

# XFLAWSION™ DIET TIPS

## SAY GOODBYE TO THE “I’M ON A DIET” MENTALITY

Restrictive diets do not produce permanent results. Lifestyle changes produce permanent results. We are a culture that wants a magical, quick fix and we want it now. But your current habits, state of health, and weight did not come overnight, and nor will the new you.

## SET REALISTIC GOALS FOR A NEW YOU

Since your new habits and behaviors are to be permanent, there is no need to set a strict time limit (for example, that you will lose 25 pounds in 3 months). Slow weight loss is more likely to result in permanent results than fast weight loss. The way you choose to eat now should be the way you choose to eat in 10, 20, and 30 years from now, so focus on slow weight loss and permanent maintenance.

## BE A MINDFUL EATER

Break the habit of finishing everything in front of you. It is important to enjoy the experience of eating, but during a meal, ask yourself if you are still hungry. If not, stop! You can always eat more later if you become hungry again. Amazing things happen when we really listen and respond to our bodies’ hunger and fullness cues.

## DON’T “EMOTIONALLY” EAT

Is eating a coping mechanism for other issues, such as boredom, stress, anger, or depression? Finding alternate ways to address these emotions is critical to your success. Can you relate to eating to fill a void or to make yourself feel better about something, instead of eating to fuel your body and satisfy hunger? Be aware when you feel the urge to do this so you can make healthier choices for your body and emotions.

## READINESS TO CHANGE

Healthy dietary changes happen when it becomes more painful to maintain unhealthy eating patterns than to change to new, healthier patterns. Are you ready? If you hang in there long enough to experience the reward of good health, this reward will motivate you to stay focused on your healthy changes.