



**LET GO
& LOVE
YOUR FOOD
TO
LOSE IT**

www.TheYouSeries.com

TABLE OF
CONTENTS

I. Body Imagine Mindset

II. Stress and Fat

III. Breathing

IV. Craving's & Creative Cooking

V. Fitness

VI. Love Your Body

VII. Time

A Quote

**"Love yourself enough to live a
healthy lifestyle."**

CHAPTER I.

Body Imagine Mindset

The idea that you have to be and eat a certain way. Is what holds you back from seeing results in your body and your over all lifestyle. Your thought process around food effect's your body more than you can imagine. It's time to stop comparing yourself to others and begin to love and accept how your body is in this very moment.

Accept - *Your body the way it is right now! Focus on where you see beauty in yourself*

Let go - *Of that bad meal you had yesterday, those stretch marks and little focus points of irritation. Release those all those non-supportive thoughts. Just STOP!*

Body Vision - *Where do you plan to take your physique?*

A Quote

"Stress is the result of holding on to something, that's meant to be released ." - Julia Maria Nica

CHAPTER II.

Stress and Fat

How many times have you been on a diet and consistently stressed about counting calories? Constantly over thinking what you just put into your mouth, in result.. feeling bad about the food you just consumed. Does this cycle sound familiar to you?

Sounds like you're stressing yourself out. The truth is you are!

That internal mental battle is usually what's keeping the weight on your body. You need to enjoy EVERYTHING you put into your mouth and NEVER feel bad about it. LET IT GO of the resistance.

"When stress becomes chronic and prolonged, the hypothalamus is activated and triggers the adrenal glands to release a hormone called cortisol. ... And it's this broken cortisol rhythm that wreaks so much havoc on your body." -

Chris Kresser There are benefits to having a lower caloric intake but don't do it if you are a stress case in the process it's not serving you. You can eat what you crave and loose lot's of weight loving every bit of it. Begin to understand your cravings.

"Craving's are usually your body's way of communicating with you."

Salty Food's - Usually mean's you are dehydrated or need electrolytes.

Chocolate - The magnesium in chocolate allow's for relaxation in the muscles.

A Quote

**"Breath in, deeper, release it and
let go."**

CHAPTER III.

Breathing

Breathing is crucial, it communicates with your body that everything is okay. It's how you can let your body, nervous system and organs get oxygen to them, allowing your body to relax.

How often do you really take in a deep, deep breath? Actually feeling the oxygen hitting the bottom of your lungs?

Start doing breathing exercising through out the day, especially when you feel stressed and like you are tensing up. This communicates with your body telling it "Everything is okay." - Breathing like this is best for you throughout the most stressful times in your life.

LEARN MORE - *about breathing and the simple breathing exercise you can do anywhere by downloading "7 Simple Steps To Gaining Physical Spiritual and Mental Advancement*



Download

A Quote

**"Know what you crave and
replace it with what you know is
healthy."**

CHAPTER IV.

Craving's & Creative Cooking

Craving's are natural. The next step is finding the healthy alternative to all your craving's, Begin to Google Recipes!

There is a clean alternative for almost everything you can think of. You just have to know your cravings and get creative replacing them!

Chocolate - Chocolate Coconut Butter Bites

Fries or Chips - Home Made Baked Fries, or Oven Veggie chips

Ice Cream - Coconut Home Made Ice Cream

Burger - Portobello Mushroom With A Home Made Quinoa Patty, Burger.

Hot Chocolate - Cacao With Honey or Stevia and Almond Milk

A Quote

**"Fitness seem's impossible untill
it's done and then you grow to
love the release. Don't think
about it JUST DO IT"**

CHAPTER V.

Fitness

For most people there is a fear of the unknown and lack of knowledge when it comes to fitness. It's scary, and it's normal. Fitness champs and bikini competitors can attest to not knowing what they were doing when they started.

But remember they started.

*If you have someone who can mentor you , take advantage of it. If you are on your own. Just know everyone start's at the same place. You can begin to get fit, with little knowledge and a very minimal understanding of the gym but with **youtube's help** and **your desire** to change the way your body looks. Anything is possible! You will get there!*

Beginner's Guide To Loving The Gym:

1. Build a habit of LOVING TO get to your local fitness

facility or the gym, Start with what you enjoy the most and never over do it. Spend a month just building the love for getting to the gym. Don't worry about the heavy lifting and muscle building. Just teach yourself to crave something that's in your fitness center or your fitness routine. Sauna, Swimming, Cardio, A few Sit up's. Yoga

2. Educate yourself - The power of knowledge is what fuels

your confidence, when doing anything. Go on youtube research online or ask your friends who like fitness. Get a trainer for a day.

3. Long-term love the habit - Your body's will get stronger in

time as you stay consistent . **"Don't focus on getting to the top of the mountain, just focus on taking the step right in front of you!"**

A Quote

**"You are either moving towards
love or fear, you can't do both at
the same time - think about it"**

CHAPTER VI.

Love Your Body

Let us tell you a little secret "Your mind is tired , exhausted and fed up of how critical you are about your body imagine."

The truth is there isn't one human being on this earth that does not face some kind of body image insecurity but there is GREAT news! "You can teach yourself to LOVE your Body.

Stop - focusing on the part's of your body you cannot yet accept.

Let go - reduce and begin to remove those non-supportive thoughts by having faith things will change and focusing on the part's of yourself you love. Just like you can replace bad cravings with good ones. You can replace the focus you have on your body from the parts you dislike to the parts you love

Love - Focus on the part's of your body you can accept and begin to love them, You are aloud to FEEL LUCKY!

A Quote

**"Build a vision, then have faith
and the patience for time to work
it's magic because all things are
possible if you commit to them!"**

CHAPTER VII.

Time

If you can build any habit in your life and have faith that time will work it's magic it's always does. If something isn't working always make a small change and keep at it. In time you will get it.

Begin to focus on:

- 1. Powerful mindset's that shift your over all results in life*
 - 2. Never stress "Stress is nothing but a waste of time".*
 - 3. Always BREATHE*
 - 4. Healthy Alternatives*
 - 5. Fitness understanding and knowledge*
 - 6. Accomplishes nothing and get's you no where."*
 - 7. Allow for TIME to work it's magic*
- "STOP being so hard on yourself"**

Thank You For Reading!
The You Series 

Stay connected with The YOU Series On Social Media:

[Facebook](#)

[Instagram](#)

[Twitter](#)

[Pinterest](#)

[Google Plus](#)

Subscribe to The YOU Series Podcast & Youtube Channels

[Podcast](#)

[Youtube](#)

Check Out The YOU Series Website

[Website](#)

www.TheYouSeries.com