



This month begin to create your Gabriel Method lifestyle. Add our GM Action Steps to your life. Be patient with yourself. Your GM Coach will help, support and guide you along your transformation.

### GM ACTION STEPS MONTH 1

- ❑ Improve the quality of your Sleep (Check for Sleep Apnea)
- ❑ Listen to a Visualization every morning
- ❑ Listen to a Visualization every evening
- ❑ Drink more water
- ❑ Add the Big 3
- ❑ Begin suggested GM Supplements (as needed)

Jon recommends these GM Programs as they are specific for helping you master this month's GM Action Steps:





**Don't turn it into a diet. Keep focusing on ADDING!** - Jon Gabriel

Jon recommends stocking your kitchen with some or all of the following items. Wherever possible source locally grown, in season, organic produce. While this isn't always possible Jon encourages you to follow a 'do your best' rule.

For GM Friendly meals, snacks, drinks (and even desserts) these GM programs are loaded with easy to prepare suggestions:



## Tools

Having the right tools makes preparing delicious GM Friendly meals easier. However, it is not vital for you to have all of these items in your kitchen to successfully enjoy GM Friendly meals.

- Coffee Grinder or Mortar and Pestle
- Food Processor
- Hand-held Stick Blender
- Slow Masticating Juicer
- Dehydrator

## Protein

Ideally for animal protein ask for organic, 100% grass-fed and pasture raised produce. For seafood, the wild caught variety is best as are cage free, organic poultry and eggs.

- Beef, Lamb, Pork
- Poultry & Eggs
- Seafood
- Organic yoghurt (sheep, goat or coconut)
- Cheese (goat or sheep)
- Nuts and Seeds
- Protein Powder: raw, fermented vegan protein powder
- Chia Seeds
- Tempeh
- Nutritional yeast
- Mung bean sprouts
- Lentil sprouts
- Chickpea sprouts
- Spirulina

When you start eating foods without labels, you no longer have to count calories

## Healthy Fats

Healthy fats, like Omega 3, are stable and essential for weight loss and proper cellular function. Here are some of the fats you want to include in your diet:

- Avocado
- Fish - wild caught, cold water especially. Salmon, mackerel, herring, lake trout, sardines and albacore tuna
- Nuts and Seeds - walnuts, chia and hemp seeds
- Cooking Oils - avocado oil, coconut oil, grass fed butter, grass fed ghee
- Salad Oils - look for cold pressed organic sources of coconut oil, chia seed oil, flax oil, avocado oil, macadamia nut oil, hemp oil, walnut oil

## Live Food

Ask for locally grown, organic, herbicide and pesticide free produce. Local markets, growers co-ops, and growing your own are great options to ensure quality.

Live Food includes all fruit and vegetables. Raw, cooked and fermented.

We recommend you include lots of variety every day. Some of Jon's staples include:

- Organic salad greens
- Sprouts
- Vegetables - spinach, kale, cucumber, beet greens, beets, radishes, cabbage, watercress, swiss chard, collard greens, asparagus, red bell pepper, broccoli, bok choy, celery
- Fruits - blackberries, blueberries, raspberries, strawberries, pears, apples, grapefruit, oranges, lemons, lime
- Fermented Foods - all vegetables can be fermented however some more common ones are: sauerkraut, kimchi, tempeh, and pickles

Food is the cure, not the enemy

## Herbs & Spices

Herbs and spices possess an abundance of powerful healing properties .... and boost flavour to all meals. Jon has picked a few of his favourites.

- Turmeric, Cinnamon, Rosemary, Garlic, Oregano, Ginger, Sage, Cloves, Cayenne, Parsley
- Himalayan sea salt, seaweed flakes
- Tamari

## Sweeteners

It is possible to enjoy the taste of sweet without contributing to the chemistry controlling the FAT Program as refined sugar does. Organic, raw, locally sourced produce is often the best.

- Stevia leaf extract (whole and powdered)
- Chicory Root
- Monk Fruit
- Coconut palm sugar
- Pure Maple syrup
- Raw honey

## Superfoods

Healing is a significant aspect of weight loss and some foods and drink are known for their high nutritional content and their contribution to a person's vitality.

