

# BodyKey<sup>®</sup>

## Leaders Manual Notes

Introduction and Eight Clinic Sessions



**Yvonne Chamberlain**

Author of: "Why Me? Kicking Cancer and other Life Changing Stuff"



# BodyKey®

## Introductory & Signup Session:

### Materials Required for this Session

- Leader's BodyKey® Kit, including a downloaded questionnaire – to show
- Business sponsoring application forms – download
- Two part payment option forms (for BodyKey® kit) – download
- Business sponsor's brochure "Chart your Course" – download
- Omron Body Composition Scales – To order - VS255630 - \$89.00
- "What is your Real Age" forms – to use with scales for each participant
- Individual Course Progress forms – for each participant

## **I. An 8 week program for leaders to follow:**

*(If you have the Body Composition Scales, begin by getting baseline body measurements. This gives each participant their body fat percent, metabolic rate, cellular health, etc. It gets their attention, to their NEED for a healthy eating and discarding weight plan. Use the "What is Your Real Age" form to fill in their age at cellular level and record their details for future comparison.)*

This clinically designed nutrition and weight loss program has been put together to assist participants with specific problems using the personalized questionnaire. The firm belief to carry with us through this course is that, our efforts to fix the inside pays dividends towards fixing the outside. Healing and health started on the inside will ultimately demonstrate and reward us on the outside. Plus, it makes discarding unwanted weight a whole lot easier—fat quite literally melts away—and with new habits incorporated, it actually stays off!

***Dr. Carl Simonton, M.D. / GWA says...***

"The pathway to health is really a process of re-birth. As you explore yourself and your participation in your health, you are permitting the unconstructive old beliefs to die off while creating positive new attitudes and a new life that allows you to become more of the person you would like to be."

**Reflection Group Discussion:** "The groundwork of all happiness is health." – Leigh Hunt  
*(The purpose of the discussion is to develop in each participant an awareness and personal responsibility for their own health and wellbeing)*

**Introduce your group to "Why BodyKey®?"**

- According to the Mayo Clinic, a weight gain of just 4.5 to 9 kilograms {10 to 20 pounds} can increase your risk of heart and blood vessel problems by 25%.
- A weight gain of 20 kilograms (45 pounds) or more increases your risk by more than 250%.
- Being overweight carries with it many health risks such as high blood pressure, heart disease, stroke, type 2 diabetes, breast and uterine cancer, colon cancer and gallstones.
- Excess weight may also aggravate arthritis and hip and back pain.
- According to research studies, a weight loss of 4.5 kilograms (10 pounds) has been shown to reduce the need for blood pressure medication by 36%.
- According to Eric Braverman, MD obesity leads to liver disease. The build up of fat cells impairs the liver's ability to properly cleanse the body of toxins and increases your risk for infection and illness.
- Studies at Harvard University have found that repeatedly gaining and losing even a moderate amount of weight can raise your risk of heart attack by up to 75%.

The only way to truly address and heal weight problems and disease is to **get to the root of the problem**. Finding the real cause for your weight gains, whether physical, mental or emotional will provide a stable foundation for your body to find it's true weight and achieve total health.

This program is designed to educate us on how to live healthy and maintain our healthy weight so that we don't have the ups and downs that are dangerous for our health and well being.

The secret is to identify the things that make you toxic, and cause inflammation—now regarded as the base cause of all disease. Things like sugar, caffeine, alcohol, junk food and processed foods can be the cause of, or, intensify this destructive process. Then you want to do things that help you detoxify and "cool off" inflammation, like eating whole, real foods, eliminating all potential food allergens, cleaning out your bowels, and relaxing deeply. That is when miracles can occur.

BodyKey® has received GLOBAL RECOGNITION by health professionals in each segment of the wheel.



## II. In BodyKey® we look at ...

***"The Psychology and brain science of sustainable weight loss."***

**Why is it so hard to lose weight? What is the problem to achieving your goal weight?**

- **Relying on WILL power is a Big Mistake.** We have an automatic brain called habit that will override our will. What we need to create are new neurons RAS and rewire the brain.
- We all have habits of how we behave, including eating, when we are in need of comfort, or upset or come home weary from work.
- In the same way we use the indicator switch in the car automatically without consciously thinking, we often eat automatically without thinking of the consequences.

**Harness YOUR Emotions to Help YOU win. – Are you ...**

- **Dissatisfied** – I'm not happy like this
- **Disgusted** – I have had it... I'm not living like this any more
- **Resolved** – I will until because it is important enough.
- **Honest** – Divorce your story and marry the truth. Search for real, permanent change.
- **Results orientated** – Be effective, not just active.
- **Competitive** – I'm beating it!

## III. Show & Explain your BodyKey® Kit:

- This is how BodyKey® is different from other weight loss programs....
  - **Personalized program**
  - **Wrist Band – Global Recognition**
  - **Nutriway™ – The Largest and Only 100% Organic Vitamin company on the Planet.**
- Formula for Healthy Weight loss & creating a healthy Lifestyle, developed over 5 years.
- Discuss Price and How to Save \$: (this is the plan)
  - Retail: Complete kit includes 8 weeks meal replacements and snacks \$768.30
  - IBO: Wholesale price of \$628.99, less bonus coupons that are available. Join the business \$85 grab pack. See page 12 of business "Chart your course" brochure. When you bring 2 friends to join your program and they purchase 200PV in the first 90 days, you receive a \$250 bonus on top of the other bonuses. That makes your BodyKey® Free and you have purchased other products that you would have been using in your home anyway.

## IV. Looking Forward:

- Announce your Clinic Time
- Discuss the Process: 1 hour each week to weigh in and have 15 minute chat about: Mindset, Meals, Habits, Stress, Sleep, Activity, Supplementation and Maintenance.
- Each week: Weigh in and Exchange a healthy recipe
- Bring a notebook to journal your journey. – record the Ha-ha's along the road.



# BodyKey®

## Week One:

### **Materials Required for this Session**

- Leader's Notes
- Omron Body Composition Scales – participants weekly weigh-in
- Individual Course Progress forms – for each participant
- Session one, handouts x2 for each participant

**(Leader's Tip: - Always encourage participation in group conversation and seek to acknowledge the person who shared in a positive way)**

Getting to know each other—each person in the circle says:

- Name/family/where you live
- Why you are on this program,
- The thing I like best about myself is ...

