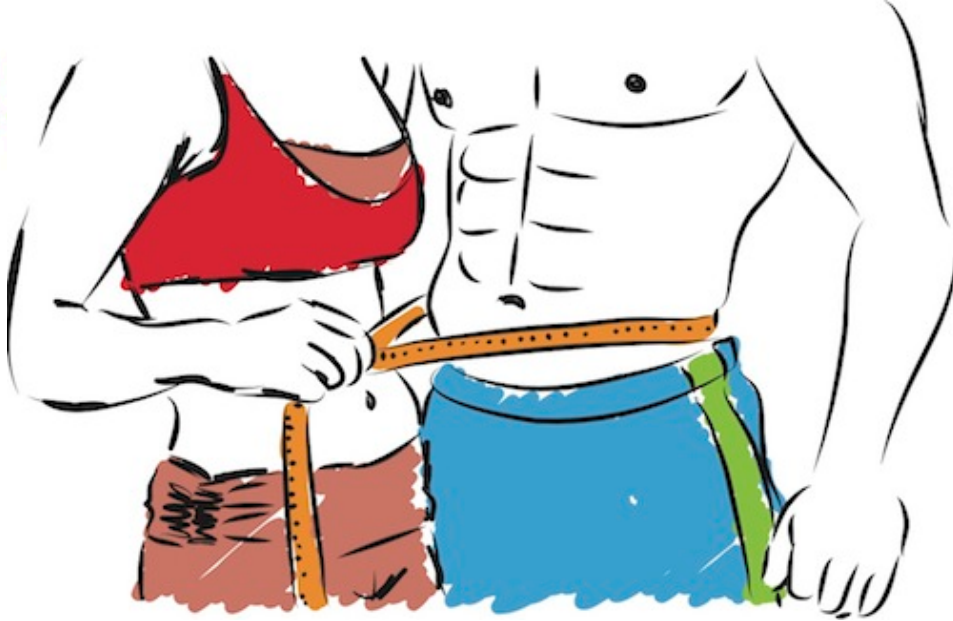


# 5 Day Weight Control Detox Program



## MIND BODY SPIRIT DETOX

All The Tools You Need  
To Get Your Self In Shape

Sarah & Paul Chambers  
[www.organicherbalcoloncleanse.com](http://www.organicherbalcoloncleanse.com)

## Have You Been Programmed To Gain Weight?

A

Controlling weight can generate crazy emotions in people. If you are reading this, you should be able to shed a few kilos with the information that follows. . No matter how much lighter you would like to be, you must remember that you are beautiful no matter what you feel about yourself. We are all different shapes and sizes, and our culture has programmed us to feel inferior if we hold onto a few extra kilograms.



B



There is only one thing stopping you from getting from A to B

Self-sabotaging, which all comes down to choice. When you realise you are in control of your preferences controlling your weight becomes much more accessible. So, is it time to take control?

### Positive and Negative Learned Programming From Childhood

Your thoughts and habitual conditioning of perceiving and behaving are all programs you run in your unconscious mind. You learned to interpret your world based on your experiences and personal needs as you grew up. You developed then repeated behaviours and strategies that helped you obtain what you wanted. You then create stories to explain and justify those experiences. Because these are conditioned from childhood and often not of your own making, it is possible to reprogram yourself, just like a computer can be reprogrammed.

#### Positive Learned Programs

- Learning to walk.
- Learning to speak.
- Learning to ride a bike.
- Learning to write.
- Learning to drive.
- Learning to relate to other people
- Learning to look after yourself
- Learning to be assertive.
- Learning to be self-confident.

#### Not So Positive Learned Programs

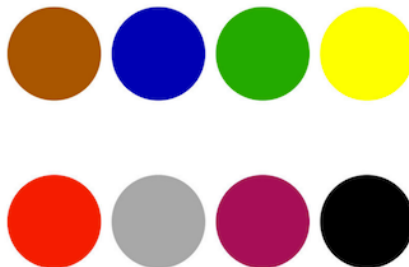
- Learning how to self sabotage
- Learning to smoke.
- Learning to be over weight.
- Learning to be fearful.
- Learning a phobia.
- Learning to be stressed.
- Learning to be anxious.
- Learning Guilt.
- Learning lack of confidence or poor self esteem.

For Example, this program is that you "walk past the cake shop, or stop, buy cake, eat it at home, feel good, think I shouldn't have eaten the cake, feel bad." You might install "walk past cake shop..... Stop..... Feel good about having a choice.....; choose to not buy the cake! Feel really good as you walk past." Now would that be better?

