



EAT YOUR WAY TO HEALTHY

*90-Day
Jump Start!*

CRAVING KICKER

COMPULSIVELY CRAVING TO CALM

EAT YOUR WAY TO HEALTHY

90-Day Jump Start!

MODULE #5

Are your unhealthy food cravings keeping you in a vicious cycle worse than a bad boyfriend who's got just enough special sauce to make you keep going back for more?

Curbing your cravings have nothing to do with willpower. To Curb your Cravings, you need to learn to stop numbing yourself with food and addictive behaviors, and finally let go of the emotions that keep you stuck.

You will:

- Learn the main reasons we crave food and the simple steps you can practice regularly to lovingly release your cravings.
- Discover my favorite acupressure tapping technique that kills any craving in a red-hot minute.
- Last but not least, you will learn my favorite craving curbing supplements.

EAT YOUR WAY TO HEALTHY

Step #1

Watch - **Welcome & Craving Cause Video** see Links below. Cravings are simply a symptom of a much deeper emotional challenge that we will never fill with food. See **Craving Kicker** Written Exercise below.

<https://youtu.be/AI4ryzeWeMU>

<https://youtu.be/yLKABpOfVDM>

Step #2

Watch - **How Bad Can Sugar Be?** See Link below. Your **'Play Work'** is to grab your journal and write down all the ways compulsive food cravings could be sabotaging your life. Write out at least 3 pages - on how you are overeating, how food cravings and excess sugar are affecting the quality of your life and how getting better control of what and how you eat will do for you. Include anything you need to add more sweetness to your life.

<https://youtu.be/GC0Hu7iLBP8>

Step #3

Watch - **Heal Self-Sabotage Video** - Stop Unhealthy Food Cravings and Discover What You're Really Hungry For with this Fun and Powerful Exercise see Tapping Point Diagram below.

<https://youtu.be/G4TC48s2C6w>

Step #4

Watch - **Super Sugar Suppressing Supplements Video** - **Also . . .** See Supplement Links below.

https://youtu.be/ol8_Elq1xCk

Glutamine - <https://amzn.to/33A2nyu>

Gymnema Sylvestre - <https://amzn.to/33uZpv2>

Fenugreek - <https://amzn.to/2DzlgFQ>

Chromium - <https://amzn.to/2R5nB4A>



CRAVING KICKERS

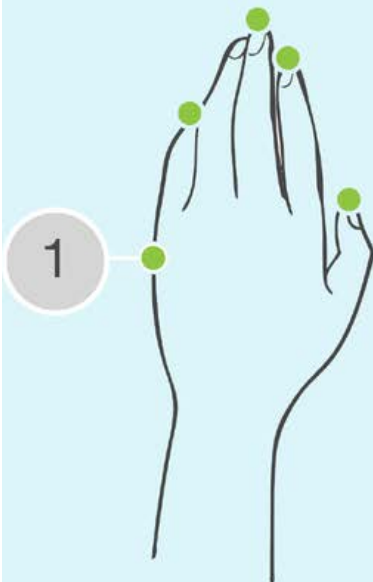
The best way through a craving is with awareness and breath. Try these tips the next time you have a craving and over time, your cravings will vanish.

1. When you feel a craving coming on, no matter where you are, take 5 deep breathes into your belly. You can be very inconspicuous with this. Breathe slowly and deeply into your belly and think about what non-food you're really craving. Ask yourself what non-food pleasure you wish you were involved in right now.
2. Keep your spine straight and feel your breath move up and down as you breathe. Bring the feeling of the non-food pleasure inside of your body and imagine that feeling is moving up and down your front and back all the way from the top of your head from the tips of your toes. Ask yourself how do I want to feel 100% of the time.
3. Imagine your breath moving into your heart. Moving 10 feet in front of you and 10 feet behind you for about 30 seconds. See your favorite color in your heart. Get curious about what you really want for your life. Stay with these feelings and ask yourself, am I getting more pleasure from these feelings or will I get more pleasure from the crappy food.
4. When you have time, pick up your journal and write about what you're really hungry for and the underlying feelings you're trying to numb with food.
5. Invite pleasure like your life depends on it, because it does!