The rest of the team responds: *"Wow - thanks for being part of our team"*

*Discussion* "Real weight loss isn't about what you do with your fork. It's about what you do with your mind." - Vic Connant

### **Developing a Mindset for Reducing and Controlling Weight:**

*Thought:* "You can get old pretty young if you don't take care of yourself." Yogi Berra

### **Use Your Journal to Grow Resilient Behaviour Patterns**

#### **Goal Setting—Speaking Future Truth Today**

How do you want your journey to look in 8 weeks time. Get clear about the why?

- **Write down your goal** in your journal and why achieving this goal is important to you.
- Choose your attitude.... write down in your journal why am I doing this program?
- Identify your signature strengths, the emotions that are going to drive you forward, and write them down in your journal.

## 6.

- Turn your goal into an affirmation you can “talk out loud” to yourself each day. Although this may seem strange at first, it is not a “lie”, IF you are taking daily action steps to achieve clearly defined goals.

### Each Day:

- Use your journal to keep track your food and eating habits/patterns. Studies show that keeping a food diary aids in discarding and maintaining weight. Your food diary will help you be more conscious of what you are eating and identify patterns in your eating habits.
- List your “Gratitudes” in your journal - Let go of being judgmental.
- Have fun - intentionally make someone laugh. According to researchers at the University of Chicago and the University of Georgia, when it comes to eating and weight loss, feeling good can motivate you to make healthy food choices. Decorate your kitchen with things that make you smile.
- Reach out this week to a stranger and say hello and give a genuine compliment.
- Practice active listening.
- Pay attention: Observe the winners and the losers and notice their attitudes.
- Not using your knowledge gives the same result as not having the knowledge except you live in regret.
- Formal education will make you a living, self education will make you a fortune - identify what makes you happy and gives you passion.
- Develop a team spirit—the team is your asset, to lean on and draw from. Gain strength by giving strength.

Allow conversation around the above and acknowledge each person when they share.

*Fact:* It takes 3,500 calories to gain a pound.

*Example:* If you want to lose a pound per week, think about reducing your calorie intake by just 250 calories each day and incorporate a daily physical activity that will burn an extra 250 calories per day. Result = 3,500 calories less each week. This will reduce your weight over the duration of the course by 8 pounds or more than 4.5 kilograms

### Complete the Session Process ...

- Take measurements & record details on individual course sheets provided.
- Take Pictures (for a before and after comparison.)
- Next week: Bring your healthy recipe to share at the next session.

### Handouts:

- Self Control &
- Easing into a Healthy Diet

## Self Control – (Session One, Handout-1)

If you have something that you want in life, a goal that is important to you, who you want to be, what you want to do, what you want to have, what you want to give, then you will need to learn how to choose the road in the woods less travelled. The challenge with the wide road is that it requires no self discipline - personal will power and leads us to a destination that is often "unhealthy". That road doesn't have all the personal satisfaction, fulfilment and triumph that the narrow road has nor the highest sense of achievement. One of the greatest gifts you can give yourself is learning to master the art of self-discipline - delayed gratification. Learning how to tell yourself "no" now is an important step to become a healthier, stronger, wiser and more mature person. But it is difficult to say "no" if we aren't absorbed with our why = Happy, Healthy, Thin, & Free!

### self-dis-ci-pline

Definitions of **self discipline** on the Web:

- Self-denial: the act of denying yourself; controlling your impulses
- Control of oneself, willpower - having the ability to control your desires and impulses.

The one that I like the best and choose to use is:

- Self-discipline is the ability to reject instant gratification in favour of something better. It is the giving up of instant pleasure and satisfaction for a higher goal.
- It is the ability of the individual to stick to actions, thoughts, and behaviour, which lead to improvement and success.
- Training and control of oneself and one's conduct, usually for personal improvement

For me the first part of self-discipline is changing the definition to self-control and then knowing why I want to be self-controlled! I always like to look at the benefits rather than the price. None of us like to be denied or disciplined! Discipline was something that happened to me as a child and it usually wasn't pleasant. It was usually because I had done something, said something or hadn't done something that I should have or shouldn't have. So discipline can be a negative word in our vocabulary. So let's change it from self-discipline to self control. While practicing self-control may not be easy at first, there are many benefits to mastering this art of personal control.

- Self-control can help you achieve your goals and realize your dreams. Achieving any goal in life you set for yourself requires you to sacrifice time, money and energy you might prefer to spend on other things. Are you willing to have this dedication? Only if what you want is important enough. The Goal: Happy, Healthy, Thin and Free!
- Self-control helps you get more done. Because you aren't constantly using your "will power muscle" to deny yourself food you love, you have more energy at the

end of the day. By not even having those "unhealthy" foods in your house, you can accomplish eating your food program more easily every day and reach your healthy weight goal sooner. Because our goal is to be healthy for ourselves and our loved ones, it is easy to say no to less nourishing foods. Are you willing to remove these distractions? I love feeling healthy and energized.

- Self-control helps you have greater focus and be more aware of the foods that damage our health. By discarding the foods that take you away from your health and a healthy weight, you can focus on the foods that will nourish your body. Focus is nearly impossible to achieve without self-control, and goals are nearly impossible to achieve without focus. Are you willing to focus intensely on your health goals? Only if they are important enough! Happy, Healthy, Thin and Free!

The keys to self-control are simple. As we learn a new way to think about food, we are creating a "Reticular Activating System" for our brain. RAS = Habit and is something that we do automatically. We want our food choices to be healthy "habit".

If you break a commitment to yourself on the way to developing your new food habits, remember that you are human. Go back to why you are choosing the path - Happy, Healthy, Thin and Free – why is it important for you – and you will give it a high priority.

Part of self-control is self-respect. In order to live the life you truly desire, you need to care for yourself properly. Because I have learned to love me through my cancer experience, I don't want to put rubbish into my precious valuable body that is taking me through a long and productive life. Sugar and flour cause us to think slower, make us tired and give us a temporary energy spike and then dump us flat. So, when I have cleaned my house, I wouldn't go and get the rubbish bin and dump it on my lounge room floor and thus create more work for myself. Respect every part of yourself.

