

This program is designed to help you have more motivation, to develop more willpower, to change your relationship with food, and to eliminate a lot of those outdated rules and beliefs that you have around food and your habits.

This is not a magic pill. I know you all want it, and I want it too, but the reality is that magic pill doesn't exist. But the good news is that Conscious Napping® makes getting rid of your excess weight so much easier.

You will get out of this program what you put into it. If you practice the techniques you are taught, and listen to your recordings every day you will have success.

Here's what you can expect:

Every week, something new will come into your training library. You'll have a Conscious Napping® recording that you will take time to listen to in a quiet place where you can relax and give your undivided attention. This recording is NOT meant to be listened to when you are trying to do something else. It needs your total attention. You will listen to these Conscious Napping® recordings every day. When a new one arrives the following week, you'll listen to the new one everyday, and so on throughout the 11 week cycle.

Some weeks you will receive a recording that is designed to listen to in your car or any time or place. The more you listen to these recordings the better. They're designed for your conscious mind to keep your goals front and center.

You will get worksheets and other informational handouts. Use these! Remember, putting in the time gets you the best results! Be reflective and thoughtful and act on the insights you gain.

When you are done with the 11 weeks of modules, you can listen to which ever Conscious Napping® recording you want, once a day until you reach your goal weight. Then you can wean off to once per week, then once every other week, then once per month for maintenance. And of course, you can come back to your library any time you want at anytime in the future.

So let's talk about weight. Everyone comes at this from a different perspective. Some of you may have had illnesses or injuries that caused weight gain, some of you may have had extreme life changes or events, some may have gained it slowly over time. And you could talk about it forever. That's the first change you will make. Stop talking about it. All of that story is the past that you can't control or change, and every time you talk about it, you reinforce it and bring it into the present, letting it influence your future. You are where you are at this moment and it is about one day at a time.

There are 3 main components to weight that you need to address: Physical issues, habits and emotions.

- Let's start with physical. If you have not had a recent physical, you should definitely do this to rule out any underlying health issues that should be addressed.

Nutrition and how much food you take in is also a part of this. While reducing the amount of calories is a part of getting rid of the weight, the kinds of foods you eat are equally as important. Your body needs proper nutrition and it will not let go of the weight if you are eating 1500 calories of candy bars during the day and depriving it of important vitamins and minerals for good health. Certain foods are known to cause inflammation in the body and disrupt an efficient digestive system, so consider checking to see if you have sensitivity to sugar, dairy, and certain grains. Check with your doctor, a nutritionist or get a good book, like *Whole 30* to answer questions and guide you through a process of testing to see which foods your body enjoys and which it doesn't. Of course natural healthy foods are important - shopping the perimeter of the store where everything is fresh and natural, not the interior where the foods are processed and full of chemicals.

The third part of physical is getting physical - exercise! For some of you this is a dirty word, but this program can help you find the motivation to get over those couch potato habits and start moving your body. There are lots of activities you can do to stretch and get your heart rate up. And have fun!

- The second component to successful weight reduction is habits, exploring the positive and the negative behaviors you have around what you eat. The first document you will receive is a food diary. You'll notice that it has little emphasis on calories, rather focusing on how you are feeling, what you are thinking and what you are doing while you are eating. It will help you to know your habits much better and how to improve them. This diary should be kept for at least 3 weeks or longer so that you can get to know and effectively eliminate your negative behaviors and replace them with ones that are more productive and empowering.

You'll also commit to eating in one place at home or at work. It **cannot** be in front of the computer or television, at your desk, driving the car, or in bed. Obviously going out to eat is different. Preferably it is at a table where you can concentrate on your food. This allows you to get back in touch with how your food tastes and feels, how quickly you get satisfied and what you are thinking or doing. Food is first and foremost energy on a plate, for the body to sustain itself. You should of course enjoy and savor your food, and learn to get in touch with what you are eating.

- The 3rd component is emotion. Your behaviors are driven by emotion and reinforced by logic. Many of you eat for reasons other than physical hunger. You may eat when you are bored, lonely, stressed, angry, sad, or feeling inadequate. Some of you don't even know why you are eating at all. But one thing is for certain - there is no kind or quantity of food that can ever make you NOT feel any of these things.

Part of what this program aims to do is help you change your thoughts. When you change your thoughts you change your brain, and you change your life. Did you know that your brain can't tell the difference between what's real and what's vividly imagined? There are a myriad of scientific research that proves this to be true. You experience this all the time: The last time you went to a movie and cried because it was so sad. Or a

slasher movie and found yourself gripping the seat? You felt as if YOU were in the movie and it was happening to you! And your body had physical reactions to your thoughts. So when you change the conversations you have with yourself, things change in your brain.

One of the first techniques you are going to learn is a breathing technique that will help you feel calm and clear and in control. Who doesn't want that, right? When you feel these things you make better decisions, so you will use it in decision-making, like before putting food in your mouth, deciding to stay put on the couch, or picking up that bag of cookies at the grocery store.

It's called the *5,4,3,2,1 relax technique*. It has two parts. The first part is to teach you how to breath properly and the second part is how to change your focus. Because what you focus on expands, you want to shift your thoughts from what you don't want to what you DO want.

Let's talk about the science behind your breath, about how your body is designed to work. The longest nerve in your body is the vagus nerve. The job of the vagus nerve where it runs under the diaphragm is to send a message to your brain to release calming chemicals that in turn shut off the stress chemicals being produced. This naturally helps you relax and feel calm and clear.

You take a relaxed deep breath, hold it for a short count of two, then exhale it slowly. Use your diaphragm to take that belly breath. The second step shifts your focus from what you are thinking of to something else. You shift to a state of relaxation and control. As you exhale, you count in your mind from fast to slow, loud to soft: 5,4,3,2,1, followed by the word "relax." Doing this five times in a row allows the vagus nerve to be naturally stimulated and for you to become clear and relaxed.

Practicing this technique is also the first step in learning how to do Conscious Napping® on your own, without the guidance of these recordings, so practice, practice, practice!