

MINDFUL

gastric band

Free yourself from dieting forever!



YOUR WORKBOOK FOR SUCCESS!

BY PAMELA HARTFIELD



WWW.HARTFIELDWELLNESS-STUDIO.COM



A NOTE FROM THE AUTHOR

WELCOME, MY BEAUTIFUL FRIEND.

Hello

Welcome to your free Mindful Eating Workbook!

You should be able to eat whatever you want! As long as you're eating only what you need!

When you were born, you were born with a weight management system which worked really well for you. But over time, that was overridden by unhealthy eating patterns such as eating when bored, tired, lonely, or simply because you have acquired the habit of eating at a particular time in a specific place!

When you are finding yourself overweight, it is just that there is more going in that is needed, and the remainder gets stored as fat.

This workbook is designed to get you to think about food and to become more consciously aware of the amount of food you are eating so you can reduce it and thus enable your weight to reduce also.

Make a resolution to take responsibility now and follow these instructions to the letter, and success will be yours!

"Any transition serious enough to alter your definition of self will require not just small adjustments in your way of living and thinking, but a full metamorphosis" - Martha Beck.

Pamela Hartfield

Pamela Hartfield
Founder of
Hartfield Wellness studio



CURRENT WEIGHT / SIZE



GOAL WEIGHT / SIZE

THE ULTIMATE WEIGHT JOURNEY WORKBOOK

GET YOURS AT WWW.HARTFIELDWELLNESS-STUDIO.COM



WHATS IMPORTANT?

CUTTING THROUGH THE CONFUSION?

When people have a weight issue, it is primarily because more food goes into the body than is needed, and the remainder is turning to fat and being stored in the body. We wouldn't have a weight issue if we ate only for **physical** hunger.

The problem is that many people eat for reasons other than hunger, such as;

- Boredom, loneliness, comfort, protection, anger, reward etc...

This is what we call **head hunger!** The key to mindful eating and letting the weight go easily, naturally, and permanently is letting go of this 'head hunger.'

To shed the pounds, there are so many mixed messages; people exercise like crazy and then find that they are hungry afterwards and then go and eat all the wrong stuff! Or they may eat wonderful healthy foods like kale and salads, but they are always hungry, snacking, and still overeating. I would like you to consider this acronym;

A - **A**mount of food you eat

T - **T**ype of food you eat

E - **E**xercise

The most crucial factor in slimming is the amount, then the type of food (because there's no point in being slim but unhealthy) and then the exercise. Research shows that exercise accounts for 20% of your efforts only. In fact, you should be eating just the right amount of food for your body, so the way to speed your weight reduction up is to exercise more, not eat less.

DO YOU NOT LIKE TO LOOK IN THE MIRROR?



This is very common for those who don't like the reflection looking back. But how can you change something you don't own?

Instructions

First, I want you to look in the largest mirror you have at yourself naked... and own **every** inch of your body! Take **full** responsibility for it, not from a blame perspective, but from a perspective of 'this is my body, and I am going to take charge now!'

Draw a proverbial line in the sand and decide that you will no longer hide from your weight. You are now going to tackle it head-on!



YOUR MOTIVATION

WHAT MOTIVATES YOU WHEN IT COMES TO YOUR GOAL?

People are motivated by two things... AWAY from pain (the stick) and towards pleasure (the carrot). Get clear on WHY you want to reduce your size below! We can use these factors to motivate you. People are motivated by different things. For some, it's being able to wear nicer, fitted clothes; for others, it may be more about health concerns.

Instructions

Write down how you would look, feel & be in 6 months if you were even heavier than you are now on the left AND how you will look, feel, and be when you reach your desired goal in the box on the right.

CURRENT SIZE+

GOAL SIZE

Now grade them on a scale of 0-10 on how strongly you feel about them.
The higher the score, the stronger the motivation!

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CHALLENGES & STRENGTHS

Instructions

Could you outline any weaknesses and write a plan to avoid pitfalls? For example, if you have a weakness for chocolate, try to avoid having any in the house or if there may be certain times of the day which pose a challenge in your eating when you get home from work, perhaps? Make a plan on how you may deal with this.

WEAKNESSES

PLAN OF ACTION



CALIBRATION

HOW DO YOU CALIBRATE YOUR WEIGHT?

There are two main ways you can check your progress;

- weighing scales
- clothes

Scales

The main problem with scales is that people frequently step on them! When someone is shedding weight, their weight doesn't just go in a straight trajectory; it goes up and down, fluctuating daily with a downward trend. When trying to lose weight, it is essential to keep the mind positive and on track, and if you step on the scales daily, there is a chance that you will be disappointed if you weigh yourself on an upward (temporary) spike! That's when you sabotage all your efforts. If you insist on using the scales, only step on them once a week.

