

restora
HYPNOSIS



signature weight-loss program

Return To The Joy Of Eating And Living!

In This
Guide

The Basics

Tips & Truths

A Plan You Can Live With

1

the basics

Getting Started

The 4 Essentials To Long-term Success

1. Morning Weight Assessment An Important Feedback Loop

This step will help you make the connection in your brain about how your daily choices are affecting you. If you are at the reducing stage and the scale did not move, think about what you could eliminate or consume less of today. Commit to more cardiovascular exercise that day or for the entire week. If you are near your optimum weight and the scale goes up a pound or two, think about if you ate something that contained a large amount of sodium or if you loaded up on too many starches. Commit to change on this new day. Become an expert on yourself. Take control and strategize. Monitor, assess, and adjust according to the scale's readout.

2. Take in fluids that amount to half your body weight in ounces

Hydration is essential. Water is vital to flush out toxins. You can also use fresh fruit infused water, soups, teas, and vegetable juice as hydration sources. Proper hydration will help your body work better.

3. Daily Movement Preferably Deliberate Planned Exercise

It would be best to make a consistent regular exercise program a priority (we will discuss this further in this booklet). When there are too many demands on your time, strive for 10 minutes a day of being active. It's imperative to fit in some form of physical activity daily. Just find some way to move!

4. Allow A Weekly Cheat - When You Can Relax Restrictions

Plan a meal where you eat something you feel like eating without analyzing or agonizing about how it will affect you and without feeling any guilt. You can wait until you get to the stage when you feel a sense of security that you will not lose control and revert to your old ways or begin practicing on week one. You will find after the Restora Weight –Loss Sessions, your taste buds will change, and you will prefer healthier foods at almost all of your meals.

- Be aware of calories, but don't count calories. Avoid low-calorie diets, as they increase cravings, feelings of deprivation and eventually lead to binging.
- Observe thin people and follow some of their behavior and eating style (only, of course, after you have determined that it is a healthy one).
- Be flexible, not rigid. Allow for spontaneity in life and with what you eat! If healthy food is not around, and you must eat, make the best choices possible, then compensate by being extra careful and selective at the next couple of meals.
- Strive to be consistent, not obsessive about food and exercise.
- Eating should be pleasurable, no foods are off-limits, you are in control of your choices. It is the quantity and frequency of consuming a less healthy type of food that will negatively or positively influence your health and body. A little bit won't kill you, but a lifetime of unhealthy habits will contribute to your demise.
- This commitment to being healthy is a marathon, not a sprint! It's how you behave on balance that will determine your health and weight.
- Focus on establishing good habits.

Variety Is The Spice of Life!

Keep an open mind about trying new types of healthier food. Experiment and be creative in your food choices and meal planning. You can train yourself to eat much more nutritious food and love it! We have provided a basic guideline to help you put parameters around the food you choose to eat daily, weekly, or monthly.

It is helpful to plan. We are lucky because many types of healthy prepared food and organic ingredients are readily available. Always strive to put the best quality food in your body. Avoid food with chemicals and preservatives or food that is highly seasoned. Get used to eating "plain" food. This action will help in awakening your taste bud's sensitivity and help you eliminate foods that are not good for you.

2

the basics

HELPFUL GUIDELINES

To eat well and take in enough nutrients to be strong and healthy your food intake should contain protein, carbohydrates, fruits, vegetables, and fats. You can have dairy items; however, they should be eaten in a minimal amount, especially cheese. It would be best to consume fats mainly in salmon, nuts, seeds, avocados, a smidgen of whipped butter, or drizzles of oil.

Below is a suggested rule of thumb template for you to keep in mind for your eating plan makeover:

Vegetables and Fruits – 60% to 70% of intake
Carbohydrates – 20% to 30% of intake
Animal Protein – 7% to 10% (unless vegetarian or vegan)
Sweets and Treats – 2% to 3% (optional)
Fats – Should be kept to a minimum
(fats will also be addressed later on in the program).

[Adjust recommendations for dietary needs for particular intake due to religious observance, age, activity level, medical conditions, pregnancy, or athlete training at high-intensity levels for competitive events.](#)

YOUR PERSONAL JOURNEY

The Restora Weight Loss Program is not about food or diets, or compulsive exercise. It is about learning self-control, self-love, and committing to honor your life as valuable and believe you deserve to be at a weight that makes you feel happy. It is also about making daily choices that will enhance your well-being rather than making self-destructive choices. If you stick with it, you will experience deep core changes that you will integrate in a lasting and multidimensional way.

ROME WASN'T BUILT IN A DAY!

Deep change is a process. You are changing your relationship with food and your body. In a healthy relationship, food is a pleasure. Eating should not cause distress but fulfillment and satisfaction. The act of eating is sensual. Normal eating satisfies bodily hunger and supplies nutrients that fuel the body. Food is energy, and energy is the source of life.

GOALS ARE IMPORTANT

Your long-term focus should be to change your lifestyle to one that embraces consistently healthy eating and consistency in engaging in challenging exercise. It would help if you remained optimistic and open-minded to new experiences and personal growth. Think of yourself as going through a new door and forget your past experiences. You're going to take this one day at a time, and your new behaviors each day will be like beads strung together that create a beautiful string of pearls (symbolic of the new you)! You can power through and make the change you want. You can overcome your internal and external obstacles if you don't give up. Commitment is power!

