



Mental Barriers

Many times losing weight is not as easy as we think. We all have our personal issues. Unfortunately many times these issues go unnoticed. We think we want to lose weight, but something inside holds us back. I'll tell you my personal and surprising story about losing weight.

While cleansing, I did not expect to lose weight. I was actually on a journey to get healthy because I had discovered I had Hepatitis C.

During that time, I was losing friends because back then I was single, yet couldn't do anything. I was too sick to go out to clubs, too sick to go out to restaurants, too sick to go to the beach, too sick to work a regular job.

Since the doctors could find nothing wrong at first, my friends thought I just didn't want to hang. So the calls stopped. The invitations stopped. The weight packed on faster than ever.

My only hope was to use holistic practices as I wanted to get rid of this disease, not live on drugs the rest of my life. So I tried what colleagues were telling me to try – colon cleansing. Wha?????

Reluctantly I did it. Not only did I get healthy, I lost fat. I lost weight. I stopped the cleanse and after a week ate a small brownie and you know what? My butt didn't get big! Nor did I want more!

About a week later I ate 2 pieces of pizza. Still, no big bottom following me. And the best part – I didn't want to finish the pizza all by myself! I stopped eating after 2 pieces! That was a huge accomplishment for me.

I started working out again, knowing there was hope. I had a new outlook on life. I realized that I didn't have to be a “big girl.”

I started working out and saw results for the first time, ever. And I didn't have to work out for two hours a day like I was trying. Less than an hour a few times a week gave me results! (Who was this, I thought!)

Then it happened.



I was walking down the street to take a walk on my lunch break. I happened to walk by a construction site. The foreman approached me and very politely, told me that he and his co-workers just wanted to let me know how “beautiful” they thought I was. No catcalls, no whistles, he was very polite. I said thank you and went on my way.

After that day, I avoided walking down that street like the plague. You may or may not think that what he said was politically correct or not.

But, for me, this was an eye-opener. I realized that I was still covering up, withdrawn, shy and very distressed about attention... any attention.

I remember thinking, “I wish I was still fat.” When that thought passed through my head I was appalled. Why would I think such a thing? Was that really me?

For the first time in my life I realized I had been in a comfort zone. I was closed. I kept my head down so as not to draw attention. I wore clothes to keep myself protected. Was the extra weight my protection, too?

I had read about things like that, but I never that was me. I would never have “intentionally” kept weight on to stay in a comfort zone.

But the more I thought about it, the more I realized it was true.

It is a possibility that I lost weight with a cleanse because I wasn't trying to lose weight. I was trying to get healthy. The weight loss and fat loss was a side-effect.

I can't help but think that if I was trying to cleanse for weight loss, maybe my mental barriers would have stopped me.

I honestly never, ever knew I had mental barriers that probably had been keeping me fat my whole adult life. I was now learning to be comfortable in my own skin – something that I never realized I needed to work on.

I have learned over the years that many of my clients had similar mental barriers. Besides fear of attention. Others examples were fear of knowledge; “once I know how foods can kill me or heal me I must take responsibility.”

There was fear of change; “I will never be able to eat my comfort food again,” or “I will never be able to find comfort in things other than food.”



The truth is; you can find comfort in other things, you can eat foods and drinks you enjoy even after you lose weight, and knowing how foods affect you actually becomes a blessing, for you will find newfound energy, less sickness, and feel all around better.

Don't let your mental barriers keep you from reaching your weight loss goals. Visualize every day so you are comfortable with losing weight or losing fat. Listen to motivational tapes or dvd's to help prepare you.

Then allow yourself to lose. Get rid of the cravings, get rid of the weight, get rid of the fat and get rid of the fear of knowledge. Because what you don't know can kill you.

In the next lesson, I will teach you about some “health” foods that may be doing more harm than good – and keeping you fat.



Soy and Other “Healthy” Proteins the food industry wants you to eat, and plenty of it

I included this section because of the years of marketing spins about how soys and other “protein” replacements are supposed to be a healthy alternative to meat.

I'll start with soy because of seeing so many disaster stories first-hand, stemming from this food. There are a variety of soy products on the market from tofu to tempeh and edamame as a snack.