Identify any food addictions that you may have so that you can replace those cravings with a healthy alternative. Often we eat because of our emotional state, and unfortunately at those 'emotional' times we don't usually choose a healthy snack. When we have an emotional hurt or emotional emptiness, we go for the sugary, high calorie instant serotonin food. We eat it and have a temporary "high", then the crash comes and we don't like ourselves even more because of how uncomfortable we feel. We can also choose high calorie junk foods because we have been programmed as a child to be good and get a food reward. The "sugar" program is in our DNA. However, thankfully, we can be reprogrammed! Simply create a new "Habit".

1. Respect your body. Pay attention to the signals your body sends you. We're masterfully created, and your body will tell you when something is out of balance. Listen to the signals and treat yourself with VIP handling to be the strongest and most productive you can be! You don't need to be sick to take a day off. Take a 'well day' off and love and nourish yourself with a massage and a spa! "TLC"
2. Respect your physical health. Taking good care of your health requires self-care seeing yourself as totally vibrant and energized. Your body will help you accomplish amazing things if you treat it properly!

- Eat nutritiously dense foods.
  - Get plenty of rest and exercise.
  - Strive to maintain a healthy weight.
  - Refuse to smoke.
  - Avoid over indulging in caffeine or alcohol.
3. Nurture your mind by filling it with positive, engaging information.
- Read books for the sheer joy of learning.
  - Engage in meaningful discussions with people of all backgrounds and philosophies.
  - Avoid negative people and conversations.
  - Listen to joyful, uplifting music instead of letting the television flood your mind with commercialism and negativity.
4. Respect the spiritual part of yourself. It's important to feel connected to something larger than you are. Connect with your Creator by meditating, praying or spending time in nature.
- Attend worship services at a local church, if that's part of your belief system.
  - Allow the spiritual side of yourself to become stronger and more important to you.
  - Base decisions on the greater good rather than simply what feels good at the time.
5. Respect your time. This includes your work time, family time, playtime and personal time. Make space in your life for every area.
- Schedule family time and alone time just as you do work time and other obligations.

By making a "to do list" and a "menu", you create a priority within yourself and habit gives you the 'stick ability' to your priorities. By choosing food choices off your good food list, you will have more energy and the pressure of food choices are made simple. Teach your brain the healthy habit, just like brushing your teeth is a habit.

If you want to live your life to the fullest and healthiest and achieve your goals, connection with others with the same thought process is a must. TEAM - together everyone achieves more. We create healthy habits together.

Learning how to control your impulses and make strong, healthy decisions is one of the best things you can do for yourself. Self-control can bring you the life you always wanted. Now the key is to take massive action on it immediately. Choose to see self-discipline as self control - create the health habit - for a higher purpose rather than temporary gratification. Happy, Healthy, Thin and Free

## **Easing into a Healthier Diet** – (Session One, Handout-2)

Eating healthier meals will be covered in session two, but having this handout now, gives you an opportunity to prepare for this important topic.

You want to eat healthier but you're not sure how to start? Are you eating too much processed food and ignoring natural, healthy foods?

Start by choosing foods from the following list (on the next page) each day. At first, you might try to eat 3-5 of the foods each day. Then gradually add more and more servings from the foods below, until your diet consists mostly of healthy foods, and less on processed or pre-packaged foods. Try to eat from a variety of the listed foods to avoid boredom. Go ahead - try something new!

When preparing your meals, try to keep the foods as "clean" as possible from additional oils, butters, sauces or gravies. If you're watching your weight, remember: bake, broil, grill, poach or sauté in water or broth.

## 11.

### FRUITS

- apple
- applesauce
- banana
- blackberries
- blueberries
- cantaloupe
- cherries
- cranberries
- grapes
- kiwi
- mango
- nectarines
- oranges
- peaches
- pears
- pineapple
- plantains
- plums
- pomegranates
- prunes
- pumpkin
- raisins
- raspberries
- strawberries
- tangerines
- watermelon

### VEGETABLES

- alfalfa sprouts
- artichoke
- asparagus
- bamboo shoots
- bean sprouts
- bell peppers (red, green, yellow)
- bok Choy
- broccoli
- Brussels sprouts
- cabbage (all varieties)
- carrots
- cauliflower
- celery
- chilli peppers
- collard greens
- corn
- cucumbers
- eggplant
- garlic
- green beans
- jalapeño peppers
- kelp
- kohlrabi
- leeks
- lettuce (all varieties)
- lima beans
- mung beans
- mushrooms
- okra
- onions
- parsley
- peas
- potatoes
- radishes
- spinach
- sprouts
- squash (all varieties)
- sweet potatoes
- tomatoes
- turnip greens
- turnips
- vegetable soups (broth based)
- water chestnuts
- watercress
- wax beans
- yams
- zucchini

### GRAINS, MEATS, AND DAIRY

- fish (grilled, baked, broiled, steamed)
- chicken breast (grilled, baked, broiled, sautéed)
- turkey breast
- tuna (in water or fresh)
- shellfish (less than 3 times per week)
- skim milk
- egg-white omelette
- non-fat yogurt
- non-fat cottage cheese
- tofu
- lentils
- bulgur
- barley
- baked beans
- great northern beans
- navy beans
- pinto beans
- garbanzo beans
- black-eyed peas
- kidney beans
- chickpeas
- brown rice
- whole wheat pasta
- whole grain bread
- whole grain bagel
- whole grain pita bread
- whole grain crackers
- unsweetened cereal



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## Week Two:

### Materials Required for this Session

- Leader's Notes
- Omron Body Composition Scales – participants weekly weigh-in
- Individual Course Progress forms – for each participant
- Session two, handout for each participant

*Reflection:* What worked this week and what was difficult? Share around circle individually.  
Group Affirmation of each person: Well done... on your way!

*Discussion:* "Every patient carries his or her own doctor inside." - Albert Schweitzer

## **Tips for Eating Healthier Meals:**

*Healthy Eating Habit #1a* (The addition rule): **Eat Something Raw At Every Meal.**

When eating, add a raw fruit or (preferably a vegetable) to every single meal.

