

NEW YOU IN THE NEW YEAR



Core Lesson #1 Finding Your FAT Triggers

Overview of Class

What we hope to achieve in this class:

Create positive habits for life that address the real issues

Each week:

One Core Lesson

One Question and Answer session

Most important part of the class:

The Action Steps



Fat Triggers The Real Reason We Gain Weight

What are FAT Triggers and why do we have them?

- Inherited from our ancestors
- Originally designed to protect us from famines and freezing
- FAT = Famine and Temperature



What happens when our FAT triggers are activated?

Our body conspires to force us to gain weight

- We're hungrier
- Crave sweets and fattening foods
- Eat too much
- Slow sluggish metabolism (hate exercise)
- Lose the ability to burn fat



What Causes Our Fat Programs To Be Activated?

Chronic low grade stress and chronic low grade inflammation – just like a famine.

We don't have famines anymore but we do have stress.

Sometimes the stress of our lives act as triggers to activate our fat programs.



10 Most Common Fat Triggers

- Chronic Dieting
- Digestion Problems
- Nutritional Starvation
- Toxicity
- Sleep Apnea
- Past Trauma
- Medications
- Emotional Stress
- Lifestyle Stress
- Limiting Beliefs



Chronic Dieting

- Restrictive dieting creates metabolic disorders
- Creates a tendency to gain, rather than lose, due to hormonal response
- You must eat your way thin, there is no other way
- Dieting makes you fat



Digestive Problems

- Impaired digestion leads to metabolic disorders
- Poor digestion leads to poor assimilation of nutrients—so you crave more and more food
- Causes inflammation
- Stress can cause digestive problems
- Medication (antibiotics), chlorinated water, and exposure to toxins can also impair digestion
- Processed food & gluten can worsen digestion
- Impaired digestion and weight gain very often go hand-in-hand

Nutritional Starvation

- Priority #1 for your body is to keep you safe
- If you lack essential nutrients, your body will crave more food to get them
- Modern food is micronutrient poor, calorie rich
- Your body craves more food, even past its energetic needs, if what you eat lacks essential nutrients
- Almost everyone needs to be concerned about nutritional deficiencies
- Our foods, water, and lifestyles make it difficult to get micronutrients w/o careful planning & perhaps some supplementation

Toxicity

- Our modern world is filled with toxins
- Newborns enter the world with 200+ petrochemical toxins
- Most adults have 300+ toxins at any time
- Toxins can cause many health complications, but on a very basic level, they are inflammatory
- Inflammation leads to metabolic disorder, a hormonal imbalance where weight gain occurs



Sleep Apnea

- If you're 50+lbs overweight, you must get checked for sleep apnea
- Everyone serious about weight loss must get serious about sleep
- Essential for increasing sensitivity to leptin & insulin, reducing inflammation, and reducing your stress response
- Just sleeping more can make a huge difference



Past Trauma

- Bullying
- Sexual or physical abuse
- Attack
- A death or loss of someone
- Violence, threat of violence, fearful event
- “Big” can make you feel safe
- Trauma can also create emotional imbalances that lead to hormonal imbalances

Medications

- Medications associated with weight gain include: insulin, birth control, cortisone, anti-depressants, pain killers, and even over-the-counter medications
- Almost all medications are treated like toxins, so some inflammation and hormonal imbalance can occur
- Be smart and be careful—always work with your doctor if you suspect a problem
- What to say: “I’d like to talk about reducing or even eliminating X medication... is that possible?”