OTHER RECOMMENDATIONS

- ✓ Plan or cook healthy meals in advance.
- ✓ Strive to eat a large interesting salad daily as an entree or part of a meal.
- ✓ Eliminate empty calories that do not provide sound nutrition.
- ✓ Eliminate soda, sweetened teas, and juices.
- ✓ Fill up on vegetables (you can eat an unlimited amount if you desire).
- ✓ Consume eggs one to two times a week maximum.
- ✓ Eliminate fried food. If using light breadcrumbs to coat, use spray-on cooking oil.
- ✓ Avoid using artificial sweeteners.
- ✓ Think balance and diversity, cross-train your metabolism by eating a variety of foods.
- ✓ Go easy on bread. Eliminate buns on burgers or just eat half of the bun.
- ✓ Do not snack between meals.
- ✓ The regimen you settle into must be sustainable, a way of life you can live with, and should not make you feel deprived.

3

tips & truths

START SLOW AND STICK WITH IT

Sometimes people panic and get frustrated if the scale does not move right away. You have to change your attitude. Your goal requires you to have patience, perseverance, and a long-term commitment. You may feel that you are sacrificing and nothing is happening, but if you quit and throw in the towel, you will surely fail guaranteed.

YIKES: THE SCALE WENT UP!

Once again, this is a temporary situation as you start changing your eating patterns. If this should happen, stay calm. The best thing to do is keep a log or a journal for a few days or a week. If you have a good memory, you can do it in your head or by taking notes. Be aware of portion sizes, what you ate, the number of carbs, or your overdoing it on your cheat day. Also, note how the food was seasoned. Did you consume meals with creamy, buttery sauces or eat a colossal dessert? Did you supersize the portion of something you liked? Did you eat more as a reward for exercising? Don't just go unconscious and resort to autopilot eating again. Stay engaged in the process. Remember, you don't have to be perfect, only consistent. You should then assess your behavior and pinpoint where you may have gone wrong. Make the changes. Be stricter about what you put in your mouth and see if the scale doesn't reflect the changes. It may take a few days of disciplined eating before turning it around and taking full damage control. It will be a good learning experience and will create the awareness that will help you refine and make changes that keep you moving in the direction of being lean and mean!

EXERCISE: NO EXCUSES

You cannot avoid exercise if you want to keep your body in tip-top shape. The key is to do something you enjoy or learn to enjoy the physical activities that you participate in for exercise. In the space provided, jot down some weekly goals. Even informally putting them in writing will help reinforce them.

A NEW CARB CONSCIOUSNESS

People who are overweight are not exercising enough self-control regarding their carb intake. You need carbs, but most people go way overboard. Be conscious of white flours and macaroni products. They feed your fat cells. Choose whole grains, quinoa, brown rice, barley, broccoli, and lentils. Try to eat your carbs before two in the afternoon. That way, you have plenty of time to digest and burn off the calories they contain.

RE-EVALUATE WHAT YOU WERE TAUGHT

You are not being disloyal to your family and culture of origin by choosing to change your eating habits. The influences you had growing up may have contributed to bad habits and issues around your relationship with food. Family members and loved ones may not be supportive of the positive changes that you are making. You may also find that work environments can also apply peer pressure to influence you to eat foods you know have long term consequences for contributing to an unhealthy lifestyle and diseases. Be strong, be smart, resist, and stay committed to the decisions you have made to pursue a healthier path.

GOALS:

- 1.
- 2.
- 3.
- 4.
- 5.

4

food ideas

TIP TO JUMPSTART YOUR SUCCESS

Read labels carefully. Choose items with the lowest amount of sodium, sugar, and fat content. Eliminate highly processed and fast food of all kinds.

Cut back on cheese. Eliminate chips and crackers. Incorporate more salads and vegetables into your diet. Eliminate sugars and flavored coffee creamers.

Avoid white flour; choose whole grain products whenever possible as they provide more nutrition. Limit your starch intake to one or a maximum of two small portions a day. Incorporate carbs from other sources, then starches (such as broccoli and beans). Always ask for dressing and sauces on the side. When possible, drink a minimum of 64 ounces of water a day. Eat only when you are relaxed and when you are truly hungry.

EXERCISE MOTIVATION

Commit to exercising regularly. Vary your routine and remember to do something for cardio, flexibility, and to improve muscle strength. Also, consider a class that involves movement that is pure fun. Use the buddy system if that helps you with accountability. Do something to get your blood flowing daily, even if it does not seem vigorous; you want to reinforce the habit of moving.

MORNING

Old Fashioned Oatmeal – (use fruit to sweeten such as strawberries, blueberries, bananas, or dried cherries)

Real Egg Whites – (Hot Sauce for flavor) fruit on the side or one slice of toast

Real Egg Whites – (can use a tiny bit of shredded cheese for flavor)

Kodiak Protein Pancakes – Plain or with a bit of honey

Toasted whole grain bread w/salt-free/sugar-free peanut butter or almond butter

Yogurt with fresh fruit

Smoothie - With Protein Powder

AFTERNOON

Vegetable-based soup/ no cream soups with half sandwich or salad.

Salad with grilled meat.

Steamed vegetables, tofu, and rice

Quinoa Salad / and one other low cal item

Kale Salad

Half low sodium turkey or roasted turkey sandwich with lettuce and tomatoes

(Use mustard or hummus in place of mayo)

Half grilled chicken wrap w/ lettuce and tomatoes fresh mozzarella – balsamic on the side.

Hummus with carrots

Tuna Salad – light on the mayo on lettuce with tomatoes

EVENING

Veggie burgers, black bean burgers

Grilled chicken with vegetables

Grilled salmon, fish with vegetables, or fish tacos

Turkey burgers, beef burgers (no cheese) 1 slice thin crust pizza / with salad or veggie pizza or salad Pizza

If eating pasta, choose angel hair.

Fish Tacos