Generating balance within is about reconnecting your body and mind to create the physical, mental, emotional and spiritual stability already in you. It means removing any barriers to allow full expression of yourself and your positive potential to come through. It is also a matter of self-acceptance as this is the underlying precondition for genuine physical beauty, emotional happiness, and spiritual fulfilment. Unfortunately, lack of self-acceptance is the underlying cause of human unhappiness resulting in self-destructive behaviour. Lack of self-acceptance paves the way to comfort eating.

You probably know someone who projects self-acceptance out into the world. So as you weigh up making changes in your life, make sure they are not based on an attempt to live up to society's or someone else's notion of what you should be or how you should look. Your understanding of self-acceptance is critical to your success or disappointment when you start any weight control programme or diet. Remember losing weight is not a mechanical or technical procedure. Your feelings, motives, and self-determination are equally as important.

### Dr Max Luscher Psychological Colour Test



*The test was created by Dr. Max Lüscher during the early 1900's.*

The test itself is based on fundamentals in colour psychology. With years of research by colour psychologists, the characteristics of specific colours have been identified to cause an emotional response in people. Studying the response from hundreds of thousands of test subjects worldwide to isolate how specific colours make us feel. By doing the reverse, using the colours people prefer to determine how people think and feel at any one time, we can get some exciting indicators about a person's current emotional state.

It is essential to understand that the results from tests like this can be both short-term and long-term in their meaning. For Example, you may see this reflected in your results if you feel depressed about something when you take the test. You may also notice deeper conflicts showing themselves consistently if you take the test repeatedly.

**IMPORTANT:** The Luscher colour test, despite the ease and speed with it can be administered, is a 'deep' psychological test, developed for the use of psychologists, psychiatrists, psychotherapists and physicians and those who are professional involved with the conscious and unconscious characteristics and motivations of others. It can be a good insight for people with emotional issues.

**DO THE LUSCHER COLOUR TEST ONLINE**


**Download Apps**

**BE AMAZED!**

The following are extracts from "Gut Reaction" a book by Gudrun Jonsson. Published by Vermillion ISBN 0 09 181673-4. This book is excellent if you wish to learn more about the mechanics of digestion. Highly recommended

#### **How Do You Eat?**

The way we eat has as much impact on our digestion as what we eat. The most fundamental cause of the incorrect fermentation that leads to so many health problems can easily be put right. Eating only when you are in a calm, relaxed state and chewing each small forkful of food 50 times will produce conditions in the mouth that are absolutely right for digestion. Acid-forming foods can be transformed into alkaline-forming foods by thorough chewing. You will find that some foods, notable grains — become tastier the longer they are chewed.

A faint, artistic background image of a person's hands holding a green apple, with the person's face partially visible in the background.

## When you sit down to a meal

### "Chew your drinks and drink your foods".

**This sounds simple enough**, but the simple things are invariably the most difficult to do at all, let alone do well. We do not chew our food well enough.

When you sit down to a meal, think of Mahatma Gandhi's advice to "Chew your drinks and drink your foods". This sounds simple enough, but the simple things are invariably the most difficult to do, let alone do well. We need to chew our food better.

Rarely are we calm? Eating too quickly or while on the move, eating late, and skipping meals altogether are all common patterns. To digest food properly means to ferment it exactly. If your digestion system is struggling, and these patterns will make it so, your food cannot be digested effectively, and it becomes toxic, even if it is the best food in the world or perfect for other people. It is up to each of us to find ways of making life more relaxed and less pressured. If we can do that, our digestion will cope better too.

## How Your Digestive System Can Go Wrong

**The first chance the digestion gets to go wrong is in the mouth, with carbohydrates.** The saliva in the mouth should be alkaline, but in most people, it is not alkaline enough, which means the stomach, the liver and the pancreas further down the chain have to work harder to secrete enough enzymes to break down the food.

**If food is not chewed thoroughly**, the salivary enzymes, which break all the fats (lingual lipase) and convert starch to sugar (salivary amylase), cannot do their job correctly before the partly digested matter passes to the stomach. Incomplete chewing will also leave the stomach unprepared for any proteins that might be included in this matter. Suppose the stomach does not receive the message that chewing transmits. In that case, gastric acid and pepsin will not be excreted in sufficient quantities, and the transformations that have to occur in the duodenum — with the help of alkaline-forming pancreatic enzymes and bile — will not be completed.

**If anything, the situation is worse** with fats because their digestion and absorption is the most complex part of the process. Fat is water-insoluble, so the gut has to convert it into a soluble absorbable form, which is then secreted into the lymphatic system. This chain of non-communication results from the malabsorption of the body's vital nutrients and a build-up of undigested matter.