Emotional Stresses

- Personal relationship turmoil
- Financial worry
- Fear and anxiety of any kind
- Marital or family problems
- Loneliness
- Emotionally abusive relationships
- Loss of any kind



Lifestyle Stresses

- High-stress job or family life
- Relocation (new home, new city)
- Impossible schedule, no free time
- Lack of personal space, poor living situation
- Loud/polluted work or home life
- Physically exhausting lifestyle
- Unfulfilling work or home life



Limiting Beliefs

- Anyone can change their body and life
- The Gabriel Method has thousands of stories of “genetically fat” people who did just that
- If you believe you have bad genes, that you deserve to be fat, that you’re unlovable, unfit, or any other limiting belief—you’re wrong
- You must overcome these beliefs in order to be successful

“If you think you can— you’re right. If you think you can’t, you’re also right!” - Henry Ford

Modern Stress Triggers

- 80% of people have emotional stress influencing their weight
- Most people also have more than one trigger
- There is no “magic pill,” this is a holistic, whole person approach to weight loss—so our approach is a 360-degree approach
- Let’s create positive spirals in all areas of life to heal, rejuvenate, and transform from the inside out



“Dieting is like holding a volleyball under water... the minute you let go, it’s going to pop up, and go even higher than the level of water.”

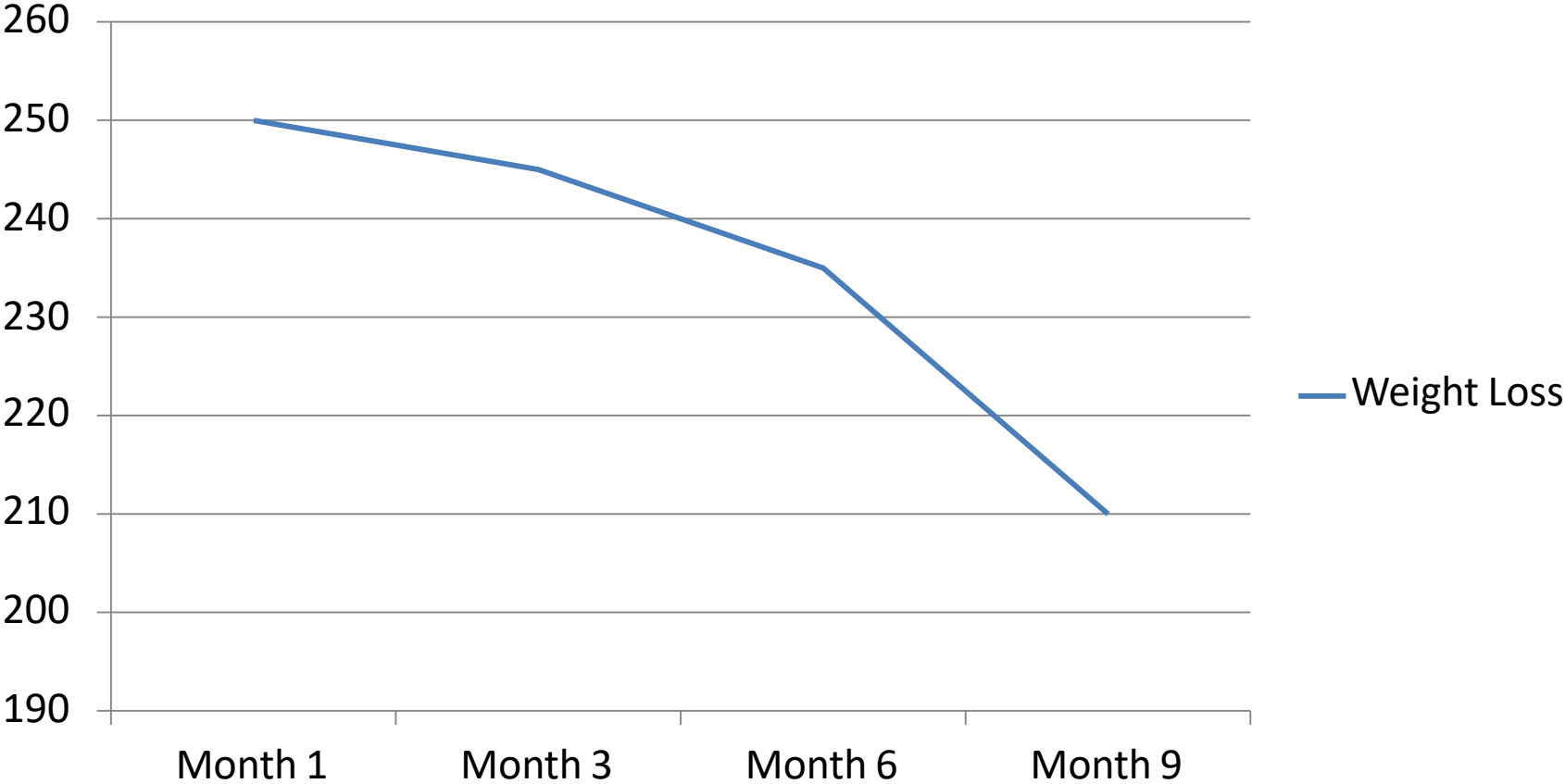
—Jon Gabriel



www.TheGabrielMethod.com

Gabriel Method Path to Success

Slow at First, but Faster & Easier with Time



Addressing FAT Triggers One-by-One

- Systematically, step by step, we will eliminate all these fat triggers, so your body wants to be thin
- We'll be addressing
 - Digestion
 - Stress & Emotions
 - Fitness
 - Mind-Body Connection



When Your FAT Programs Are “Off”

- Once your FAT Programs are off, you naturally crave healthier foods.
- Digestion improves & everything creates a positive momentum
- Food is more flavorful
- More sensitive to sweet tastes (& don't crave sweets as much)
- Your energy is high, physical activity is fun
- Your body burns fat, rather than sugar, for energy
- You naturally eat less, but without effort or force
