

Group Session 6

Make it Fun

Make it Fun Health

Two Rules

- ✦ Eat more food
- ✦ Make it fun

“Inch by inch, anything’s a cinch.”

“Life is either a daring adventure or it is
nothing at all.”

- Helen Keller

In Session 5, we talked about nuts and seeds...

- ✦ Tiny plants - packed with nutrients
- ✦ Linked to a lower risk of many chronic conditions and longer life
- ✦ People who eat nuts and seeds eat fewer calories at later meals
- ✦ Not linked to weight gain like other foods that are high in fat
- ✦ Very satisfying

Today, we'll talk about...

- ✦ Herbs and spices
- ✦ The mental game - thoughts
- ✦ Our environment
- ✦ Have a surprise

Our 6 Food Groups

- ✦ Fruits
- ✦ Veggies
- ✦ Whole grains
- ✦ Legumes
- ✦ Nuts and seeds
- ✦ Herbs and spices

Celebrate failure / effort that wasn't successful
from last week ...

If you didn't eat perfectly last week but are still
here, give yourself 100 points.

Celebrate Success from last week...

If you ate more nuts and seeds last week than you typically did before this program started, give yourself 100 points.

If you wrote down your Why - and put it
somewhere you'll see it daily...

Give yourself 300 points.

If you made a plan - as if you'd accepted the \$1 million challenge - how you could eat only real, whole plant food for a month...

...give yourself 300 points.

If that plan included planning one week of meals...

...give yourself 300 points.

If that plan included anticipating what could go wrong -
and planning for those things too...

...give yourself 300 points.

If you made a plan and put it into action last week...

...give yourself 300 points.

If you made a plan and are willing to share it - or one day of your menu / meal plan...

...please do so now - and give yourself 300 points.

If you watched the film Eating You Alive...

...give yourself 300 points.

Your takeaways from Eating You Alive

Our takeaways from Eating You Alive

- ✦ Added sugar suppresses immune system 4 - 5 hours
- ✦ Sugary breakfast, lunch, & dinner suppress immune system almost all day
- ✦ Makes us more susceptible to infections

More takeaways from Eating You Alive

- ✦ Added sugar and junk food - absorbed into bloodstream - penetrates cells
- ✦ Damages lining of the artery - endothelial cells
- ✦ Causes measurable inflammation
- ✦ More susceptible to diseases - cancer, heart disease, etc.

Still more takeaways from Eating You Alive

- ✦ Go cold turkey
- ✦ Tapering off doesn't work with addiction.
- ✦ Most people are addicted to meat, dairy, and their habit patterns.

From what you've seen and experienced - do you agree?

How to Control Your Thoughts

Almost everything we do - including everything we eat - begins with a thought. There are a few exceptions such as...

- ✦ Reflexes - if we touch a hot stove - we instinctively pull hand away before thinking about it
- ✦ Being startled - such as if we hear a loud noise

If we continue doing the same thing, it creates a trail or groove - called a neural pathway - in our brains

- ✦ Creates a habit
- ✦ We act either without thinking - or as much
- ✦ Subconscious - influences us and makes some decisions and behavior automatic

So to be successful with food, we need to control our...

- ✦ Thoughts
- ✦ Subconscious

Today, we'll talk about controlling our thoughts...

...next week, talk about how to control our subconscious.

To control thoughts...

- ✦ Don't let brain be a vacuum - so bad thoughts easily pop in - focus on plans, goals, listen to uplifting audio books, podcasts, music, etc.
- ✦ Start being aware of thoughts
- ✦ Label thought - get it out in the open - say out loud - "That's fear. That's not me. That's how I used to be. This thought isn't helpful. I choose to change - or reframe - it"

To control thoughts...

- ✦ Replace - we can only think about one thing at a time - choose great thoughts in advance - your goals, great experiences, or things you love
- ✦ Reframe - change meaning
- ✦ Practice - seems hard at first - give it time - this can become a habit

Rubber band method...

- ✦ Wear a rubber band around wrist
- ✦ Every time you notice it, check your thoughts
- ✦ If you're struggling with negative thoughts, give it a light snap and tell yourself to replace or reframe it

Reframing...

- ✦ We often allow our minds - to distort things
- ✦ Reframing - establishes balance and better thinking
- ✦ Replaces unhelpful thought - with one that's helpful

Reframe... “I made another mistake. I’m terrible at this.”