*Guðrun Jonsson*

## OVER INDULGING

**For some people, overeating is a habit they've never grown.** They ate a lot when they were growing up and forgot to stop once they'd 'grown up' - does this sound like you?

In the past, you probably ate a lot and had a big healthy appetite. You ate a lot because you were growing, and your body needed extra nourishment to feed your growing bones. Now that you're an adult, you have decided to attain your best size, shape and form – So it's time to see things from their proper perspective. You don't need lots of food – it's just a habit you have got yourself into. Remember that your subconscious mind controls your automatic actions and reactions; when habits are formed, they become unconscious learnings, things we do automatically. With hypnosis, an excellent tool and the key to your subconscious mind, you will reprogram yourself for success. You are not the same person you were 7 years ago; you are not the same person you were yesterday or even this morning. You are constantly changing, all the time, forming new patterns of health awareness. In the hypnotic state, your mind will be open and receptive to new ideas and thoughts, and you will become aware of your eating habits and therefore have the choice to listen to your body and STOP. You will ask yourself whether I need more. Am I really still hungry? More often than not, you will be surprised by the answer.



## Why Diets Don't Work

As you are probably aware, diets make you fat! When we diet or drastically reduce our food intake, our bodies "think" that we are starving because there is a famine or lack of food. The body then goes into crisis mode and slows down its metabolism to conserve or make the most of the little food it is getting. The longer the "famine" lasts, the slower your metabolic rate will become. Eventually (because we are depriving our bodies of essential nutrients), we will be forced to "binge" or break our diet. When this happens, the body "hangs on" to every bit of fat, carbohydrate or "storable" food taken in because a) Metabolism is still slow and b) The body will want to "lay in" provisions for any future "famine" by storing food "just in case". The more we crash diet, the more our bodies become convinced that our food supplies are unreliable and the more they will store fat. When this happens, we will lose weight while eating a healthy diet.



## The Comfort Eating Programming



**I did therapy with a client addicted** to chocolate biscuits called Tim Tams. We analysed her childhood and discovered that at age 3, she fell over and hurt herself quite badly. Running to mum for comfort, a plaster was placed on her knee, and a TimTam was placed in her hand, followed by a big hug. What her mother had unintentionally anchored in her small daughter was the association that a sweet chocolate biscuit and a hug are comforting when you are hurting.

**She spent the remainder of her childhood being provided with sweet chocolate** biscuits every time she hurt herself. The consequences of her mother's unconscious act led this woman to run for Tim Tams every time she felt emotional hurt, which lasted for the next 35 years!

**Negative emotions from the past are stored in every cell of your body.** If you associate food as a comfort self-nurturing crutch, weight control will be more challenging. The amount of motivation needed to stop buying and eating comfort foods when feeling emotional is considerable. Self-nurturing is so essential, but self-nurturing with food is not the answer. Trying to cut out comfort food can cause feelings of loss, which creates a catch-22 situation.

**Back you go to the cardboard meals and chalk shakes**, and the cycle starts again. Deep-rooted emotions are a factor that I encourage anyone to consider clearing. If you are struggling with weight control, yoyo dieting or any form of food addiction, find a therapist that does Time Line Therapy who is clinically trained. This will put you on the high road to success in keeping your weight under your control, not under the control of your unconscious emotions.

## Believe Only What Your Images Inside Convey to You

No matter what your outer circumstances may convey, you will become thin by believing that you are thin now. It has been proven repeatedly that what you are imagining right now will be what your life gives you in the future. Do whatever it takes to convince the mind. Every cell in your body reacts to your thoughts. How do you want them to respond?

## Be Grateful for Every Bit of Progress You make

Say thank you inside and to the Universe for the progress you have made just by putting the effort forth with love. Accept every compliment as true. You will see results by doing so.

## What you can do to help yourself?

### AFFIRMATIONS

Affirmations are autosuggestions made up of simple words or phrases that you can repeat to yourself whenever you feel an urge to eat or to skip your daily exercise. In other words, self talk.

When you have an urge to eat, take a deep breath. Now focus your feelings in a positive, pleasant situation. Now say out loud in front of your mirror.

## The Power Of Positive Affirmations

***"Every day in every way I am getting slimmer and slimmer"***

**YOUR  
SELF-TALK  
DETERMINES  
YOUR  
SELF-WORTH**

The more positive messages your conscious mind sends to your subconscious the more you'll want to do what's needed to achieve your goals. Remember your subconscious mind is quite happy with you being over weight, it's responsible for it. Your subconscious mind has no idea of outer reality it has just protected your emotions by piling in the layers! So make sure your affirmations are in the present tense, bring them into the moment focuses your attention on what you are saying and doing right here and now.

