!

**Rule #5: Get rid of the trigger foods**

“I eliminate the foods that are triggers for me. I know they are triggers because when I eat them, I eat too much in general, or I crave more of that specific food.” Get rid of all these kinds of foods and leave the area when they are being served, if you can, especially in the early stages of your weight loss/healthy eating quest.

**Rule #6: Don’t let yourself get TOO hungry**

Eat some healthy treats that aren’t trigger foods for you, when you are physically hungry. You may enjoy almond butter, cheese, avocado with healthy crackers, or other “treats” that don’t create compulsion for too much food. This is what ‘everything in moderation’ means.

The more balanced and healthy you are, the easier it is to have small amounts of healthy treats without reaching a “tipping point”. The tipping point is the place where you are overeating or binge eating.
Rule #7: Don’t starve yourself

Eat only when you are physically hungry and eat just enough to satisfy your physical hunger. Make sure that you aren’t too hungry because when your blood sugar dips, you often can’t think straight enough to make healthy choices.

Rule #8: Plan ahead

Know what foods you are and aren’t going to eat and make sure you have plenty of healthy food available at all times. I never leave the house without having a healthy snack in my bag. If you go to a restaurant, plan what you are going to order ahead of time.

If you’ll be on the go all day, pack enough food with you, so you won’t find yourself starving with no good choices to make. A new mother doesn’t leave the house without a diaper bag. You need to treat yourself like the baby who needs your care.

Rule #9: Honor your emotions

Let yourself feel your feelings, but don’t let them dictate your behavior. Express them if that is the wise thing to do, or write them down. Burn them off by taking a walk or going for a swim. But never eat just because you are feeling a certain way. Let your emotions pass like the weather.

Rule #10: Stay focused on your goal

Have a plan to eat healthy and move your body every day. Not because you have to but because you want to. If ever you feel weak, just think of the alternative to healthy living and know that it’s not an option for you.
See and feel yourself as if you’ve already achieved your ideal weight. Practice self-hypnosis (with the videos using all the tools you’ve learned in this program) every day and imagine yourself healthy and strong. **You can do this! Believe in yourself!**

The more you encourage yourself, the more you’ll find yourself taking all the right actions, including watching your hypnosis videos. If you were climbing a mountain that takes 8 hours to climb, would you berate yourself because at 11am you were nowhere near the peak? Of course, not!

Permanent weight loss is a process, like climbing a mountain. Look back at where you were and acknowledge yourself for every shift you’ve made, even if those changes are only in your mind or reflected in your subtle behaviors.

Celebrate your success—yes, you are good enough, you are worth it! You can do it!

Please reach out and let me know how I can help you at:

http://EasyWillpower.com
http://SugarDivorce.com

Also, please join me on Facebook at:

http://Facebook.com/RenaGreenberg
and join our community Easy Willpower Health, Happiness, Freedom Facebook Group.

Blessings to you,

Rena