This has four specific benefits:

- Raw fruits and vegetables have digestive enzymes to help you break down the rest of the food you are eating.
- The fibre in the fruit or vegetables expands in your stomach and fills you up so you don't eat as much.
- The fibre in the fruit or vegetable helps to push food, waste and toxins through your digestive tract.
- It provides the body with much needed vitamins and minerals, not to mention phytochemicals\* and other trace elements science has yet to discover.

\*PHYTOCHEMICALS are toxic substances produced by plants to retard or discourage predators and why it is important not to eat a truckload of comfrey, spinach, broccoli or any other herb, vegetable or fruit at a sitting. However, in the minute doses in which we consume them they become quite beneficial. Ingested in small amounts, these same chemicals stimulate the human body to produce protective enzymes or directly attack foreign invaders such as cancer. In chemical based, artificially manufactured supplements these synergistic phytochemicals are completely missing. This is one of the important reasons

why the organic Nutriway™ products are so effective. They are made from “food” not laboratory manufactured chemicals

*Healthy Eating Habit #1b:* (The second part of the addition rule is) **Eat fibre first.**

This will clear a path and prepare your digestive tract for the rest of your meal. Raw fruits and vegetables are full of fibre and when eaten with other carbohydrates, prepare the digestive tract and cleanse your colon.

*For example:* If you are going to eat pizza, add a big green salad and eat it first. If you are going to eat ice cream, add an apple and eat it first. This will fill your belly so that you won't feel like eating as much.

Fibre is a very important part of your diet. I recommend at least 40 grams per day. Studies have been done showing people who changed nothing in their diet except add more fibre lost weight!

**REMEMBER:** Fibre 40 for Life!

*Healthy Eating Habit #2a:* Work with the Pyramid Principle

Have you ever heard the phrase: “you are what you eat?” Well, that is only part of the story. You are **WHEN** you eat also! In other words, if your meal strategy is upside down, your figure will be also. I bet you are slightly confused right now, so ...

Let me explain: What is food? It is energy for the body. If food = energy, when do we need the most energy... before we go to bed or when we get up to start the day? Of course, when we get up! When should we eat our biggest meal based on energy requirements? Breakfast, lunch, then dinner. That's right. We are completely upside down! What is the typical Western diet? How about a Pop-tart for breakfast, burger and fries for lunch, spaghetti and meatballs with sauce, garlic bread, milk and dessert for dinner. Nothing much nutritious here and we wonder why we are in melt down physically and mentally.

Ideally you want your daily meal plan to be an upside down triangle, filtering the least amount of calories intake to the end of the day, and giving the body the greatest proportion at the start of the day so that it has all day to burn them off. When you go to bed without an overloaded system, you will also sleep better and actually burn calories while you sleep!

*For Example:*

- Have oatmeal, or eggs and some fresh fruit for breakfast.
- A chicken Caesar wrap for lunch with a side of raw carrots and hummus
- Kebabs for dinner with a tossed salad.

When you are on the BodyKey® program, replace one meal with a protein shake. If you need something in between have half a protein bar or a snack of carrot sticks or a few almonds. Notice how the calorie count got smaller with each meal? You always want to eat the least amount of calories before you go to sleep. Since you are not expending energy moving around, your body will take the food and store it in your fat cells for a rainy day. Your body is much more forgiving in the mornings and lunchtime. IF you want to have bad unhealthy foods or consume large amounts of calories, **DO IT DURING THE DAY!** You will have more time to burn it off.

If you do splurge, make sure to schedule in a half hour walk afterwards, especially in the evenings to help your system process the food before bed.

**WARNING:** If you don't follow this rule, your body shape will look like a triangle—with a huge bottom half! When the above rule is followed and becomes a habit, your body will take the shape of an upside down triangle—or an hour glass.

Another way to think about this is:

- Breakfast like a KING
- Lunch like a QUEEN
- Dinner like a PAUPER

*Thought:* Research at Harvard University has linked eating breakfast with lower rates of obesity and insulin resistance.

*Healthy Eating Habit #2b:* Give yourself at least two hours after your last meal before you go to bed. In most cases that means don't eat (or snack) beyond 7.00pm.

Your body is starting to wind down into the rest and repair mode, so that after about 7.00pm you are more likely to store your food as fat than burn it. – Please read session two-handout-1.

Follow these tips to limit your sugar intake:

1. Say **NO** to adding sugar to hot and cold cereals, add fruits instead.
2. Avoid jams and marmalades, spread breads and crackers with no-sugar-added preserves.
3. Reduce your intake of ice creams, frozen yogurt, and sherbets.
4. Limit foods that contain any of the following simple sugars as the first few ingredients on food labels: Sucrose, Glucose, Fructose, Corn syrup, Maltose.
5. Limit your daily sugar intake to 8% of your total daily calories. That makes it 24 grams for a 1,600-calorie diet, or 40 grams for a 2,000-calorie diet.

### **Complete the Session Process ...**

- Exchange recipes
- Weigh in, measure and celebrate.

### **Handout:**

- Healthy Eating Tips

## Healthy Eating Tips – (Session Two, Handout)

The National Weight Control Registry has found that people who keep food journals are more likely to lose weight and keep it off long term than those who do not keep food journals. Because you are trying to lose weight or eat healthier, take a look at your food diary. This will help in holding you accountable for your food choices, help you identify unhealthy or high calorie food and drink items, make you think twice about what you are going to eat and provide a record of your success.

If you want to release weight, start by being more mindful of what you are eating. Those little bites and handfuls of high empty calorie snacks and desserts really add up.

According to a study in the Journal of the American Medical Association, middle-aged women who drank one or more sweetened beverages daily gained an average of more than 17 pounds over an eight-year period.

Remember when you are on a fat loss diet, you should only lose about two pounds a week. Since one pound of fat contains 3500 calories, if you decrease your daily caloric intake by five hundred calories a day and incorporate more aerobic training in your overall exercise program, you can comfortably lose two pounds each week. Divide your plate: 3/4 with vegetables, grains, beans and fruit; 1/4 with extra-lean meat or low-fat dairy products.

If you have a regular time of day that you overeat, schedule a vigorous workout at that time to counteract your cravings.