Self Esteem is connected with being over weight and you can become your own worst critic. Sending out negative messages to your brain has profound influence on weight control success. Whether you realise it or not your negative self talk creates as a self-fulfilling prophecy. If you find yourself thinking a negative thought simply say to yourself or out loud:

**CANCEL - CANCEL - CANCEL - CANCEL THE NEGATIVE THOUGHT**

This will act like a text message to your subconscious mind to do just that.



**"Be careful how you are  
talking to yourself,  
because you are listening."**

**- Lisa M Hayes**

Self-talk plays an important part in determining your behaviour and how you feel about yourself. If your self-talk is negative and defeating, you may end up binge eating, or comfort eating when you are not even hungry. On the other hand, if your self-talk is positive, you can often prevent inappropriate eating, and the bad feelings that trigger or accompany it. Self-talk can have a great affect your confidence. There are a few ways you can develop better self-talk, which can be as simple as listening to what you're saying to yourself each day.

## There are three-step to turn self-defeating self-talk into empowering talk.

1. Each time you feel that you've strayed from your goals, reflect on your thoughts before, during, and after you ate.
2. Ask yourself if your thoughts are rational, true, or helpful.
3. Come up with more positive, helpful self-statements, such as:

"I can wait until dinner; if I wait, the hunger may pass" or

"Eating will not solve the problem." It's much better to take control.



### Create a feeling of emotional calm.

**I promise myself I will stay away from processed foods** such as sugar and man-made carbohydrates. The fact is foods such as these are filled with stimulants and chemicals to entice you to eat more. When you eat sugar what results is a dip in sugar levels, even savoury foods can contain sugar and this causes sluggishness and tiredness. This encourages you to eat more sugar and go 'up' again. Over eating on sugar creates these highs and lows moreover an imbalance in the blood sugar levels that experts believe can be a cause of diabetes. Drink plenty of water everyday, your pee should be very pale in colour. You can make your water really interesting with mint, lemon and limes.

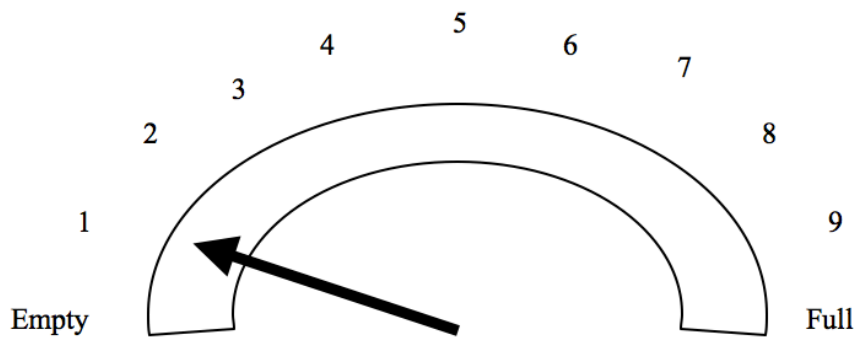
### Weight Control v Dieting: It's About You Being In Control

**Weight Control** is not about endless dieting; it's all about changing to a balanced eating lifestyle. We are giving you the tools to get you out of the prison of dieting. If you can maintain eating natural foods you are half way there. Any food that that come in a can or package are not natural or healthy foods.

**By fuelling your body regularly with real healthy balanced food** everyday your body will have the energy it needs to operate at maximum peak level. By satisfying the needs of your whole body mind system you will create a balance that satisfies your needs.

**Cravings start when your body is not being nourished** with the right balance of vitamins, minerals, carbohydrates and protein, love and affection. By increasing your awareness of yourself with the free Creating Success MP3, your whole body mind system will intuitively know what and when to eat. When you listen to what your body is saying you can quickly and easily learn to understand the different habits of your eating patterns and can bring about a positive self-empowering change in your life. When this happens you will be more in tune with your physical, mental emotional, and spiritual nutritional needs, and have control of your life. Choose the high road to success, always.

**Don't forget you are taking yourself out of your comfy zone**, your conditioned way of eating and living. As with any life change it may not "feel right" or comfortable for you straight away. You are waking up to a better reality that YOU are creating for yourself. You may experience stomach discomfort and fatigue, and mild anxiety. Remember, this will pass. **When your body is cleansed you will feel so good.** You will wonder how you ever hurt yourself by eating too much of the wrong foods. Remember; if you need to eat between meals choose raw vegetables such as sliced carrots, or celery. Meals should fit on your plate not over your plate. A serving should be the size of a deck of cards or the palm of your hand. Of course, it's your choice!