- ✦ “Mistakes are part of life”
- ✦ “I’m getting better every day”
- ✦ “Inch by inch, anything’s a cinch”

Reframe... “I can’t believe I just binge ate again.
Trying to eat better is useless.”

- ✦ “I’ll learn from this and get better.”
- ✦ “I fell down again, but this time I’m getting right back up.”
- ✦ “I know I can win this battle. I’ll figure it out or get help.”

Now it's your turn...

... to practice reframing.

Reframe...

“I don’t want to cook.”

Reframe...

“I want a cookie.”

Reframe...

“I don’t like meal planning.”

You can reframe...

...any conscious thought.

Environment

If you want to be a great...

- ✦ Skier - live near mountains - and snow
- ✦ Sailer - live near the ocean - or lake
- ✦ Kayaker - live near a river

The right environment makes success easier.

Think about a high-school football team...

- ✦ They don't practice in a swimming pool
- ✦ The coaches don't invite cheerleaders to practice or film sessions
- ✦ They create the right environment
- ✦ The field - usually next to the school - is easy to access

To lose weight and reverse chronic disease...

- ✦ Not about willpower
- ✦ Constant exposure to unhealthy food - creates many decisions we have to make over and over each day
- ✦ A good environment - reduces decision making
- ✦ Create an environment - that brings the results you want

Here's how...

- ✦ Make the results you want - as **easy** as possible
- ✦ Make the results you don't want - as **hard** as possible

How can you make it easy to eat healthy?

- ✦ Plan and prep meals in advance
- ✦ Shop after meals - never when hungry
- ✦ Take a grocery list to the store - only buy what's on the list
- ✦ Have a collection of meals you like and have time to make
- ✦ If you don't like to cook, make that your new hobby - or have a service deliver meals
- ✦ Put checklist, tracker, and your Why on the fridge - or anywhere you see them often

How could you make it hard to eat ice cream?

- ✦ Don't bring it in the house
- ✦ Don't drive by the creamery
- ✦ Don't eat at Dairy Queen
- ✦ Have an accountability partner - be honest and check in consistently

Here are six ways to create an environment...

...that helps you lose weight and
reverse chronic disease.

1. At the grocery store...

- ✦ Go after eating - when you are not hungry - and won't be soon
- ✦ Shop with a list
- ✦ Only buy what's on the list - no impulse purchases - unless it's a whole plant food

2. At home...

- ✦ Remove temptation
- ✦ Clean out pantry and fridge - toss or give the bad stuff away
- ✦ Don't bring processed food, drinks, or animal products in your home
- ✦ It's much better to waste a few dollars tossing unhealthy food - than a lot of dollars on health care

3. In the car...

- ✦ Take healthy food with you
- ✦ Have a water bottle and cooler in sight near your keys or the door
- ✦ Drive a few extra blocks to avoid the drive through where you used to stop

4. At work...

- ✦ Take healthy food and water with you - always have one more apple or banana than you'll need
- ✦ Ask the person who always brings the donuts around - to not offer them to you - but tell them how much you appreciate them
- ✦ Get a reputation for eating healthy - your co-workers will probably start to admire you

5. At restaurants...

- ✦ Be picky about where you go
- ✦ Refuse to go inside buffets
- ✦ Ask waiter or waitress - not to bring bread - or chips - to the table
- ✦ Ask people you are with to keep those things on the other side of the table
- ✦ Request a large water and start drinking it right away

6. In relationships...

- ✦ Have someone who you can share your successes with
- ✦ Tell them about your daily wins
- ✦ Support and root for them too
- ✦ Avoid unsupportive people

Herbs and Spices

What are herbs and spices?

- ✦ Herbs - the leaves of edible plants
- ✦ Spices - from other parts of plants - such as seeds, bark, and roots

Kinds of Herbs and Spices

- **Herbs** - Basil, parsley, cilantro, oregano, thyme, tosemary, mint, dill, sage, bay leaf, tarragon, marjoram, fennel
- **Spices** - Cinnamon, paprika, cumin, black cuman, garlic powder, onion powder, chili powder, pepper, cayenne pepper, nutmeg, ginger, turmeric, allspice, cloves, cardamom, mustard seed, coriander, red pepper flakes

Why should we eat herbs and spices?

- ✦ Make food taste good
- ✦ Great replacement for salt
- ✦ Have more antioxidants than any other food group

Just like with other plant foods...

- ✦ Eat a rainbow of herbs and spices - red, yellow, green, black, orange, white, etc.
- ✦ The colors are the antioxidants

Herbs and spices help...