To ensure weight loss success, remove all refined processed foods that are high in fat and sugar from your refrigerator and pantry.

If you find yourself overeating or eating non nutritious food, do not spend time feeling guilty or sulking over it. Just start your program again and let it go. If you let yourself feel guilty and dwell on it, you will find yourself eating out of frustration and thinking you cannot do it. One day of overeating does not destroy your diet. You can do it. Keep going and you will be happy with your accomplishments.

Clinical studies of motivated people who want to lose weight and change their eating habits found that having specific meal plans customized to their food preferences and social habits are highly effective in improving their diets for more than one year.

A study in the journal Obesity, found that when food is self-served at the dinner table people consume 35% more than if food is served up on the plates in the kitchen. In this way food is not easily accessible for second helpings.

*Fact:* A study at the University of Tennessee found that participants who ate higher levels of calcium-rich foods lost an average of eleven pounds over a year.

To promote weight loss and health, it is important to stay well hydrated. If you are dehydrated, your metabolism slows down by 2 to 3%.

If you want to lose weight, slow down when you are eating and chew your food well. Create an environment with soft soothing music and a beautiful table to encourage you to eat slower and enjoy your food. Don't eat your meals in front of the TV or listening to the news.

Eating with your non-dominant hand will allow you to be more conscious of what you are eating. This will force you to concentrate and think about what and how much you are eating.

Because your goal is to discard weight, eat foods high in water content first before eating higher calorie food items. Fruits, vegetables, water based soups and stews, and cooked whole grains are lower in calories yet very satisfying.

Consuming foods high in water content such as fresh fruits and vegetables can make you feel full longer and help you stick to your weight loss plan.

Just because something is labelled low fat does not mean, it is low in calories. Be sure to read labels and see if the food you are looking at is a low calorie too. You need to also check to see if it is loaded with sugar or white flour which will add lots of extra calories. Check the serving size as many times the front of the package will say low in fat and calories per serving, but then the serving size is very small.

Sparkling mineral water with a small amount of fresh squeezed juice, fresh mint or ginger is a refreshing, low calorie beverage.

Ginger can add a lot of flavour to your favourite dish, juice, dressing or sauce and has a lot of health benefits. Ginger reduces nausea, contains geraniol which may be a potent cancer fighter, has anti-inflammatory properties to relieve pain, prevent blood clots and inhibit the onset of migraine headaches.

A study published in Food & Nutrition Research found that your body burns nearly 50% more calories after eating a meal with whole foods versus a meal made with processed food.

Insulin is a hormone released from your pancreas in response to increases in blood sugar levels. Insulin's job is to get sugar out of the blood and into fat or muscle cells. If you constantly have high blood sugar levels, your muscles can become numb to insulin, resulting in insulin resistance. Chronic high levels of insulin, sugar, and insulin resistance pose a major problem to your health (i.e. impact your risk of heart disease and cancer)."

Being in a calm state of mind makes a big difference in how well your body will digest and assimilate food.

Avocados are a good source of monounsaturated fat, fibre, potassium, vitamins A, C, D, E, K, folate, B vitamins, lutein and magnesium.

Research shows that eating whole grains instead of refined grains decreases the risk of obesity, heart disease and diabetes.

Bok Choy is a member of the cabbage family. It is high in calcium and vitamin C and a good source of B2, B6, beta carotene, folate, iron, magnesium, manganese, phosphorus, potassium, selenium and zinc.

Cauliflower is a member of the cruciferous family of vegetables. It is a good source of B vitamins, vitamin C, folate, calcium, manganese, potassium and zinc.

Butternut squash is a great source of carotenoids which may help prevent cancers and may reduce the risk of developing cardiovascular disease. It is rich in antioxidants, zinc, magnesium and a good source of dietary fibre.



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## Week Three:

### Materials Required for this Session

- Leader's Notes
- Omron Body Composition Scales – participants weekly weigh-in
- Individual Course Progress forms – for each participant

*Reflection:* What worked this week and what was difficult? Share around circle individually.  
Group Affirmation of each person: Well done... on your way!

*Discussion:* "Few times in a generation does someone come along with a way of looking at a question as old as, 'Why do so many people hold themselves back from the success they're capable of?' and come up with an answer that is at once so simple and yet so powerful." - Jack Canfield

### **We are Creatures of Habit**

- Create your new eating habit just like brushing your teeth 2 X a day is a habit.

- Positive emotions lead to success.
- Affirmations: Athletes visualize the process of winning.

**Habits will take you further or bring you down sooner than anything else you've ever tried. Activate them now to become unstoppable. Guaranteed.**

Let's focus on solutions to those bad habits. It takes more than 300 repetitions to create a habit. It takes more than 3000 repetitions to break one! For the first 21 days we will look at creating new beliefs and habits around our weight and the last part of the program we will reinforce those beliefs by repetition of the action. One of the best ways to develop healthy habits is through conscious effort and repetition. It takes repeated effort and activity to ingrain new habits into your daily routine.

Here's how the new habits program works. Every week, add a habit. I know what you are thinking... I will just add them all at the same time...BAD idea. This will only lead to frustration and burnout. If you want to accelerate your fat loss, add two a week.

I can't emphasize enough the power of CONSISTENCY. In everything that you do, not only on this program, but in life, be sure to be consistent and follow through with what you set out for. All successful people have this in common.

A quick side note: Remember that nature abhors a vacuum, so if you are trying to break a bad habit, you need to replace it with a good one. For example, if you are trying to quit smoking, replace it with gum chewing. If you replace your bad habit, you will miss it much less than if you try to quit cold turkey.

We have destroyed our metabolism and our bodies with yo-yo dieting. When you go on and off of diets your metabolism slows to a screeching halt because of the loss of muscle mass that occurs each time. ( Muscle mass is lost when you lose weight. If you go off of your diet, your weight goes back up. BUT, it is now fat that is regained instead of muscle. Remember: muscle= higher metabolism=weight loss

Leptin is your hunger hormone. Eat your meals slowly and chew well as this gives your stomach time to tell your brain that you have had enough. You don't have to eat everything on your plate, but eat the most healthy foods first!

Drinking a glass of water 30 minutes before your meal gives a "full" feeling.

