

## 12 WEEK CLASS WEEK 1 VIDEO TRANSCRIPT

Ok welcome to week one of the 12- week total transformation experience. This 12 week program is designed to systematically step by step address and eliminate every conceivable trigger that you may have that can be causing your body to hold on to weight and help you transform your body into a body that wants to be thinner and fitter.

This isn't about diet or restriction.

This isn't about losing 40 pounds in 40 days or weighing yourself or meal plans or any of those things.

This is about addressing the real issues that are causing your body to hold onto weight and transforming yourself from the inside out.

This is how I lost 220 pounds back in 2004 and how I've kept the weight off ever since. It's also how I've helped thousands of people around the world totally transform their bodies, and lose 10, 50, 100 and 200 plus pounds and keep it off.

As we talk about all the time, at The Gabriel Method, restrictive dieting doesn't work because it's not sustainable. When you focus on what you can't have, it become literally like a forbidden fruit and you end up obsessing about it, until you "cheat" and then you feel bad, have a big binge, gain all this weight and start the process all over again.

That's yo-yo dieting and we've all lived through that before and this is not what this course is all about.

It would be great if restrictive dieting worked because if it did everyone would lose weight and that would be the end of it. But unfortunately it doesn't work in the long term and studies show that people that diet are more likely to be heavier 5 years later than when they even started the diet. That wouldn't be the case if dieting worked.

Dieting also creates a famine response in your body that make your body want to hold onto weight for survival reasons. So even if you may lose a little weight in the short term through restrictive dieting, you've just made your body want to be fatter.

What we're offering is a sustainable approach. We're focusing on getting your body to actually want to be thinner. Shifting your body's 'set - point' or weight your body wants to be, toward thinner and fitter. And there's a science and process to shifting your set point.

You have to address the issues that are causing your body to want to hold onto weight in the first place and that's what we'll be doing in the next 12 weeks.

Many of these issues are not even food related. They're chronic low grade stresses, such as digestive issues, nutritional famine, sleep deprivation, dehydration, mental stress, emotional issues and excessive toxins.

And we're going to be looking at each of these issues in turn and creating a simple action plan for you to address them.

What happens when you address these non-diet issues, is that you become less hungry, you crave healthier foods, your metabolism speeds up and you become more efficient at burning fat.

It's actually pretty magical when that happens because then you're not at war with your body any more.

Your body wants to let you off weight and it's not an effort at that point. It may take some effort to address the issues, but once you do, your body's on board.

I can tell you that the number one complaint I get from people all the time is that they say "I don't know what's wrong with me, I'm just not that hungry anymore and I say..."

**You may not lose weight overnight following this approach but when you do lose the weight, it stays off.**

One important point is that if you're on a diet right now, don't make too many changes until we've had a chance to address some of the non-diet issues. If you do, you could suffer a rebound. Just wait a couple of weeks before you transition out of your diet.

How this course works:

**This course is divided into 4 main parts:**

**Number one is the weekly message -**

Each week at the top of the page you'll see my weekly video message. The first thing you want to do each week is listen to this weekly message.

This will guide you and explain to you exactly what you need to be focusing on in any given week, so always listen to the weekly message first before you do anything else.

**Number two is the action steps.**

Each week I'll give you some simple action steps to take to help address whatever we're focusing on in the week. The purpose of these action steps is to help you create healthy habits that will do things like:

- Nourish your body better
- Hydrate your body better
- Heal your digestion
- Flush toxins and fat out of your body
- Reduce stress
- Resolve emotional issues
- Get a great night's sleep
- Reconnect with the joy of being active again
- Kill junk food cravings
- Increase your desire for healthy foods

All things that will help heal your body and your mind, regain the ability to burn fat efficiently, shift your body's set point and get your body to want to be thinner.

These action steps will build over time. So whatever we focus on in week 1, we'll also be doing in week 10, for example, but by then they'll be automatic habits.

To me a healthy habit is like an asset that pays dividends forever and you never have to think about it.

Once something is a habit, it's automatic, you never have to think about it again.

Like brushing your teeth, you never have to think about brushing your teeth, it's a habit.

So in the same way, we will be creating healthy habits that you never have to think about again, yet at the same time, they will be paying dividends in the form of health and permanent, sustainable weight loss for life.

So, step-by-step, week by week, we're gonna be creating positive habits that will last a life time.

And the difference in your health, your weight, your emotional life, your energy and your vitality will be night and day, compared to where you otherwise as time goes on.