### Tuning into your body-mind system

THE FUEL GAUGE ILLUSTRATION HELPS YOU TO RECOGNISE AND BALANCE YOUR INTAKE OF FOOD IN ACCORD WITH YOUR ACTUAL HUNGER LEVEL.

The stomach has to churn the food you eat with a chemical called hydrochloric acid to break it down; if the stomach is stuffed to full capacity, your food cannot be broken down properly. Space needs to be left to allow this process to take place. It is like stuffing too many clothes into your washing machine. The result is an ineffective wash. The same goes for your stomach; too much food leaves no room for adequate digestion.

If you overeat, the consequences are a large mass of undigested food struggling to pass through your digestive system, which is unhealthy. The underlying cause of overeating is usually emotional, which should be addressed. On a symbolic level over, eating can be associated with suppressing emotion with food and compensation for what your actual needs are at the time.

Cravings for sweets and chocolates can be attributed to the following:

On a mental level.  
Conditioned eating behaviour

On the emotional unconscious level.

Feeling lonely and unloved.

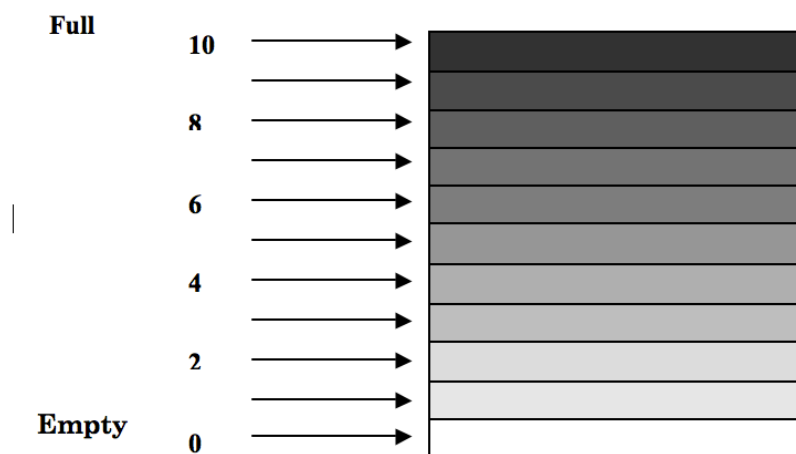
On a physical level.  
Hormonal  
Lack of minerals.

On a spiritual level.

The search for wholeness.

### How to use your fuel tank gauge metre.

1. When you feel you want to eat simply place your hand on your stomach, putting attention onto that area of your body focuses you on your hunger level.
2. Use the following scales to assess your hunger level.





### Level 0-1

Physically your stomach is totally empty, and you feel hungry. This is the feeling you should experience before you start eating.

### Level 2-3-4

These feelings are one of comfort, or after you have just eaten and your stomach is comfortably digesting your food. There is no feeling of hunger at these 3 levels.

### Levels 5-6

You are eating, and you start to feel contented.

## Avoid levels

### Levels 7-8-9

This is where you start and go past the level of feeling comfortable. When you stop eating, you feel uncomfortable, i.e. heaviness, dullness and distension of the abdomen.

### Level 10 Full

You can't eat another thing; your stomach is so full its swelling and feels like some people do after Christmas dinner.

### Level Empty

Your stomach is uncomfortably empty. You are starving. It is important to eat before you reach this limit. **This level is to be avoided.**



## POINTERS

***Note.** Some of these pointers may require effort to start with. With long-term change this is often the case.*

- 1. Make sure to eat all meals.** Skipping a meal will make you more likely to experience cravings simply because you are hungry. Don't go shopping on an empty stomach.
- 2. For the same reason, don't starve yourself!** If you eat too little, your body will feel so deprived that these cravings are more likely to strike.
- 3. Drink plenty of water.** Dehydration can sometimes be mistaken for hunger and heightened cravings, especially for sweet foods. Drink plenty of water.
- 4. Understand that cravings are a normal response** to living in an environment where food, especially junk food, is freely available. Eliminate as many food cues as possible – if you are giving sweets or chocolates as presents, give them away early, so they are not in your house.