- ✦ Reduce inflammation
- ✦ Improve blood flow
- ✦ Control blood sugar
- ✦ Improve gut health

Turmeric has been shown in studies to...

- ✦ Treat arthritis better than the leading arthritis drug
- ✦ Reduce the risk of colon and pancreatic cancer

Cayenne pepper worked better at improving nausea
and stomach pain...

...than a leading drug.

In a study of about 600 chemo patients...

...those given ginger reported a lot less nausea than a group given a placebo.

In a study of 70 pregnant women...

...the group given ginger reported far less sickness and nausea than the placebo group.

Studies on cinnamon show it improves...

- ✦ Blood sugar
- ✦ Cholesterol levels

A number of spices have been shown to protect against broken DNA - which can lead to cancer and other diseases - including...

- ✦ Turmeric
- ✦ Paprika
- ✦ Cumin
- ✦ Ginger
- ✦ Sage
- ✦ Rosemary

A number of studies conclude that garlic powder...

- ✦ Lowers blood pressure
- ✦ Reduces cholesterol
- ✦ Improves blood flow

Many drugs are attempts to replicate what occurs in nature...

- ✦ 40 - 50% of prescription drugs start as plants
- ✦ Drug companies can't patent and make money on plants
- ✦ They change them - create drugs with side effects
- ✦ The original herb or spice sometimes outperforms the drug

Many herbs and spices have not been studied much for their nutritional benefit...

- ✦ Good studies are expensive to conduct
- ✦ There's usually no financial incentive to do it
- ✦ When herbs and spice are studied, the health benefits are often impressive

Make it easy to eat herbs and spices...

- ✦ Have a spice rack visible in your kitchen
- ✦ Take a few spices with you - put in cooler
- ✦ Sprinkle on nearly everything
- ✦ Grow a few plants at home

A serving of herbs and spices is...

- ✦ 1/4 teaspoon

Tonight's surprise...

Usually a few weeks into aircraft pilot training, the instructor...

- ✦ Flies with the student as he / she practices takeoffs and landings
- ✦ Gets out of the plane - with a radio - so they can communicate
- ✦ Tells student to make 3 takeoffs and landings - solo
- ✦ Stands by to support them

Nearly every student pilot...

- ✦ Is nervous
- ✦ Safely completes the 3 takeoffs and landings
- ✦ Feels amazing afterwards
- ✦ Never forgets that day - ever

You're ready to experience something
even more rewarding...

...to know how good you can actually feel...

...and how healthy you can be.

...to get to your ideal weight without trying...

...and to stop struggling to eat healthy.

This week, we have only one
challenge - the most important one...

...go all in for 30 days...

Eat just whole plant foods - fruits, veggies,
whole grains, legumes, nuts and seeds, and
herbs and spices...

...for 30 days...

...as if there was \$1 million on the line...

...and your health depends on it...

Your health probably does...

...and it's worth way more than \$1 million.

You are worth way more than \$1 million...

...and you deserve this.

It's the only way to...

- ✦ Know how good you can feel - just from food
- ✦ Conquer food addiction
- ✦ Lose taste for unhealthy foods - taste buds fully change
- ✦ Lose weight and reverse chronic disease - fast
- ✦ Stop temptation - the battle in your head
- ✦ Fully understand why you were designed to eat this way

This is what you signed up for...

...and why you're here.

It's why we're here. If you need help remember - we're here...

- ✦ Call - 435-200-5240
- ✦ Text - “ “
- ✦ Email - team@makeitfunhealth.com

We're rooting for you...

- ✧ The rest of the group is rooting for you
- ✧ It's not as hard as you think
- ✧ Take it inch by inch - that way anything's a cinch!