Clothes

The people that do the best at this programme are the ones who ditch the scales and go off their clothes. Go to your wardrobe and find an item of clothing that you can just about fasten but wouldn't wear because it is too tight, and have that as your first goal. Try it on only once weekly; when it fits comfortably, go back to the wardrobe and find the next item. Work your way down your wardrobe before you know if you will be in your ideal clothes size!

Feel it fit!



SUPPORT YOURSELF

TAKE FULL RESPONSIBILITY

As you go through this programme and the changes demanded by it, it is essential to recognise that you will frequently have to be your own support. To do so requires that you take ownership of the process. In other words, make this **your** weight journey programme. Take pride in what you are doing and revel in each goal achieved!

Instructions:

Write down your short-term and long-term goals and how you will reward yourself when you have reached that goal. Meet a friend, buy something new, or even have a nice bubble bath... ANYTHING to mark your victory!

	GOAL:		REWARD:
SHORT TERM		→	
		→	
		→	
LONG TERM		→	
		→	



SUPPORT YOURSELF

TAKE FULL RESPONSIBILITY

SHORT / LONG TERM GOALS CONTINUED...

	GOAL:		REWARD:
SHORT TERM			
		→	
		→	
		→	
LONG TERM		→	
		→	

GOLDEN RULES

For Success



RULE 1

VISUALISATION TECHNIQUE

VISUALISE YOURSELF SLIM

Most people say... 'when I'm slim, I will be happy... when I'm slim, I will feel confident,' and what they are doing is allowing their emotions to be dictated by a future that doesn't exist yet! We need to flip that on its head and FEEL it NOW, and THEN you will see it! Not the other way around.

When we FEEL as though we have something already, we cannot help to see it manifest in form... it is called the law of concentrated attention.

So, here is a powerful exercise.. and I would say THE MOST important of all! Go out at your earliest opportunity and purchase an item of clothing in the size that you want to be. It has to be something brand new and NOT something that you already have from your past that no longer fits you. It doesn't have to be anything expensive, just new.

Important: When you get it, hang it on the outside of your wardrobe OR on the back of your bedroom door in a place where you will see it often. When you wake and before you go to bed, look at the item of clothing and imagine wearing it already, imagine it fitting you really well and how great you feel fitting into it. Really FEEL what it feels like when you have already achieved your goal!

Feel it & achieve it!

RULE 2

SLOW DOWN

EAT SLOWLY & CONSCIOUSLY

It takes around 15 minutes before the stomach can tell your subconscious mind that it has had enough to eat. If you shovel your food down in a few minutes, you will have already eaten **far** more than is needed and will probably end up with that 'stuffed' feeling telling you that you have overeaten.

Enjoy every mouthful of food, but slow your eating down. Chew your food thoroughly (approximately 15-20 times for each mouthful)

Put your knife and fork down between mouthfuls and your sandwich between mouthfuls.

Refrain from eating in front of the television or whilst reading as you will not be fully conscious of what you are eating, and research shows you will eat on average 30% more!

Please just sit down and focus on the food in front of you.

Enjoy the **quality** of your food and not the quantity!

Slow down....



RULE 3

GET THAT COMFORTABLE FEELING

STOP EATING WHEN YOU FEEL COMFORTABLE

People are generally overweight because they overeat... and the excess gets stored as fat in the body because it isn't used up as fuel. The key to letting the weight go easily and effortlessly is to eat what you want but **only** what you need.

After **each** mouthful and before the next, ask yourself...

"Am I still physically hungry? Do I need this next bite... or am I just eating it for the sake of it? If you discover that you have eaten your fill... **stop** eating.

The audio will help you with your subconscious programming to new habits, which will help you reach your goal.

know when to stop



RULE 4

CUT OUT THE PICKING

EAT ONLY 3 SMALL MEALS PER DAY

It is essential that you keep your metabolism burning, so if you don't usually eat breakfast, that must change.

As your portion sizes will be drastically reduced, it may be worth investing in a small plate and bowl for yourself. This is also an excellent visual trigger to impact our work. Not only this... did you know that eating from a blue plate will also help? There is nothing in nature that we eat which is blue. Even blueberries are purple and not blue! Invest in a small blue plate, and it will signal to your subconscious that what you are eating is not food, and therefore, you will be subconsciously encouraged to eat less.

Start with a healthy, high-protein breakfast to keep you 'fueled' until lunch. Avoid high-carb, high-sugar cereals. The work we do and the audio you listen to will further help you to stop picking in between meals.

No picking!

RULE 5

EAT MORE PROTEIN

EAT MORE PROTEIN

In the West, we eat far too many carbohydrates and not enough protein. Carbohydrates oxidize (burn) a lot quicker than proteins; it's like putting paper on a fire instead of coal; the coal (protein) will burn for longer and fill you up for longer.

An excellent way to establish what protein is is the following... It's anything that has come from, or made from, anything with eyes, i.e. pork, beef, fish, chicken, eggs, cheese etc... The majority of people in the West ought to be eating more protein than carbohydrates, but we do it the other way round.