*You have the option to purchase 'Curb' (see information sheet)*

- 5. Be aware that cravings pass.** When you crave, hand on your stomach, then wait 15 minutes. There is a good chance that it will subside. If it doesn't, eat something small like a water biscuit or drink a glass of water.
- 6. Put distance between you and food.** When the urge to eat hits, stay away from food, go for a walk, or leave the supermarket or shopping centre and simply step away from temptation. Then pat yourself on the back!
- 7. Take responsibility for your eating.** Believing that certain foods are "addictive" may be a way of giving yourself permission to overeat. Chocolate isn't addictive. Take control.
- 8. Exercise rather than eat when you are stressed.** When you eat fat/sweet food, such as chocolate, endorphins are released in the brain, which induces euphoric or pleasurable feelings. The same brain chemicals are released in response to good exercise. You have a choice; choose the healthy one.
- 9. Be aware of your eating.** Begin to identify what these foods you are craving really provide. Is it really the ice cream, or are you craving the comfort and security you get when you eat it? Or perhaps you lack minerals?

**Always sit down to eat:** Even if this is a snack, sit down! Focus on what you are doing, and don't rush your food. Doing this prepares your digestive juices and makes you more aware of what you are doing. I know it's not easy with a young family but eat in a settled and quiet atmosphere when possible. The situation and location you eat your food are just as important as what you are eating. When you are eating, just focus on eating. Don't divide your attention by working, reading, listening to the radio or watching television simultaneously. When you eat, your attention should be on your food, so you can enjoy it and become aware of what it tastes like.

**Don't eat when you are upset.**

Nothing is worse for digestion than feeling angry, disturbed or upset and then eating. Wait until you feel more settled, and then eat.

**Don't talk while chewing.**

When chewing your food, focus your attention on doing just that. Enjoy the taste, sight and smell of your food. Avoid heavy emotional conversations; digestion does not go well with digestion!

**Sit still and quiet after your meal.**

This allows your digestion to function without effort. Even if you have to "eat and run", find 5 minutes; even the briefest time is time well spent.

**Eat only to the point of comfort.**

Remember Level 6 on your Satisfaction Meter. Eating beyond this is like trying to fill your fuel tank when it's already full.

**Eat slowly.**

Finish and swallow one mouthful before putting more food in your mouth.

Eat meals that are freshly cooked. Eating raw food will help you lose weight, but while a certain amount of raw food is good, cooked foods are generally easier for digestion. Leftovers have a heavy quality and are more difficult to digest.

**If Possible Sit still and quiet after your meal.**

This allows your digestion to function without effort. Even if you have to "eat and run", find 5 minutes; even the briefest time is time well spent.

**Eat only to the point of comfort.**

Remember Level 6 on your Satisfaction Meter. Eating beyond this is like trying to fill your fuel tank when it's already full.

## Walking and Weight Loss

Walking is an excellent way to lose weight. It's simple. You can do it anywhere. Generally, it takes less time to do than putting on gym clothes and driving to and from the gym. You can do it in pairs, during your lunch hour at work, in the morning to energise yourself for the day, or in the evening to unwind from your day. Walking's increased popularity has been met with the best products available on the market to help you get more out of walking, from iPhones to walking shoes. However, please only let the absence of these handy items prevent you from just getting out there and doing it. Walking is still something we were innately born with the ability to do, without all the fancy gadgets available these days.

### In the Beginning...

**The best way to begin** a walking routine for weight loss is to start by measuring your present ability. Walking can be a bit deceiving. You must work up to walking quickly or for long periods, as with any exercise. The average person who is not used to walking at all would be able to walk 15 mins to 30 mins at around 2 - 3 miles per hour for the first week and then gradually increase the pace and/or time / or distance. You can easily measure this by carrying a stopwatch (a regular watch will do fine or on your mobile.) Indeed, there are gadgets out there that will calculate how far you have walked; however, you can quickly get in your car and use your odometer to gauge your distance. Remember, you will take just as long to walk back to your starting point (if not longer) when walking long distances.

**The pace of walking is essential.** It only helps a little to get out and stroll around and stop to pet the animals or talk with people you might meet along the way. Look at this time like you would for any other workout routine. You need to focus on burning fat. In fact, that is a great visualisation to use while you're walking. Imagine leaving tracks of fat behind you as you're walking. This is a great time to make up affirmations about your weight loss and say them to yourself over and over until they really connect with you and you feel emotional inside. You might have to repeat them a thousand times until they sink in. What else do you need to be thinking about during this time, though?