Know that soy is not a traditional food. Traditionally, soy was eaten as a fermented food, which makes it more digestible. And it was mainly consumed with animal protein such as fish or fish sauce to make it more digestible and amounting to no more than 2 teaspoons per day.

The soybean was not a profitable crop until food manufacturers started using it as a cheap ingredient for vegetable oil. The waste product, which was the solid part of the manufacturing, was turned into various products from tofu, soymilk, soy ice cream, and tofu burgers.

Soy is not digestible for humans. In addition it contains anti-nutrients, which make it harder for your body to absorb real nutrients from real foods. It is a thyroid inhibitor, meaning eating too much of it will make you fat and make it harder to lose excess weight. It blocks mineral absorption in your digestive tract.

“Soy is rich in the anti-nutrient phytic acid. Phytic acid binds with iron and zinc, which are essential for the health of the brain and nervous system.” This is an excerpt from one of the first articles by Nina Planck that I read about the [dangers of soy](#). Please don't believe me, but do your own research.



I put this to task with clients. Every client that came to me with severe digestive problems was asked if they consumed soy. If the answer was yes, I asked them to stop and after a week, ALL of them had good results including; less tummy aches, no more bloating, weight loss.

Protein bars are another food you should avoid. Many are made with sugar, or a form of it, soy protein, and plenty of fillers that can add to weight gain. And rarely do we really use these as a meal replacement, which is what they were originally intended for.

Milk and cheese are foods to avoid or at least cut way down on if you want to lose weight. I grew up in Wisconsin, a true dairy land. I drank plenty of milk growing up and loved ice cream.

It wasn't until I stopped it altogether that I realized how it was affecting me from allergies to creating excess mucus in my whole body.

I consume small amounts of dairy like small amounts of butter, milk in my coffee and I enjoy an *occasional* ice cream or pizza with my children (when I'm not cleansing).

But if you want to lose weight and lose fat, cut out these dairy products for at least four weeks.

In the next lesson I'll tell you some secret drinks and foods that will help you lose weight and lose fat!



Real Foods That Help You Shed Fat – The food industry is trying to keep this a secret

I may have taken the protein bar away from you in the last lesson, so today I'll give the 2 healthy replacements, and the drink that helped me shed fat without changing anything else in my diet!

The [Organic Food Bar, Active Greens](#) is an excellent choice for a high energy and protein. It is a vegan food and 90% raw, which means it is very digestible. Almonds and green superfoods like spirulina, wheat and barley grass add to the nutrient content of this super food bar.

Even though it sounds like I do, I do not make a commission on this product. I just get excited about it because it was one of my favorite snacks/meal replacements and my children even loved it. I even made up a raw food cookie recipe that I could make at home, based on this bar.

I can find this bar at my local health food store. My favorite flavor is the Active Greens. However, it can be hard to find and can be a bit expensive at the local market.

Another favorite meal replacement that I enjoy is the [Garden of Life, Organic Food Bar](#). It contains ingredients such as organic nuts, vegetables and sprouted grains. I know it doesn't sound good, but it is an excellent snack and candy alternative.

Now for the secret drink that I used to lose weight and fat without changing anything else I was doing... fresh squeezed grapefruit juice. First of all, do not confuse this with “the Grapefruit Diet.” I did not seriously restrict calories during this time. But there was a trick.



First, the juice I drank was fresh-squeezed. I used about 2-3 grapefruits each time. I didn't strain the juice, but drank the pulp and fiber with it. I also drank plenty of water throughout the day.

I also tried to drink it two times per day. It seems like it might be expensive, but I bought bags at the local farmer's market, which helps the price and flavor.

I included this drink as a “secret” because some are trying to push various expensive juices as “weight loss miracles.” Then you have to order \$50 worth, every month, for the rest of your life.

In case you didn't know, I always teach to not overdo anything. Your body needs cycles and it needs to take breaks. For example, if you drink carrot juice every day, no matter how good it is for you, you will get a sensitivity to it.

The same will go for broccoli, carrots, grapefruits and juice or that healthy, yet expensive, weight loss berry juice.