Cut the carbs!



RULE 6

EAT MORE NATURALLY

AVOID LOW FAT & ARTIFICIAL SWEETENERS

It is a myth that fat makes you fat... sugar does! And when food companies take the fat out of products such as yoghurts, they no longer taste the same, so they need to add sugar to make them palatable. Next time you go shopping, check out the labels on the low-fat products, especially the sugar content.

A very common artificial sweetener is 'Aspartame'. This is a chemical drug, and it has 95 known side effects, including hair loss, migraines and... weight gain! So stay clear of all artificially sweetened products.

full fat ... full taste!



RULE 7

GET HYDRATED

DRINK MORE WATER

Our bodies need water; if you ever feel thirsty, your body is already overly dehydrated. Furthermore, the signal that you are thirsty is the same as if you were hungry, and 70% of the time, when you think it's the food you need, it's water! This is another reason why many people find themselves overeating.

On average, you should aim to drink 2 litres daily (depending on your size). If you are not used to drinking such amounts, start with buying a 1.5-litre bottle and give yourself the goal each day of finishing the bottle.

You may find other benefits, such as brighter, clearer skin and more energy.

Do not drink low-calorie drinks. They will not aid you in your weight loss. They will make you eat more and crave sugar. If you regularly consume fizzy drinks such as Coke, you will shed pounds by cutting this out of your diet and replacing it with water.

Hydrate!



RULE 8

GET MOVING

EXERCISE

An essential element of the virtual gastric band programme is that you take up some form of exercise for around 30 mins per day.

By exercise, I mean anything over and above what you would typically do. This can be as simple as walking or taking the stairs, where you might normally take a lift.

As you eat less, your body needs to function; it has to make up the difference by burning the reserves. If you do not exercise daily, your body will metabolise your unused muscle, and you will lose muscle mass and strength.

Exercise will communicate to your body that you want to use your muscles and force them to burn the fat instead. Walk, skip and dance around the house – move.

NB - If you have diabetes, monitor your blood sugar levels carefully. You may need to adjust insulin or other diabetes medication.

Move!



RULE 9

BE KIND TO YOURSELF

MONITOR YOUR SELF-TALK

It is imperative that you keep a positive mindset throughout this process. Weight loss starts in the mind, and the body catches up. With that being said, the way you feel is linked to what you focus upon and what you focus upon is connected to;

- The pictures you make in your mind (show the importance of rule number 1)
- The words you use are also important when it comes to your subconscious programming

So, change your inner voices FROM;

I'm absolutely starving, TO. I need to eat something
I'm massive TO. I'm changing my size and shape
I eat like a pig. TO I choose to eat only what I need
My legs are like tree trunks TO My legs are becoming slimmer DAILY
I can't stop picking TO. I choose only three small meals a day
I can't leave food on my plate TO; I no longer use my stomach as a dustbin

Beware of the word 'LOSS'. You are not losing weight... you are letting it go to make way for a happier, healthier you!

Be nice!

HEAD HUNGER

Buster



HEAD HUNGER

WAYS TO MANAGE

DEALING WITH HEAD HUNGER

Head hunger is a term used to describe when you may be craving to eat something, but you know that you physically DON'T need the food for fuel. Something else is triggering this feeling that you want to eat.

If the thought of eating crosses your mind, ask yourself, 'Am I physically hungry, or is this just head hunger?' If you realise that it's head hunger, try the following;

- Drink a glass of water.
- Acknowledge its head hunger and thank your subconscious for letting you know that there is an emotional issue to deal with
- Exercise – go for a walk,
- Concentrate on your breathing
- Eat a little bit of something nutritious (carrot stick etc.)
- Do EFT (tapping technique)
- Meditate and observe the emotions that come up

Very few people get this feeling... but if you do, it is essential to remember that the feeling **will** pass, and the more you acknowledge head hunger, the less of a problem it will be for you.

Remember...nothing tastes as good as slim tastes!



WHAT NEXT?



So, you are continuing with the mindful eating programme and are;

- Eating a lot less
- Not picking between meals
- Not craving chocolate or bread
- Not feeling deprived
- Not comfort eating
- Not constantly thinking about food
- Not feeling like you are on a diet
- Feeling happier and more in control
- Becoming slim SLOWLY and STEADILY...

However, if you are struggling, it could be that your subconscious desire for food and years of programming is so strong that you may need further help to achieve your goals. I offer powerful hypnosis sessions that literally rewire your brain's neurons to your new eating habits. Also, if you have struggled with your weight for years and have unresolved underlying emotional reasons for eating, this must be dealt with to free you from your weight for good. The inner child work and subconscious reprogramming I do within the sessions are immensely powerful and life-changing.

If you would like to know more, please get in touch!

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Get in touch!



**THE FUTURE
BELONGS TO
THOSE WHO
BELIEVE IN THE
BEAUTY OF
THEIR DREAMS.**

ELEANOR ROOSEVELT

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