This is where you can truly totally transform your body and your life – is from these simple action steps that we're going to be introducing, week by week.

We're gonna start out real slow and simple and build from there.

Now with the action steps, just do what you can do.

You don't have to be perfect. Just make it your own.

Some things won't apply to you and that's fine.

Some things you won't want to do maybe and that's totally ok too.

You don't have to do everything perfect here.

You just want to adapt the habits that work for you and make sense you to and fit within your lifestyle.

This is about making things work for you, so don't stress if something's not right for you or you don't want to do it – no big deal.

Number 3 is the visualizations –

Visualization is one of the most powerful tools I've ever discovered for creating positive habits and getting your mind and body to work together.

Each week we'll focus on a specific visualization that will help you address whatever

issues we're focusing on that week, such as reducing stress or healing your digestion or detoxifying your body etc.

This is an inside out approach where we're using your mind first to help you transform your body and visualization is so powerful for this in so many ways.

And what we've done is we've designed these visualizations so that you can just press play listen and relax.

Don't worry if your mind wanders or if you can't visualize whatever the visualization is talking about.

You will still get tremendous benefit if you just press play and zone out.

You can even fall asleep while listening and that's totally fine, you will still get the positive suggestions.

The daytime visualizations are 7-10 minutes long. Just press play, sit back and relax.

It's best if you listen to them first thing in the morning if you can. As soon as you wake up - press play. You listen to it while you're still lying in bed or you can sit up and listen to them. Either way is good. But first thing in the morning is best.

If you can't listen to the visualizations first thing in the morning because you have other commitments and I understand - than it would be great if you could listen to the visualizations sometime during the morning ...

...and you can't do that just sometime during the day is good too. But it's best if you listen to the visualization the same every day.

Because what we're trying to do is create a habit. And if you do it at the same time every day you'll create the habit.

So if it's first thing in the morning, great. If not than whatever time of day you listen, try to make it a habit that you listen at that same time every day.

For example, maybe you can listen during your coffee break at say 2:30 in the afternoon. That's fine too, just go to a park bench or sit in your car or at your desk if you can, press play, close your eyes and relax. That's all you have to do.

But the visualizations are the most unique part of this course and what brings it all together. When you start with your mind, everything else falls into place, so find time sometime during the day for a 7-10 minute visualization. Press play, relax and let the visualizations do their magic.

Some of the most successful people in the world practice visualization, like Tiger Woods, Michael Jordan, Jim Carey, Oprah, Arnold Schwarzenegger, 9 time gold medal sprinter Carl Lewis, tennis legend Billy Jean King and virtually all Olympic athletes practice visualization.

The US Olympic Ski team for example, just created virtual reality glasses to help their team members visualize their events.

We'll talk a lot more about the power of visualization and also how you can create your own visualizations to help you be successful in every area of life...

...but in the mean time, we've made it really easy for you as far as this course is concerned. All you have to do is press play, sit back and relax. But definitely commit to listening to a visualization some time during the day, every day if you can.

It's also great if you can listen to the evening visualization. There are many different daytime visualizations we've created but there's only one night time visualization and it's designed to have you fall asleep at night while you're listening.

Just press play and let yourself drift off into a great night's sleep. While you sleep your mind will be making positive associations with craving healthier foods, being more active, feeling safer and less stressed and visualizing the fat melting off your body.

I call it losing weight while you sleep and nothing could be easier. But the morning visualizations and the evening one tie everything together.

Ok Number four are the additional resources:

The additional resources are there for you if you if you want to learn more about whatever we're focusing on in a given week.

These are a compilation of some of our best talks, video blogs and interviews that are relevant for the weekly subject.

It's there for you if you want to learn more, but the important point is you don't need it if you're not interested.

This course is really designed to be action based, you don't have to learn if you don't want to.

You don't have to even look at the additional resources if you don't want to.

But if you do want to look at them, we've taken the best of the best of everything that we've ever created over the last 15 years to help assist you on your journey.

But most important are points 1,2 and 3. That is, each week, 1 Watch my weekly message, 2 follow the action steps as best you can and incorporate them into your life as best you can and 3, listen to the visualizations that are suggested for each week.

So as we talk about all the time in The Gabriel Method, we have what we call "FAT Triggers" that cause our bodies to hold onto weight. These are chronic low grade stresses that create similar chemistry in your body as a famine and trick your body into wanting to gain weight.

And each week we're going to be focusing on a different fat trigger. Now many of us have multiple fat triggers that are causing our body to hold onto weight. That's really

common.