Grapefruit juice is packed with Vitamin C, antioxidants, fiber, and phytonutrients. It is said to contain a fat burning enzyme. While many argue against this, it is not proven one way or the other. However, it does help regulate insulin and blood sugar.

Grapefruit juice increases the production and activity of liver enzymes that detoxify. It helps in what is known as Phase I and Phase II detoxification. Another job your liver does is to burn fat and help remove it from your body. Could this be where the term “fat burning enzyme” came from?

One note about grapefruit juice – if you take medications don't drink it. The juice alters your body in a way that causes it to absorb more of the drug, which could result in a lethal dose. This may be true of all detoxification or cleansing programs since the end-goal is to clear garbage from your body so it can absorb nutrients more readily.



The “Real” Healthy Proteins

I must tell you that if you are vegetarian you will not like the bulk of this lesson. But many people get confused with all the hype and lies that are put out by the diet industry. It is merely my intent to inform and expose the truth.

First, I will give a list of protein sources that will be healthy (and humane) alternatives to especially beef, pork, chicken, lamb, tofu and veal. Although these foods are sometimes called healthy, or the other white meat, or leaner, the “processing” involved with them is harsher than you think. I will not get into the politics of right and wrong, but focus on the health issues.

Healthier proteins are sprouts, green superfoods, nuts, seeds, fresh eggs, and some fish. Don't let the hype get you if someone says nuts are fattening, for they are nothing compared to the artery clogging fats in meats. And many, like walnuts, contain healthy fats that are necessary for healthy weight loss.

To get a leaner look, it seems you must eat protein. Your body needs it, it feeds your muscles and helps strengthen your liver so it can function fully. As I said before, this is an important organ when it comes to fat burning.

Not all of us choose to be vegetarian. If that is you, a healthy alternative might be organic meat. Some think this is an expensive choice, but consider that when it comes to animal protein, you should really eat no more than the size of your palm. Following this one rule will bring your grocery bill down considerably.

Most meats that you find in your mainstream supermarket are full of hormones, antibiotics and even preservatives. Don't let anyone fool you. If these substances are put into animals so they grow big and fat, why would it not affect you?

In addition, these animals are fed food that makes them extremely unhealthy and fatty. Your interests and your health are not being looked out for, much less the animal. These animals are considered products to be processed and sold for profit to the consumer.

Organic, grass-fed beef contains CLA, or conjugated linoleic acid. This good fat has been shown to block cancer in all stages. And it aids in weight loss and fat loss.

I can find grass-fed beef at my local Whole Foods Market, but you can also find it online. Here is a great site that gives a lot more information if you are interested, [Eat Wild.com](http://EatWild.com)



Calorie Counting – A Waste of Time

One of this biggest mistakes I made when trying to lose weight before is I missed the obvious... calories don't count.

I was told since college (many, many.... many years ago) that all one has to do is eat 1200 calories to lose weight. No – 1800 calories to lose weight then exercise. Wait, 500 calories for fast weight loss!

No... the number of calories I should eat to lose weight must be equivalent to the number of calories I eat now, divided by my weight plus age, and then added to the circumference of the size of my head so as to judge how heavy my bones are and how much I really need. Just kidding.

But do you see how this works? So I spent years thinking that as long as I didn't pig out on 3,000 calories a day, I should lose weight.

Plus, I worked a waitress job, I went to college, and I was eating around 2500 a day. So because of my workouts, weights 3 times per week plus jogging or cycling for 30 minutes, I should easily lose weight.

It only took me five years to realize this was not working. Hence my belief that I was meant to be fat.

Then one day I realized that if I get all my calories from 3 muffins throughout the day, at an average of 400 calories each that would be 1200 calories.

But then if I ate these same calories in a chicken breast (150), 4 ounces of round steak (about 200 calories), 2 eggs (about 350), 2 servings of rice (220), and thrown in some fruit, salad and dressing to get a similar calorie count, somehow these are not evenly matched.

First of all, the muffins raised my blood sugar. They made my body more easily store fat. There was no nutrition in them. They are still cake, after all.