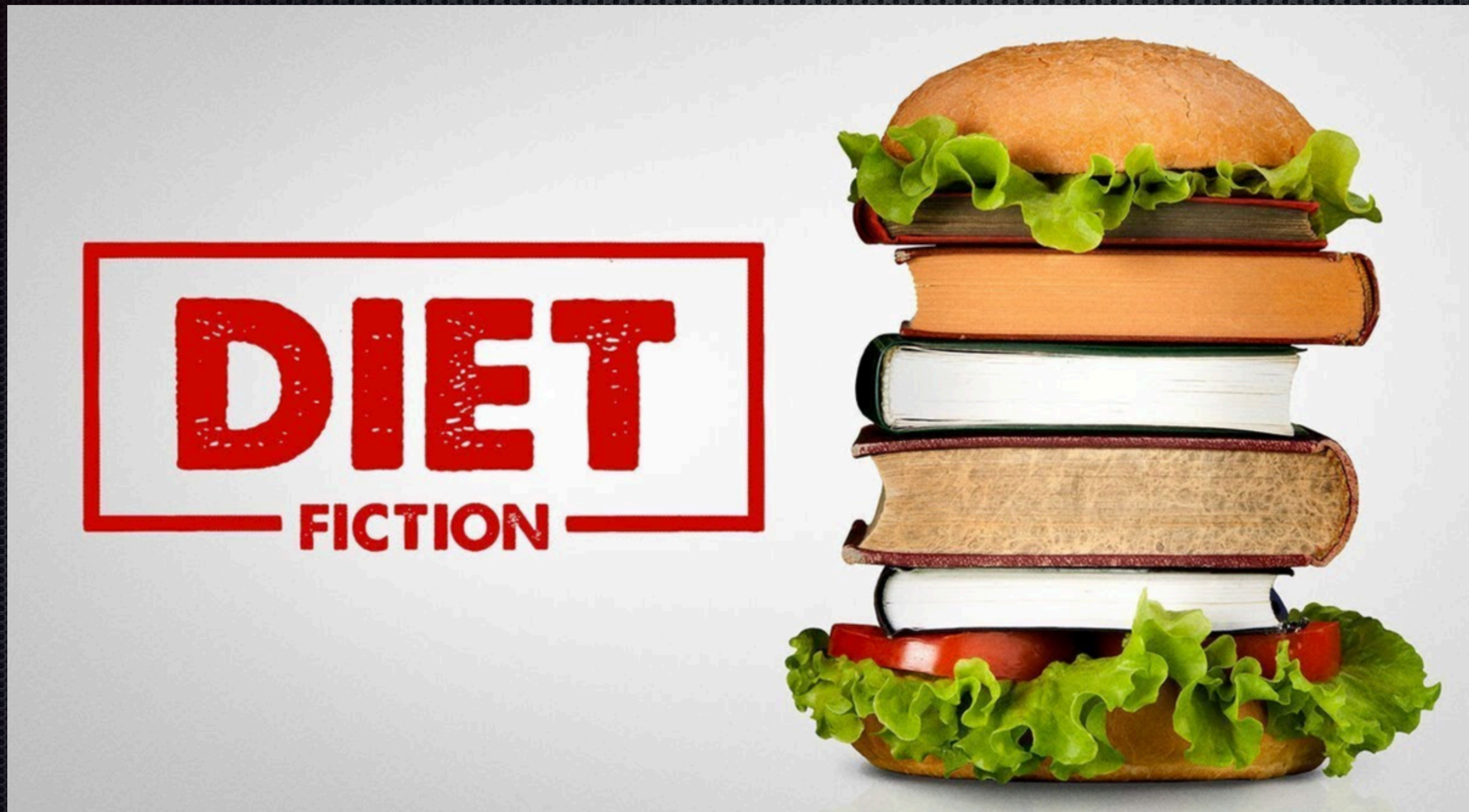
After a short transition period, you'll discover...

- ✧ You can do this - and sustain it
- ✧ It wasn't as hard as you thought

Review

- ✦ Herbs and spices make food taste great and have many health benefits
- ✦ We can take control of how we eat - by taking control of our thoughts
- ✦ We can improve our environment - to get the results we want
- ✦ You're ready to experience the great health you deserve

This week's Screen Jam...



Diet Fiction explores our misconceptions that make it hard to...

- ✧ Lose weight
- ✧ Keep it off
- ✧ Improve health

This Week's Challenge...

Go all in for 30 days - and watch what happens.

Checklist for Week 6

Food

1. Fruit - 3 servings per day
2. Vegetables - 3 servings per day
3. Whole grains - 3 servings per day
4. Legumes - 1 serving per day / or just some every day
5. Nuts and Seeds - one serving (total)
6. Herbs and Spices - as many as possible

Process

7. Start becoming aware of your thoughts. Practice changing / reframing them.
8. Screen Jam - Diet Fiction
9. Go all in!
10. Make it fun

You can do it when you make it fun!

Next Week

- ✦ Drinks
- ✦ The mental game - controlling subconscious
- ✦ Help and support each other

Who won our game?

Questions?

Let's hear about your successes and failure from last week...

...and concerns and question for this week.

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