What happens is one fat trigger causes another. For example chronic stress (one fat trigger) may cause us to eat more junk food, which then causes digestive issues (another fat trigger), and inflammation (another fat trigger) and which then leads to toxins in the blood (yet another fat trigger) and all this leads to weight gain, which can cause sleep issues (another fat trigger) etc..

So we'll be systematically, step-by-step addressing each of these fat triggers as we go along each week.

These are chronic low grade stress and sources of inflammation that are causing stress in your body that are tricking your body into activating your fat programs and tricking your body into holding onto weight and tricking your body into wanting to be fat.

So this week, if you want to learn more about The FAT programs and the various FAT triggers, you can do so, by watching and listening to some of the talks and interviews in the additional resources area.

But we're gonna start real simple this week.

Ok cool, so let's talk about **the actions steps for this week**

- for this week we're gonna start real slow and easy, **it's really about creating the habit of visualizing every day and flushing your body out with healthy liquids.**

One of the reasons we gain weight is that we're chronically dehydrated.

One study in the US found that 70-80% of americans are chronically dehydrated.

Dehydration shows up as hunger a lot of the times, so many times when you're thirsty, you actually think you're hungry and you end up eating unnecessarily.

Also your body will resist burning fat if you don't drink enough because you won't be able to flush out the toxic by products of the fat burning process.

So **simply drinking more healthy liquids throughout the day is an awesome way to address a lot of issues really simply and effectively. It's a huge bang for the buck.**

Let's go through the actual steps for this week.

And by the way if you want to talk about **the 80/20 rule, where 20% accomplishes 80% of the work, this is it.**

In fact **if you did nothing else but start drinking more healthy liquids every day and listen to a visualization ( or eventually practice your own visualizations), everything else would fall into place naturally.**

**You'd start having more energy, you'd detoxify your body, crave healthier foods, reduce**

stress, regain the ability to burn fat and it would put you on a positive momentum that would solve your weight issues and many other health issues as well.

So I'm not exaggerating when I say that these two action steps are by far the most important ones in the entire 12 weeks, which is why they're in week 1.

So first – you want to listen to the evening visualization as you're going to sleep at night. You just press it as you going to sleep and it will help you fall asleep.

Don't worry that you fall asleep while it's playing. It's designed to do that.

Just let yourself drift off. While you're sleeping it'll make positive suggestions that get your mind body to work together and reduce stress, work through emotional issues and crave healthier foods.

All kinds of good things. Just press click as you're going to sleep and let it play.

Then **in the morning, listen to the Burn FAT Now visualization.**

Again, if you can't do it first thing in the morning, It's best if you do the same time every day but you just press play and let your mind wander.

Then **when you wake up drink two glasses of water over the first hour or so. It should be filtered water. Add a little lemon or apple cider vinegar, maybe a teaspoon per glass if you can.**

Then **try to drink some water every hour from 10:00 a.m. to 6:00 p.m. Just a few gulps every hour. This could also be herbal tea. It could be green juices or super greens. It could be veggie broth too, if you want.**

**Just more healthy liquids in your body. Not soda, or fruit juice.** Although mineral water with lemon or apple cider vinegar is great too. If you're drinking soda or addicted to soda or coffee, that's fine but I'd like you to drink the water too.

**Our approach is always about adding, so please add the healthy liquids.**

So **that's all I want you do this we week, listen to those visualizations morning and evening and I want more liquids going into your body.**

**When you can if you can add a salad or more live food to your meals that would be great too.** Just imagine you were living out doors 10,000 years ago in a tropical island. What would you eat? Lots of live fresh veggies, salads, coconuts, live fruits and animal proteins (although the animal proteins would not be live obviously)

But **think in terms of ADDING more real live, not man made, not processed foods. Just real live foods in their original form.**

But that's all you need to do this week.

So I'm excited to get started with you! We're going to take a real slow and steady



progress step by step. I'm going to say this many many times. But don't worry about doing everything perfect. Don't worry about doing everything right. Don't worry about watching everything that we give you and all the resources don't worry about any of those things.

[00:17:50] Just listen to the evening and morning visualisations and drink more liquids that's all you got to do right now. Doesn't have to be perfect.

Join our private Facebook group and reach out to us if you have any questions. You can also talk with our coaches in our weekly classes that are in our support group and you can talk with me in our ask Jon shows and I will see you next week.

In the meantime take it slow easy be gentle be patient. Be loving with yourself. We are solving the real issues we're taking 12 weeks to do it. And I'll see you next week.

Take care!