Create an automatic and systemized eating pattern as a family if possible. This gives consistent and reliable results.

Plan your meals and shop once a week from a shopping list and shop when you are not hungry.

Have a protein bar in your bag so that you can eat that instead of junk food.

Organize tomorrows meals today. Write it down.

Have prepared "healthy snacks" in the fridge.

Rituals: Have an emergency action plan.... what happens when at a party and I am tempted....

- SMS to BodyKey® community master mind group... Hey guys I am being tempted....
- 3 minutes of deep breathes
- Prayer. Please God, removing this craving or strengthen my resolve to overcome.
- Cultivate gratitude. grateful hearts don't eat, get out your smart phone and list your 5 gratitudes.
- Get into service group. Become a volunteer. find a way to be helpful - say hi to someone who is sitting alone and make them feel welcome and special.
- Pledge to yourself your goal and why you want to be healthy.
- Go out and meet 3 new people, remember their names and find out and remember 3 things about them.

### **Complete the Session Process ...**

- Exchange recipes
- Weigh, measure and celebrate.



# BodyKey®

## Week Four:

### Materials Required for this Session

- Leader's Notes
- Omron Body Composition Scales – participants weekly weigh-in
- Individual Course Progress forms – for each participant

*Reflection:* What worked this week and what were your challenges? Share around circle individually. Group Affirmation of each person: Well done... on your way!

### **Handling Stress Effectively:**

*Discussion:* Around emotional eating: Stop and identify the emotion you are experiencing.

*Thought:* "Take care of your body with steadfast fidelity. The soul must see through these eyes alone, and if they are dim, the whole world is clouded."  
- Johann Wolfgang Von Goethe

Dr. Nora Volkow is the Director of the National Institute of Drug Abuse. In a recent interview in *Scientific American*, Dr. Volkow talked about the similarities between drug and food abuse. The pattern for establishing a dependence on food is similar to that for drugs. In a behaviour-reinforcement pattern referred to as process conditioning, some types of food cause a pleasurable experience that releases some of the same neural chemicals released in response to drugs. While the pattern needs to be repeated more often than with some drugs, the end result is the same: we become dependent on the foods. They make us feel good. It would be nice if it were broccoli, but it's almost often foods that are high in sugar, fat, or salt that seem to be the biggest problems.

According to Dr. Volkow, the problem is that while you can quit drugs cold turkey, you have to keep eating. You regain control by stopping the exposure to the drug. You can't do that with food, yet that seems to be the way most diets are constructed--even the latest high-glycemic-index diets. "You can't eat this, but that is okay." A better approach would be to reduce the quantity of problem foods a person is exposed to a little at a time, just like the weaning approach to quitting smoking.

The foods that give us the most problems aren't going away. If we're going to be successful in controlling our weight, we have to develop a strategy for controlling problem foods. That's the key to a better lifestyle.

Don't feel guilty if you give in to your cravings believing you have cheated on your diet and completely ruined your chances of succeeding produces guilt and feelings of failure. Give yourself permission to eat favourite foods in moderation and without guilt. Wait at least 10 minutes before you eat so that your action is conscious, not impulsive.

When you are feeling stressed:

- Reflect on your successes
- Hug Yourself and tell yourself how proud you are of you. (Do a practice hug)
- Reflect on your gratitude journal (ask each person to share one of their gratitudes & Team Acknowledge each person... "way to go!")
- Visualize your goal and picture yourself with everyone commenting on how well you look
- When tempted to eat something that isn't on your healthy eating plan: Ask yourself if the temporary taste of this food is worthy of sacrificing your goal.
- Rest and Pause for 3 minutes breathing deeply in through nose and out through mouth
- Restate your goal.

Ask if anyone has any additional helps: Always acknowledge each contribution.

Use Your Hand to maintain stability:

- Thumb: (State) How am I feeling? What emotion am I experiencing?
- Index finger: What is my focus, what is it I do want/don't want?
- Third finger: What meaning do I give to this? Does it take me towards my goal?
- Ring Finger: Relationships Key people in my life
- Small Finger: Small actions create big consequences

### **Complete the Session Process ...**

- Exchange Recipes
- Weigh In and Measurements
- Celebrate the smallest achievements



# BodyKey®

## Week Five:

*Reflection:* What worked this week and what were your challenges? Share around circle individually. Group Affirmation of each person: Well done... on your way!

*Discussion:* "Take care of your body. It's the only place you have to live." - Jim Rohn

## The Importance of Sleep

According to research we now get about 25 percent less sleep than they did a century ago. This isn't just a matter of fatigue, it causes serious damage to your body. Sleep loss also seems to also contribute to memory and cognitive impairment and a whole host of other physiological problems. According to research, people who want to lose weight and get adequate sleep lose more fat and less muscle than those who are sleep deprived.

Recent research has discovered that 1/3 of 1st world people suffer from sleep-related disorders or insomnia. Sleep deprivation reduces mental sharpness and may contribute to obesity, heart disease and many other chronic health problems. According to the NIH (National Institutes of Health), chronic insomnia can lead to altered metabolism of glucose with an insulin resistance pattern that may contribute to diabetes. Additionally, conclusions from many studies, including those done by the NIH, suggest that sleep deprivation is associated with a higher risk for disease and mortality due, in part, to the elevation of stress hormones, which contribute to strokes and heart attacks.

According to Alexandros N. Vgontzas of Pennsylvania State University, who presented data at a scientific meeting regarding the harmful effects of sleep loss, "Based on our findings, we believe that if you lose sleep that your body needs, then you produce these inflammatory markers that on a chronic basis can create low-grade inflammation and predispose you to cardiovascular events and a shorter life span..." And yet other researchers have discovered that sleep deprivation disrupts hormones that regulate appetite and may lead to over eating and obesity.

Sleep deprivation can alter your levels of thyroid and stress hormones, which play a part in everything from your memory and immune system to your heart and metabolism. Over time, lack of sleep can lead to:

- Weight gain
- Depression
- High blood sugar levels and an increased risk of diabetes
- Brain damage

## Complete the Session Process ...

- Exchange Recipes
- Weigh In and Measurements
- Celebrate the smallest achievements

## Handout:

- Helpful Sleeping Tips

## Helpful Sleeping Tips (Session Five, Handout).

Included here are a few tips that may help you achieve a few more hours of shut-eye, but if you are suffering from chronic insomnia, seek medical advice. Fortunately, there are many steps you can take to get the sleep your body craves. Here are few to start with.