An organic source of produce is always best. Here's some of Jon's favourites:

- Green powder (blend of wheat grass, barley grass, spirulina, chlorella)
- Nori sheets
- Chia seeds
- Maca powder
- Cacao powder
- Coconut flour
- Apple cider vinegar - raw
- Fermented produce - kefir, kombucha, kimchi, tempeh, tamari, miso
- Spirulina
- Chlorella
- Wheat grass
- Green Juices
- Veggie broths
- Bone Broths
- Sprouts

**The best strategy for weight loss is to add, to flush, to nourish** - Jon Gabriel

## Drinks

Hunger is often mistaken for thirst, so ensuring you keep yourself hydrated is an important remedy for turning off your FAT Program. Pure, high quality water is all your body needs; however, other drinks can provide blasts of nutrition in an easily digestible form:

- Spring or filtered water
- Coconut water
- Herbal teas - good ones include dandelion, peppermint, ginger, rosehip, lemon balm, chamomile
- Nut milk - almond, cashew, coconut, Brazil and hemp
- Golden milk (aka turmeric latte)

*Within The Gabriel Method, we use words and phrases unique to our approach. To make your transformation easier, and allow you to fully integrate The Gabriel Method into your life, we have created a glossary of our most commonly used terms.*

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**Big 3:** a consistent Gabriel Method principle is 'to add' and not to restrict. Deprivation may lead to starvation and as a result turn on your FAT Program. In our core Action Step to 'Add the Big 3', Jon refers to the three key macronutrients our bodies need to function properly: Protein, Healthy Fats (Omega 3) and Live Food.

**Daily GM Break:** create time each day to move away from your present environment and mindfully enjoy an action(s) with a focus on your module's intention. We have provided a few examples of actions you may wish to include. Your Coach will help you personalise your choice to ensure maximum benefit.

- **Stress Busting:** be in nature, get a massage, smile, hug someone
- **Revive:** reconnect with a past hobby, volunteer to help
- **Detox and Renew:** skin brushing, take an epsom salt bath, power nap, sauna
- **Positivity Burst:** add a GM Fitness session, take a cold shower, make a speech, dance, practice positive self talk, watch a funny movie - laugh
- **Manifestation Moment:** journal your intentions, create a vision board, get specific with your life goals

**FAT Programs:** F.A.T. is an acronym for “Famine And Temperature”. During famines and ice ages, having excess fat on your body helped keep you alive, so a fat storage survival mechanism came into play. Even though today most of us no longer have things like famines to worry about, these FAT Programs are still very much a part of our genetic inheritance.

When the FAT Programs are on, certain subtle hormonal and chemical changes take place in your body that will virtually ensure that you get fat and stay fat.

**FAT Program Triggers:** Jon has identified a number of common triggers, or causes, where your FAT Program being activated is likely. Below are the 10 most common Fat Triggers. Most people whose FAT Program is on are affected by multiple triggers.

- Chronic Dieting
- Negative Emotions
- False Beliefs
- Lifestyle Stress
- Medication
- Nutritional Famine
- Past Trauma
- Poor Digestion
- Sleep Apnea
- Toxicity

**GM Detox Drink:** remember that your body is naturally detoxifying at all times—the goal of this action is to simply help your body with its natural process of cleansing.

A freshly squeezed green juice, a drink made with a high quality green powder (spirulina, chlorella, wheatgrass), a cleansing herbal tea like licorice, ginger, dandelion or simply adding lemon or apple cider vinegar to water, are examples of a GM Detox Drink.

**GM Supplements:** at times, particularly early in your transformation, it may be necessary to complement your diet with supplements designed to restore internal balance and promote your health.

- **Probiotics:** are live bacteria and yeasts that are good for your health, especially your digestive system. Your body is full of bacteria, both good and bad. Probiotics are often called “good” or “helpful” bacteria because they help keep your gut healthy.
- **Digestive Enzymes:** are substances produced by our bodies that help us to digest the foods we eat. These enzymes are secreted by the various parts of our digestive system and they help to break down food components such as proteins, carbohydrates, and fats.

**Mind/Body Technique:** or Mind and Body practices, are designed to be therapeutic and enhance the relationship between a person’s mind and their body. Ultimately their objective is to reduce stress and benefit health, which fits in perfectly with The Gabriel Method.

Techniques include:

Tapping, Yoga, Prayer, Art, Music, Dance, Tai Chi, Qi Gong, Deep Breathing.

**Sleep Apnea:** is a serious sleep disorder that occurs when a person’s breathing is interrupted during sleep. People with untreated Sleep Apnea stop breathing repeatedly during their sleep, sometimes hundreds of times. This means the brain -- and the rest of the body -- may not get enough oxygen.

If in any doubt we recommend you be checked for Sleep Apnea by a trusted health professional. Sleep Apnea is a major trigger of the FAT Program.