- Weight loss becomes enjoyable

Start Visualizing Today

- Visualization is the foundation for The Gabriel Method
- Visualization is the best way to communicate with your body
- A morning and evening visualization is a must
- We'll slowly add in other visualization practices as well



Visualization Helps You...

- Relieve Stress
- De-program any mental associations with weight and protection—you don't need the weight anymore
- Rewire your brain chemistry for success
- Establish healthy patterns of deep, restful sleep
- Create a mental foundation for totally body transformation



Visualization: Missing Link in Weight Loss

"There's no substitute for visualization, and I can tell you, years down the road for me, my brain is wired so differently than it used to be, that the stresses that I had before, they just don't play up anymore..."



Action Steps

- Morning visualization: Burn Fat Now.
- After visualization, drink 2- 3 glasses of warm water with lemon or apple cider vinegar
- Take probiotic supplement
- Drink glass of water before each meal
- Throughout the day, sprinkle flax or chia seeds on your food
- Shop at the farmer's market and health food store (see Shopping List on the members' site: Action Steps, Week 1)
- Eat meals with the Big 3. Add a salad to every meal if possible.
- Do evening visualization before bed.



Eating “The Big 3”

- Live food: fresh, unprocessed, uncooked fruits & vegetables
- Omega 3's: fish oil, some nuts, flax/linseeds, chia seeds
- Protein: meat, fish, eggs, dairy, nuts and seeds and some combinations of vegetables.



Gabriel Method Eating

Check out the e-Recipe book, included with this program.

Healthy, tasty recipes, such as:

- Omelette Pizza
- Healthy Salad Dressings
- Live, Green Juice
- Almond & Orange Cake



Shopping List

Supplements

- Digestive enzymes
- Probiotics
- Unsweetened, unflavored whey protein powder

Healthy Food

- Organic grass-fed or free-range meat, chicken, fish
- Locally grown, organic produce
- Unsweetened cocoa powder
- Nori sheets
- Himalayan salt crystals

Alternative Sweeteners

- Stevia
- Coconut palm sugar

Superfoods

- Chia seeds/Flax seeds/linseeds
- Fresh Wheat Grass Juice

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