1. Keep sleep time consistent (as you would for a child). Forget about catching up on the weekend
2. Establish bed-time routines so that your body and mind can start the slow down process. Brush and floss your teeth, say your prayers and get ready for sleep
3. Practice relaxation techniques such as deep breathing, gentle stretching or listening to soothing music
4. Eliminate caffeinated products 6 hours before sleep (watch out for those energy drinks)
5. Cut out nicotine (cigars, cigarettes, gum, chew) 2 hours before bedtime
6. Get rid of the TV. in your bedroom. Even if you habitually use the TV to fall asleep, it can disrupt your sleep patterns through the night.
7. Late night eating may interfere with sleep and lead to weight gain. To avoid late night eating, place a sign on the refrigerator and pantry that says, "Closed after Dinner"
8. Sprinkle just-washed sheets and pillowcases with lavender water, and then iron them before making your bed. The scent is proven to promote relaxation.
9. Hide your clock, so that its glow won't disturb you and make sure there is no light coming from other sources including your windows as this will seriously impair your body's ability to produce melatonin.
10. Choose the right pillow—neck pillows, which resemble a rectangle with a depression in the middle, can enhance the quality of your sleep and reduce neck pain.
11. Paint your bedroom in a soothing colour which will provide a visual reminder of sleep.
12. Move your bed away from outside walls, which will help cut down on noise.
13. Kick your dog or cat out of your bedroom—studies have shown that they snore!
14. Take a hot bath 90 to 120 minutes before bedtime; it increases your core body temperature, and when it abruptly drops when you get out of the bath, it signals your body that you are ready for sleep.
15. Keep a notepad at your bedside—If you wake in the middle of the night with your mind going, you can transfer your to-do list to the page and return to sleep unworried.
16. Put heavier curtains over your windows—even the barely noticeable light from streetlights, a full moon, or your neighbour's house can interfere with the circadian rhythm changes you need to fall asleep.
17. Eat a handful of walnuts before bed—they're a good source of tryptophan, a sleep-enhancing amino acid.
18. Drink a hot cup of chamomile tea



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## Week Six:

*Reflection:* What worked this week and what were your challenges? Share around circle individually. Group Affirmation of each person: Well done... on your way!

*Discussion:* "When you are experiencing uncomfortable circumstances you can choose your disposition about your position. You can either say you are going through something or you can say you are growing through something".  
— Jewel – Singer/Songwriter.

*Thought:* "When it comes to eating right and exercising, there is no 'I'll start tomorrow.' Tomorrow is disease."— Terri Guillemets: Quote anthologist

## The big E word – “Exercise!”

Remember that motion is life, and life is about motion. We are creatures designed to move. Moving stimulates weight loss by increasing your metabolism tenfold. Muscle is the most metabolically active tissue in your body. Increasing the number of active muscle cells improves your ability to burn up that unwanted fat. We are not designed to just sit around being couch potatoes. REMEMBER: If you don't use it, you lose it.

If you don't use your muscle, you lose your muscle! Your body is VERY efficient in the fact that whatever it doesn't need, it gets rid of. On average, our ancestors walked 9 miles a day. Their physical fitness was the equivalent to today's Olympic athletes. They had no choice. It was be fit or die!

We have a different choice now: Be fit or be fat, and die a painful slow death filled with disease. One out of two people have heart attacks. Are you the “lucky” one or the “unlucky” one? One out of two people will have cancer... are you the “lucky” or “unlucky” one?

When exercising, there should be a variety of activities that you do. Some aerobic, some muscle building, some for fun. They have done studies about the heart and exercise and found that the heart needs to be worked at a variety of intervals. Not just long distance running, not just sprinting, but a combination.

Here are simple strategies to use exercise while working to enhance your metabolism:

- Walk as much as you can wherever you go. Example: park your car in the parking spaces far away from the store or your office.
- Take the stairs instead of the elevator.
- Push mow your yard.

- Do a variety of activities that will touch all aspects of fitness, such as cardio, weight lifting, walking, swimming, biking, canoeing, circuit training, etc. The more variety, the better!
- To REALLY speed up your metabolism, do full body exercises, such as squats, lunges, or overhead squats.
- Learn to breathe properly when exercising
- Keep great posture
- Do Yoga, Tai Chi, Pilates.

An exercise routine is a must in the high stress world that we live in. Because the majority of us now work at desks, our muscles are degenerating at a rapid rate. Did you ever notice how most people slouch all the time? It's because they have weak posture muscles! Their muscles actually shrank up and disappeared!

Less muscle equals easy weight gain!

Harvard research scientists found that every hour per day that women spent fitness walking instead of watching television they decreased their risk of obesity by 24% and diabetes by 34%. Strength training is important for optimal health.

Some benefits to strength training are increased metabolism and muscle mass, decreased body fat and blood pressure, increased bone density, improves glucose metabolism, prevents muscle loss and speeds up digestion.

Breathing properly during strength training is very important. Proper breathing will supply oxygen to the muscle cells, which is essential for muscle contraction and will help deliver energy and build the muscle.

Practice a few gentle exercise routines. Discuss what people find is the easiest to do in their busy lives.

### **Complete the Session Process ...**

- Exchange Recipes
- Weigh In and Measurements
- Celebrate the smallest achievements



# BodyKey®

## Week Seven:

*Reflection:* What worked this week and what were your challenges? Share around circle individually. Group Affirmation of each person: Well done... on your way!

*Discussion:* “Your beliefs don’t make you a better person, your behaviour does.” - Unknown

## **Why Be Consistent with Organic Supplementation**

Of Whole Food Products That Target Your “Hang Up” Areas I’m not just talking about your basic multivitamin. When you shotgun your body with lots of vitamins and minerals your desired effects will take longer because it is not targeting specific areas. You are just taking the vitamins for your overall health. This is not a bad thing IF it is a quality supplement. Unfortunately most store bought supplements are complete garbage. They are synthetically made derivatives of a natural vitamin that can accumulate in your body and become toxic instead of helpful. So please be very careful in selecting a good vitamin for you. That is why we recommend Nutriway™ as the best in the world. Isn’t your health worth the best possible on the planet?

