



Eat Yourself Slim & Never Diet Again

Etrulia Reid Troy Lee PHD

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Eat Yourself Slim & Never Diet Again helps you to harness the power of your subconscious to eat your way into a slim and healthy body. If you are ready to say goodbye forever to fad diets, liquid diets, starvation diets, yo-yo dieting, and failed willpower, then prepare yourself for your last battle in the weight loss war. If you will faithfully follow the plan in this book, you will have a new mindset in just forty days that will allow you to harness the power of your mind to not only transform your body, but to transform any area in your life. Why forty days? Forty has special significance in the Bible as the time needed to prepare to step into a new season. Consider the following: • It rained for forty days and forty nights when God destroyed the world with flooding water (Genesis 7:12). • Moses was on the mountain with God for forty days and nights (Exodus 34:29). • The children of Israel wandered in the desert for forty years (Exodus 16:35). • Jesus fasted for forty days in the wilderness before beginning His ministry (Matthew 4:2). • This is God's doing: A woman is pregnant 40 weeks! While it is a generally accepted fact in psychology that it takes at least thirty days to practice a new habit before it becomes natural to you, the forty-day experiences in the Bible marked significant shifts in the order of things. The goal is for you to experience a significant shift in your thinking and eating habits such that your new habits will last for a lifetime! Eat Yourself Slim & Never Diet Again is based on two factors. The first factor is learning to eat according to the principles outlined in the hunter-gatherer diet. The hunter-gatherer diet encourages the consumption of lean protein, fruits, vegetables, and whole grains in moderation. Most people who are overweight are consuming too many processed carbohydrates and sugar, which cause the pancreas to release the hormone insulin, which is responsible for fat storage in the body. By decreasing the consumption of processed carbohydrates and eating whole grains such as oats, quinoa, brown rice, and whole wheat in moderation, the body produces less insulin, thereby storing less fat. The hunter-gatherer diet also helps to eliminate the unnatural cravings and hunger that processed food and high sugar diets promote. The second factor is based on the latest findings on how to help people associate feelings of joy and excitement with weight loss rather than the traditional feelings of deprivation, pain, and hunger. Using powerful tools that tap into the subconscious such as daily Bible passages, affirmations, prayers, visualization, songs, and dream boards, participants stay motivated and happy as they take their joyous journey to a slim body. This book will not only help you to transform your mind, it will also help you to transform your palate. As you begin to learn new information about what you eat and how it affects your body, your desire to destroy your body with unhealthy food will wane. As you gain a new appreciation for the awesome creation that you are, your desire to honor your body with healthy food will soar! I can't promise that you will never want a hot-fudge sundae again, but you will have a new desire to walk in a newness of life and thought, so that you will never have to diet again!

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