



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

BY JULIA MARIA NICA

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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 overall 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 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 overthinking what you just put into your mouth, as a 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 lose lots 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 exercises throughout 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.

A Quote

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

CHAPTER IV.

Craving's & Creative Cooking

Cravings are natural. The next step is finding the healthy alternative to all your cravings, 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 seems impossible
until 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 starts 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 overdo 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 bodies 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 with how critical you are about your body image." 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 parts 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 parts 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 parts of your body you can accept and begin to love, You are allowed to FEEL LUCKY!*

A Quote

**"Build a vision, then have faith
and the patience for time to
work its 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 its magic it's always done. 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 overall 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 gets you nowhere."*
- 7. Allow for TIME to work its magic*

"STOP being so hard on yourself"



Want to learn my exact system that will take you from stressed out, low confidence, little to no direction - to Taking action and turning your dreams into reality?

Creating Confident You is a private 12-week confidence, dream & action system that helps you step into your life boldly & stress-free. A 1:1 coaching program that's proven to transform lives!

WHAT'S INCLUDED?

- The fundamental mindset shifts that, allow you to feel fulfilled in your life.
- Get clear on who you are and what's important to you.
- Learn specific tools that help you build self-trust.
- Classify exactly what your purpose is (There are 3 types).
- Learn how to create powerful relationships in your life that you love.
- Create a vision of the Dream You, Your Dream Community & Dream Career.
- Learn how to set powerful intentions that guide you to your dreams.
- Learn the tools and create a mapped-out plan to get to your dreams.
- Take action and receive accountability along the way!

Ready to create a life you feel good about?

Ready to experience, freedom of mind?

I WANT IN!

WHAT PAST CLIENTS SAY:

Lily | Early 30's

I am going to live life differently.
Take different approach.
Not anymore hiding and scarcity.
More to explore what I don't know.
I am not going to pre judge what's not happened yet - so not over thinking.
Take action, go experience.
If I enjoy it, it's a bonus!
If I didn't enjoy, it's a lesson to understand myself better 10:59 AM
I have learnt so much tools from you!
It's life changing!
I think you should be called life changing coach 🙌💖🌟 11:00 AM

Gero | Early 50's

Thanks Julia it's all thanks to your help. I'm so so happy to have met you I could not have gone through all of this without all of your help. 1:49 PM
Of course 😊 1:50 PM ✓
This client wanted to find the love of his life & he did!
We got engaged so so happy 💍🥰🥰❤️ 4:50 AM

April | Late 30's

🥰 I just want you to know that you are a great part of the power of changing life by life by life and thank you so much 🥰🥰🥰🥰
Julia Marie Nica, I could not have been doing twenty twenty without your guidance and appreciation and sheer work (SHEETS)!!
Working on Me. Myself. My loves. My hopes and visions and dreams. My family. My future.
Thank you could never be enough!
Just caught the most grateful wave of emotion and wanted to share it with you 🙌 thank you

YES, I WANT TO DO THIS!

Thank You!



Thank you for investing the time to expand yourself & believing in me enough to download this life-expanding guide.!

I believe in your potential & I know you're worth it. Make sure to start taking action in your life and build your confidence & belief in yourself.

Life is so much fulfilling when we step into our power!

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