Don’t just buy the cheapest. Always remember that when it comes to products, you get what you pay for. On the other hand, if you target specific tissues and organs with whole food supplements it will yield faster, more predictable results. The fact is that you are providing the exact nutrient building blocks for the tissue or organ causing the “hang up” in your body.

The key to losing weight and keeping it off is to identify specific factors called “hang ups” in your body. Everyone has different “hang ups” depending on your own specific needs.

When consistently supplementing your diet with whole foods and whole food products your body starts to return to a state of homeostasis (balance) restoring its power to heal. As a result, the body starts to shed weight because it is releasing accumulated toxic waste from your cells (fat cells especially). Study after study has been done showing that fat cells are storehouses for toxins. One study showed that over 100 different toxins including pesticides, were found in each fat cell. This is a great reason to eat organic fruits and vegetables. Your body stores toxins in fat as a result of your detox work, organs working inefficiently due to toxic overload.

Try to shy away from the over commercialized stores. (You know which ones I mean) Whole food products provide the building blocks that your cells use to create healthier, stronger tissues and organs.

*Side Note:* Whole foods are foods like raw vegetables, fruits, lean organic meats, nuts and seeds. Whole food products are nutritional supplements made from any of the

above mentioned whole foods that are dehydrated and packed into a tablet or a powder. The benefit of whole food supplements is that it is actual food that you are putting into your body. Separate vitamins like vitamin C or vitamin A are synthetic vitamins that your body has a hard time using.

Vitamins such as these are created in a lab and taken from their cofactors that help the body to absorb them. It is only a fraction of the equation and your body will eventually build up a toxicity to these if too much is ingested over time. Your body doesn't deal with synthetic, processed or manmade foods. That is a very big reason why there are so many diseases such as cancer, heart disease, diabetes, etc.

Why aren't eating just your fruits and vegetables enough? We have totally destroyed our soils and depleted them of the necessary nutrients that the plants need to absorb. The end result is fruits and vegetables with a lot less nutrition.

On top of that, fruits and vegetables are picked before they are ripe and sprayed so that they can be shipped. This means that half of the nutrients do not go into the fruit or vegetable.

The reason why diets work for one person and not the other is because factors such as emotional stress, heavy metal toxicity, chemical toxicity, immune challenges and scarring can completely make your body malfunction. This will not only stop your weight loss dead in its tracks, but your overall health and ability to age gracefully as well.

### **Complete the Session Process ...**

- Exchange Recipes
- Weigh In and Measurements
- Celebrate the smallest achievements



# BodyKey®

## Week Eight:

### **Materials Required for this Session**

- Leader's Notes
- Omron Body Composition Scales – participants weekly weigh-in
- Individual Course Progress forms – for each participant
- Session Eight, Handout - Referral & Feedback Forms for each participant

*Reflection:* What worked this week and what were your challenges? Share around circle individually. Group Affirmation of each person: Well done... on your way!

*Discussion:* "Health is a state of complete harmony of the body, mind and spirit. When one is healthy, the gates of the soul open." - B.K.S. Lyengar

## **Maintenance—Or Maintaining Our Life Choices:**

*Part One:* Everyone loves a holiday. Everyone needs a holiday. I'm not just talking about Christmas and Easter, either. I'm talking about being on a strict diet. There is nothing worse than depriving yourself of things that you love.

It really affects your psyche (emotions) and is one of the best ways to sabotage your weight loss. I say this because when you crave something bad enough, it actually raises your stress levels, which raises your cortisol levels.

Cortisol is responsible for weight gain. Skipping out entirely on ice cream or chocolate will have a detrimental effect on your weight loss plan. Now hold on, I'm not giving you permission to scarf down the whole thousand calorie tub. What I am saying is that you don't have to deprive yourself of it if you follow the habits properly. If you do want to have a "pig out", then simply eat less calories the day before or after to compensate or do a few thousand more steps.

*Part Two:* The second part of this habit states that the best holidays are planned. You know when you are taking them. For example, If you like ice cream, make Wednesday and Sunday your ice cream days but keep the portion control going and savour every mouthful.

**REMINDER:** This is not permission to gorge yourself with every possible dessert and fried food that you can think of and forfeit the benefit of the last 7 weeks. Holidays are there to keep your emotional connections to food at rest so that your body will work for you and not against you.

What you will also notice when taking a holiday meal is how disgusting you feel after eating gobs of fat and refined carbohydrates. You will feel sleepy an hour after your meal, and won't have nearly the energy you had while eating healthy.

**Part Three:** The third part of this habit is to make sure that you eat something raw before you have your ice cream, and to not eat it after 7pm.

### **Complete the Session Process ...**

- Exchange Recipes
- Weigh In and Measurements
- Calculate the differences when compared to your starting measurements.
- Celebrate the smallest achievements.

### **Handout:**

- Referral & Feedback

Yours In Healthy Weight Reduction

*BodyKey® Team*

Healthy Meals:

Session Eight, Handout:

## Referral

If you found this course helpful, please consider providing some referral details.

***Thank you for taking the time.***

	Your Name:	Phone



### Who Do You Know Who may ... like to run, or participate in, a BodyKey® course?

Please print their name(s) and a contact number(s) below.

#	Name:	Phone
1.		
2.		
3.		
4.		
5.		
6.		
7.		



### Who Do You Know Who may ... like to Develop a Secondary Income Stream?

Are you interested in developing a flexible second income stream?

Are you aware of someone who is looking to develop a second income stream?

Please print your name (and or others) and a contact number (for each) below.

#	Name:	Phone
1.		
2.		
3.		
4.		
5.		
6.		
7.		

Session Eight, Handout:

## Feedback

YOUR COMMENTS WOULD BE APPRECIATED

***Thank you for taking the time.***



**What did you generally think of the course?**



**What changes & gains did you take from the course?**



**Are there any changes you believe we could consider, in order to improve the course?**

Please Sign Your Name:	Phone