

911 DIET RESCUE!

BodyFit
SUPERSTORE

TIPS & HACKS

Dieting is HARD. But sticking to a diet is not just about WILLPOWER!

There are other psychological & physiological factors that can drive you to cheat but we can help!*

WATER PHYSICAL

1

WHY?: Hunger is often confused with thirst. The very first thing to do when you experience hunger, is drink a full glass of water and wait 15 minutes. If you want to lose weight, you will need a lot of water to wash out the waste products from your body and to help the inner organ to get rid of the toxins.

HOW MUCH?: You should be drinking between 1/2 and 1 oz of water for each pound you weigh, every day.

HACK: Not all water is created equal. Structured water, or EZ water, is definitely best, based on the work of Professor Gerald Pollack.

WHY?: Balances mineral deficiencies: When you drink lots of water your body is being flushed of its essential minerals; Supports adrenal function: There is no single factor limiting the average person's energy level more than adrenal dysfunction; Detoxing: Salted water will help you to remove toxins and keep the body in its natural state, also prevents cramps.

HOW MUCH?: 1 Tsp in the morning in a large glass of water (if it gives you diarrhea, reduce). This gives you a small burst of energy in the A.M.

HACK: Sucking on a crystal eliminates hunger pangs and lightheaded sensations.

HIMALAYAN SALT PHYSICAL

2

WHY?: Epsom Salt: Clears lymphatic congestion, induces profuse sweating pulling toxin-laden fluids out of the body; 35% Hydrogen Peroxide: Increases Oxygenation and Detox. Baking Soda: Detoxifies and alkalizes the body.

HOW: 2 c. Epsom Salt, 2 c. Baking Soda & 1 c. 35% Hydrogen Peroxide.

HACK: This bath should be taken as hot as is tolerable, for 12-15 min. Peroxide gives a surge of oxygen to detox, draws toxins out of your body and pushes them to the lymphatic system. You need to shock your body with 1 minute of the coldest water you can stand, immediately following so the toxins don't sit in your lymph nodes.

BIOHACKER BATH PHYSICAL & PSYCHOLOGICAL

3

WHY?: Helps 2 of the most important things with dieting...sleeping & pooping. It's needed for about 90% of the chemical processes in the body. Stimulates nerve & muscle function, limits inflammation, and improves oxygenation and blood flow. Deficiencies in magnesium can cause significant damage to nerves which manifest in symptoms associated with depression.

HOW MUCH?: Citrate is the best form. Start with 500 mg (w/ Potassium 200 mg) at night. Increase Magnesium if you can't poop or have trouble sleeping.

HACK: Increase by one capsule per night until you have loose stools in the a.m.

MAGNESIUM PHYSICAL

4

SLEEP PHYSICAL & PSYCHOLOGICAL

5

WHY?: We all know that when you don't sleep enough, your cortisol levels rise. This is the stress hormone that is associated with fat gain. Cortisol also activates reward centers in your brain that make you want food. But this tip isn't about that.

HOW?: Clear your schedule and go to bed as early as possible.

HACK: Evenings are usually the most difficult times for dieters, especially if you are living with people who are not dieting. You've spent the afternoon being strong but when the distractions of the work day subsides and fatigue starts to set in it's much easier to give in to temptations. Go to bed and get one more day under your

WHY?: Limiting your food intake while dieting may leave you preoccupied about eating all day long. You'll need to make a plan and implement strategies to distract yourself from food.

HOW?: Physical Activity: Be more physically active to distract yourself from food; Social Activities: Provide another great distraction from food, as long as the gathering isn't centered on food; Hobbies: On days when you're not meeting a friend or exercising, consider learning a new skill, like knitting.

HACK: Consider joining a diet support group with like-minded supportive people.

DISTRACTIONS PHYSICAL & PSYCHOLOGICAL

6

Still need help? BodyFit Superstore offers one-on-one Diet Coaching. Email Patty@BodyFitSuperstore.com for more info.

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