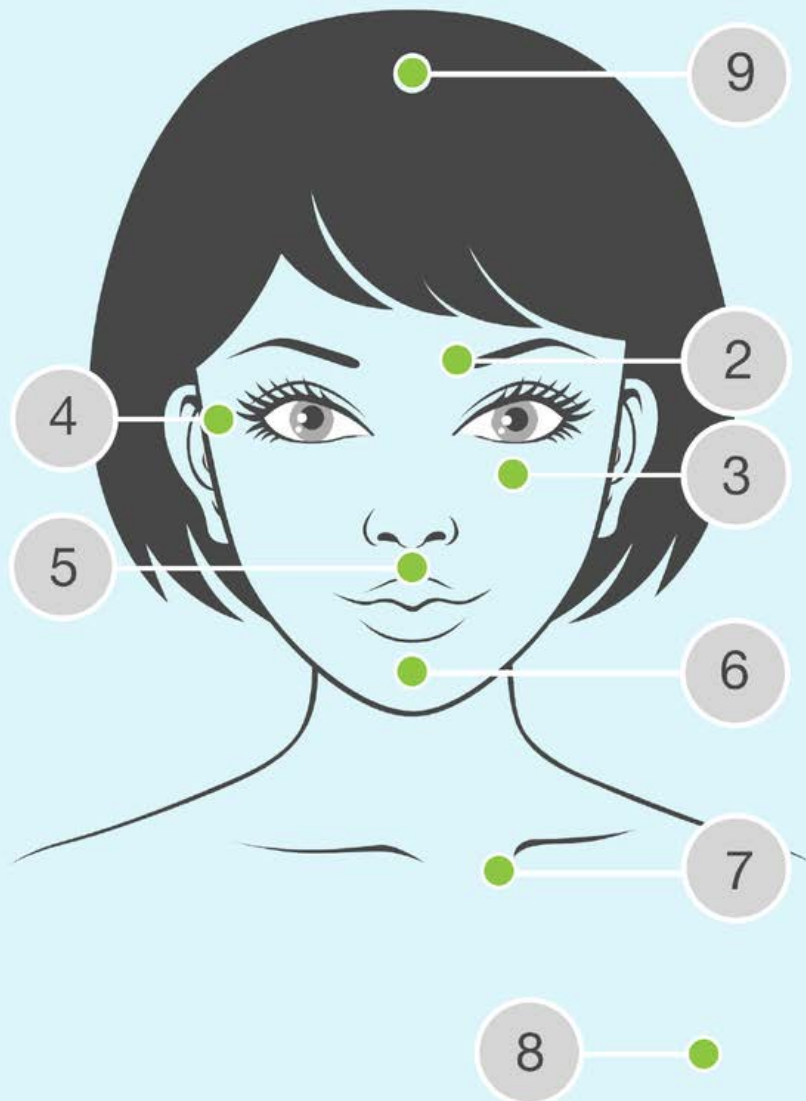
TAPPING POINTS

Tapping Points

Using 2 fingers of either hand, tap 7-8 times on each point. There are mirror images of points on both sides of the face and body. Each can be used interchangeably or you can tap with two hands on both sets of points at once. This is a forgiving process. Don't worry, you can't do it wrong!



*Optional fingertip points
for discreet tapping*



1. Karate Chop
2. Eyebrow
3. Side of the eye
4. Under the eye
5. Under the nose
6. Under the mouth/chin
7. Collarbone
8. Under the arm
9. Top of the head



EATING MINDFULLY

Simple Steps to Stop Your Food from Hijacking You

When we're mindful with our food, life gets so much juicier and more delicious. When you eat slower and more mindfully, tasting the flavors of your foods and feeding your body the healthy food it desires, you start making better life choices and life becomes easier and more pleasurable.

Discover what you're really hungry for with these simple steps.

1. Find a quiet space where you won't be disturbed for about 30 minutes.
2. To get present, sit up straight and breathe into your belly. Focus your attention on your heart, the love center, for 5 minutes.
3. After you've finished breathing, ask yourself what am I really hungry for? What satisfying activities do I really desire in my life. Make a mental list and write your list down using colors that excite you. Post this list where you will see it often.



EATING MINDFULLY cont.

Simple Steps to Stop Your Food from Hijacking You cont.

4. Every time you eat, eat slowly and mindfully without any distractions. Savor every morsel in your mouth for at least 10 to 15 chews per bite.
5. When you feel hungry after eating a meal, instead of reaching for another piece of food, pause, breathe into your heart and your belly. Notice your hunger without judging it. Keep your curiosity and attention on the hunger even if it's a little uncomfortable.
6. Sit with yourself and ask your body for the deeper message in the craving. Ask your body what it really needs. Ask what am I really hungry for and what am I longing for. Add anything that comes up to your list.

When you are doing what truly brings you pleasure, enjoyment and fun, you relax and enter a physiological state where your body gives the go ahead for extra pounds to be released, for muscle to be built, for digestion to flourish and for your body to be in its most radiant healthy shape. Practice and embrace these steps. Share how they work for you. I love your comments!



PLAY WORK

1. Grab your journal and write down all the ways compulsive food cravings could be sabotaging your life. Get into detail and write out at least 3 pages about how your overeating, food cravings and excess sugar are affecting your quality of life and how getting better control of what and how you eat will do for you. **Include anything you need to add more sweetness to your life.**

2. Practice Your **Craving Kickers** Suppressing Strategies every time you eat. As you make them a habit your cravings will slowly vanish.

3. Tap at least once a day.

4. If sugar cravings are a challenge, use the sugar suppressing supplements to help with your sugar challenges.

5. Review Simple Steps to Stop Your Food from Hijacking You.

Enjoy!

With Support & Love,

Kathryn Chess