BORG SCALE FOR RATE OF PERCEIVED EXERTION (RPE)	
6 - 8	Very, very light (lounging on the couch)
9-10	Very light (puttering around the house)
11-12	Fairly light (strolling leisurely)
13-14	Somewhat hard (normal walking)
15-16	Hard (walking as if in a hurry)
17-18	Very hard (jogging/running)
19-20	Very, very hard (sprinting)

## Perfect Weight Log

### *Monday*

Type of exercise \_\_\_\_\_

Minutes spent exercising \_\_\_\_\_

Describe how you felt before during and after the exercise i.e. *Exhausted, energetic, or tired.*

Before \_\_\_\_\_

During \_\_\_\_\_

After \_\_\_\_\_

### *Tuesday*

Type of exercise \_\_\_\_\_

Minutes spent exercising \_\_\_\_\_

Describe how you felt before during and after the exercise i.e. *Exhausted, energetic, or tired.*

Before \_\_\_\_\_

During \_\_\_\_\_

After \_\_\_\_\_

### *Wednesday*

Type of exercise \_\_\_\_\_

Minutes spent exercising \_\_\_\_\_

Describe how you felt before during and after the exercise i.e. *Exhausted, energetic, or tired.*

Before \_\_\_\_\_

During \_\_\_\_\_

After \_\_\_\_\_

### *Thursday*

Type of exercise \_\_\_\_\_

Minutes spent exercising \_\_\_\_\_

Describe how you felt before during and after the exercise i.e. *Exhausted, energetic, or tired.*



### *Friday*

Type of exercise \_\_\_\_\_

Minutes spent exercising \_\_\_\_\_

Describe how you felt before during and after the exercise i.e. *Exhausted, energetic, or tired*

Before \_\_\_\_\_

During \_\_\_\_\_

After \_\_\_\_\_

### *Saturday*

Type of exercise \_\_\_\_\_

Minutes spent exercising \_\_\_\_\_

Describe how you felt before during and after the exercise i.e. *Exhausted, energetic, or tired*

Before \_\_\_\_\_

During \_\_\_\_\_

After \_\_\_\_\_

### *Sunday*

Type of exercise \_\_\_\_\_

Minutes spent exercising \_\_\_\_\_

Describe how you felt before during and after the exercise i.e. *Exhausted, energetic, or tired*

Before \_\_\_\_\_

During \_\_\_\_\_

After \_\_\_\_\_

Varying between slower and faster paces is very useful for burning fat. For Example, let's say you can only withstand walking at the 15-16 pace on the Borg scale for 1 minute; you would want to begin by walking for one minute at, say 6-8, then a minute at 9-10, then a minute at 11-12, then a minute at 13-14, then a minute at 15-16 and finally back down to the 6-8 again and repeat until you are finished with your walking for the day. Another advanced strategy is to walk on different terrain. You may find a new path, one with some hills.

**End of week assessment print off and write the changes**

Changes I have noticed in my body or mind since beginning to exercise

- One after positive effects of walking is **getting rid of your migraines**. Exercise secretes the hormone; endorphin, which improve your mood and relieve stress (a known headache trigger) *DO NOT ATTEMPT TO EXERCISE WHEN MIGRAINE IS ALREADY IN PROGRESS*.
- It takes less than 2 hours a week of brisk activity, and you may overcome the need for antidepressants, or at least look at herbal options.
- Studies have shown that 30 minutes of exercise 3 x a week has improved moods in depressed people.
- Walking speeds up weight loss in other ways. You will think twice about overindulging in the food you just worked off. You can eat more calories in a day since you are burning more. Finally, exercise simply feels so much better than eating. It may seem different before you head out to do it the first time. However, you will notice an improvement in how you feel more energetic, whereas eating bad food only weighs you down and makes you feel sluggish.

**Fluids** - Make sure you drink **PLENTY** of fresh water. Especially when it's warm out, you could sweat off a lot during your walking workout. Yes, that might be exciting to see on the scale! Remember that it's **WATER** you are losing, and you must replace that water. The actual fat loss will show up over time. Drinking lukewarm water is a good idea as it is less of a shock to your system, so if you bring water with you, don't worry that it may get a little warm. I recommend drinking at least one large glass before, during, and after. If it's not feasible to drink water during your walk, then make sure you make up for it in your water afterwards and before. **Hypnosis** is a great way to increase your motivation to walk and drink the water your body needs.

**TODAY**  
is the  
**DAY**

## Detoxing And Weight Control

### 5-Day Body Detox 7 Steps

This 5 day detox is an internal and external cleansing process, that will removing toxins from your body and help to create optimal cell function.

Toxins Released: tobacco smoke, pollution from the air, different pesticides, food additives, medication residue, mucus build-up in the colon and digestive system.