The other diet not only has the same calorie content, but nutrients. The enzymes in the salads and fruits helped my digestion. Better digestion means faster metabolism. (Muffins never did this.) Nutrients in these foods supplied my liver with nutrients needed so it could more efficiently burn fat. Muffins supplied fat – and not the good kind.

Do you get my point? When you choose the right foods, you don't have to waste your time counting calories. They don't matter. Nutrition matters. When you learn how to eat right, your body works the way it is supposed to.

A healthy body sheds fat along with other waste build-up. But you must supply the nutrients for your body to be strong enough to do this. Muffins don't give you that.



Fat Burning Recipes

Weight loss is a lot easier when you know what to eat. Here are a couple of my favorite recipes;

Carrot Salad

- Shred 1-2 peeled carrots
 - 2-3 Tablespoons of Extra-Virgin Olive Oil
 - A Good Squeeze of Lemon Juice
 - Handful of Raisins (optional)
1. Mix all together and enjoy as a snack, a lunch or salad with your meal.
 2. Olive oil is especially healthy and is a healthy fat that helps you lower bad cholesterol levels, antioxidants
 3. that protect your heart and helps you lose bad fat.
 4. The combination of lemon juice and olive oil has long been used to help clean the liver to enhance
 5. burning.

Raw carrots, in fact most raw veggies, stimulate digestive enzymes, which in turns revs your metabolism. Raisins add a little more sweetness (though it is not really needed) and iron.

Easy Coconut Chicken Curry

- 2 or 3 Chicken Breast (organic if possible)
 - 1 Onion
 - 1 Can of Coconut Milk
 - Dash of Sea salt, 3 Tablespoons of curry powder, cayenne pepper
1. Cook chicken on stove top, on medium heat in about ½ of water (add water when needed)
 2. Season with salt and curry powder
 3. Slice into smaller pieces
 4. Slice onion and add to pan (add a little bit more water if needed)
 5. Add chicken back into the pan (finish cooking if needed)
 6. Pour in the coconut milk
 7. Add a dash of cayenne pepper (very hot!) and heat through
 8. Serve with lightly steamed veggies like cauliflower, peas, thinly sliced carrots and broccoli.



The coconut milk is healthier than you might think. It contains medium chain fatty acids (as opposed to long chain such as those found in red meats), which protect your heart.

Coconut milk and oil has gotten a bad rap because of the composition of saturated fats. This stemmed from a 40 year old study which use hydrogenated coconut oil, which is a process now known to create trans fatty acids, a toxic substance.

Coconut milk contains Lauric acid, which is converted into monolaurin in your body. Monolaurin helps your body destroy bacteria and virus.

And now for the health benefits of the included herbs in this dish. Cayenne pepper is good for your heart and raises metabolism while curry powder reduced internal inflammation (think exercise) and a metabolism booster.

Onions contain minerals and oils to help break up stored fat and revs metabolism. Try to keep it slightly crunchy by cutting thick slices and not sautéing too long.

**Each of these foods alone are not going to make you lose weight.
But the goal is to learn what helps and what hurts so you can
make food choices that will support your weight loss goals.**



Weight Loss Cleanse and Fat Loss Cleanse

Weight loss was impossible for me until I did a body cleanse. Some call it a colon cleanse, a body cleanse, or even a cellular cleanse.

What I did was a few programs put together. I tried what was called a colon cleanse, I did a parasite cleanse, I used colonics, and I even tried a fast.

It was all of these that helped my body heal, balance and shed the excess weight and fat. Once I completed my program(s), the weight stayed off.

I no longer have to struggle to keep the weight off. My body responds to exercise like it never has before. I can control my cravings. I admit I have my weaknesses, but they do not control me. This makes me free to live the way I want, to stay healthy and not worry about disease and to have the energy I need to live a full and balanced life.

If you are interested in doing what I did, check out my [SpringClean Cleanse, the Manual for Cleansing and Detoxification](#).

If you want to get more intensive, see my ebook, [SpringClean Intensive, Weight Loss Detox and Fat Loss Cleanse](#) These are a compilation of all the programs I used that led me through all the stages of regaining health and getting a healthy, young and fit body.