This five-day detoxification will helps you feel better, especially in energy levels and skin tone. Boost your weight control diet and feel the difference.

#### STEPS TO A HEALTHY BODY

##### 1<sup>st</sup> Step

Start the Rapid Intestinal Cleanse Detox Follow the instructions that come with the colon cleanse from Day one to Day 5.

Cut out all processed foods, dairy products and meats from your diet. For five days eat as much raw food as you can that consists of fruits and vegetables legumes, grains, seeds, sprouts and whole grains. If you can buy locally grown organic foods. Bananas are best avoided while on the detox.

##### 2<sup>nd</sup> Step

Use a Nutri-Bullet or similar and make yourself healthy smoothies from the fruit, veggies The peel of most fruits contain vitamin P, a bioflavoin, which helps vitamins go to work harder. Juice as much as you can here is a good site for ideas <http://www.mindbodygreen.com/0-18335/13-detox-juices-to-drink-yourself->

##### 3<sup>rd</sup> Step

Fill jugs of fresh filtered water and store in the refrigerator for quick access. Cut out coffee and other caffeine drinks all sugary soft drinks and cut out alcohol. Drink only the juice of fruits and vegetables or water during this five-day detox.

##### 4<sup>th</sup> Step

Drink a glass of filter water with ¼ teaspoon of organic bicarbonate of soda mixed in and 1 or 2 teaspoons of raw organic apple cider one hour before breakfast and one hour after last meal at night. lemon water throughout the day. This will alkaline your body. Use pH test stick to check.

##### 5<sup>th</sup> Step

Dry brushing get rid of dead skin cells and helps blood supply to the skin. It also helps eliminate toxins and cell renewal. Always brush towards the heart, such as from the ankles to the thighs, and wrists to the shoulders.

##### 6<sup>th</sup> Step

Take a daily eucalyptus and magnesium detox bath daily. If you can't bath foot soak. Use hot filtered water if possible. Add 1 cup of Magnesium (bath) half a cup (foot soak), 15 drops of eucalyptus essential oil (bath) 7 drops foot soak. Soak for 10 to 20 minutes.

## 7th Step

Try and do 30 minutes of exercise each day, such as walking or swimming. Just walking for 15 mins and is enough. You know your own body, just do what you can, depending on your age and fitness.

### Check List

Juicer or Nutri-Bullet

Lots Filtered water

Fresh Lemons and Limes

Dry brush

Bicarbonate Soda

Organic Raw Apple Cider Vinegar

Eucalyptus oil (Good Quality)

[Rapid Intestinal Colon Cleanse](#)

pH balance test stick ( You get 5 Free with your order)

Relaxation and self hypnosis recording all free on my site.

Here is some [free stuff](#)

[Organic Bicarbonate of Soda](#)

## About Create Success MP3

### Our Own Thoughts Sabotage Our Success

When you relax and listen to this Create Success mp3 you will become more aware of the destructive nature of how your conscious thoughts can affect your life. With new insight and understanding they lose their destructive power. By clearing the emotional barriers you will start to open up great opportunities for your future. Becoming aware of yourself and discovering your true self, can only be achieved by the mind that is passive and creatively aware. You find this out the same way that you find out how to ride a bicycle, someone helps you until you learn how to do it for yourself. You can use self hypnosis mp3 downloads until you have learned how to be successful by yourself, and it is easy, because life is meant to be easy.

### Precision Therapy Self hypnosis for positive life changing experiences

You were born to flourish and excel, to radiate success, not merely to shine. When you relax creatively you allow your subconscious mind to draw on the higher levels of deeper understand and your whole attitude to life will be refreshingly changed. Because when you truly find yourself you lose all your false perceptions, you awaken to your natural creative powers and your unlimited positive potential.

- Sample this MP3: <https://www.selfhypnosis-mp3downloads.com/mp3-audio-create-success-self-hypnosis.php>

think BIG  
believe BIG  
act BIG,  
and the results  
will be BIG.



Dear Reader,

This eBook is and all my self hypnosis MP3's are gifts for you that has all the tools you need to help you take control of your and your life! There is no magic wand, or pill or detox that can do this for you. You are your own driver of your vehicle and if you keep your body in good order it will carry you through your life. However, you must keep it maintained. You service and repair your car regularly, your body is no different. If you fail to achieve your goals look inwards and reflect on what needs to change. If you project your failure out into your world with excuses, you will simply create more of what you don't want. Remember to always work towards your goal and towards what you want, not away from what you don't want.

Sarah and Paul Chambers

We hope that this Information has been of help to you. If you need support please contact us through our contact form or call.

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