

HEALTHY DIET MADE EASY

# DIET RESET

Get your weight loss efforts & eating back on track... for good!



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## **Introduction: Why Do We Fail at Dieting?**

It is estimated that 45 million Americans diet each year, spending a combined \$50 to \$60 billion annually on weight loss products, pills, programs, guidance and surgeries. The NPD Group, a marketing research company, shows that about 1 in every 4 women in the US is on a diet at some point any given year. The Women's Marketing Group shows just how popular dieting is for men and women, claiming that 66% of all American adults (2 out of 3) were on a diet at some time in 2016.

BBC News in the UK found that 1 in 4 adults is trying to lose weight "most of the time", including 1 in 6 men, and 2 in 5 women. This means roughly 13 million United Kingdom adults are pretty much on a constant stop and start diet program. They are constantly trying to lose weight, they lose the weight, then put it back on and try to lose it again.

At the UK Huffington Post blog, you discover that 90% of diet ends in failure, and that the average British dieter starts and fails at least 4 new diets a year. They also report the average weight loss is just 3 kg (6.6 lbs), and that usually that weight is regained, often accompanied by more fat and body weight.



If you still don't believe dieting is pervasive, and one of the largest nutrition-related moneymakers on the planet, consider the following 8 diet-related statistics.

1 – 187 million Americans regularly eat and drink low-calorie, sugar-free foods and beverages with weight loss in mind. That is more than half of the entire United States population.

2 – An Australian study shows that young girls who severely restrict calories and nutrition are 1,800% more likely to develop an eating disorder within 6 months.

3 – In both male and female adults in modern, industrialized nations, nearly 3 out of every 4 people are at least overweight, and sometimes obese or morbidly obese.

4 – Losing weight is consistently the #1 resolution made at the start of every New Year.

5 – Studies show that as much 65% of people who successfully complete a "fad diet" or "crash diet" will gain back all the weight they lost, and sometimes more, usually in a pretty short period of time.

6 – Often the #1 excuse given for cheating on a diet is holidays and family get-togethers.

7 – It is reported that 8 out of 10 dieters attempt to lose weight by their own efforts alone, without any support system to fall back on. *(This is a huge mistake, one we will help you correct with this report.)*

8 – And finally, there is a lot of research which shows as much as 95 out of 100 people relapse to poor eating habits from a diet in 5 years or less.

All those statistics tell us we are unhealthy, fat, overweight and out of shape as humans, but at least we are trying to do something about it. You realize there is a problem with being overweight that could lead to severe health problems and a lower quality of life, as well as a shorter lifespan, and you are actively taking steps to change that problem. Give yourself a pat on the back, because you have not only noticed there could be potential health problems attached to being overweight, you are also taking active action to change your reality. Kudos to you.

As far as the statistics above go, read #8 again.

Everyone loves celebrating holidays, parties, birthdays and anniversaries. If you have been doing really well with your diet, it is easy to convince yourself that you have "earned" some unhealthy reward food. Unfortunately, slipping off a diet, for whatever reason, delivers a nearly 100% failure rate as far as getting back on the healthy habit eating train is concerned.

**If you fall off the dieting wagon, the reason why dieting statistic #8 happens is often because of statistic #7.**

Most people do not put the correct support platform in place when they begin dieting. This is often due to pumped-up enthusiasm and motivation at the beginning, and not because people are planning to fail. They can't wait to get started, so they jump without a net to catch them. Even still, you need to know what to do if you find yourself breaking your smart dieting habits, so that you can get back to reaching your target weight and maintaining it.



That is exactly what this report is going to help you do.

You are going to learn exactly what a Diet Reset is, and how you can use this proven method to get back on track after holidays, illness, pregnancy or just a slip-up that leads to a return to unhealthy eating and drinking. We will show you a simple 1-day diet detox, as well as a 10-day habit-breaking and habit-making approach to eating which can quickly help you stop negative eating behaviors, and adopt new, healthy ones.

You will learn the importance of having a crystal-clear, laser-focused and defined weight loss goal, and how to plan your diet reset for the most success. You'll discover how to focus on foods that make you look and feel good, mentally and physically, while also keeping you feeling full so you don't give into unhealthy cravings. You will also learn to embrace who you are, your current body, and why you shouldn't tie your self-image or self-worth to food.

You may be surprised to discover "cheat days" are an important part of a successful diet plan, and we will show you self-care techniques and lifestyle behaviors which promote your diet efforts, and improve your chances of success. Let's get started by defining exactly what a diet reset is.



## What is a Diet Reset?

Do you play video games? Many of the videogames today, and those from the golden age of TV videogame consoles in the 1970s and 80s, have a wonderful feature. If you don't like the way your game is going, you can simply press the "Reset" button, and start all over with no penalties, no fouls, no questions.

A brand-new game is started, and you instantly enjoy a fresh chance to overcome poor previous performance. That is exactly what a diet reset is. It is a mental state of mind where you don't waste any time beating yourself up about straying outside of your diet plan. You simply hit a mental reset button, your mind is focused on dietary success instantly, and you immediately return to shedding weight and looking great.

With a diet reset, you recognize what situation or behavior, mental mindset or group of emotions caused you to ditch your healthy eating for a less than healthy approach to mealtime. While you recognize what happened, you don't spend too much time worrying about it. You are a human being, and human beings are far from perfect. You just made a mistake, nothing more.





However, humans do have the ability to learn from previous mistakes. That's what you are going to do with your diet reset. You are going to reset a healthy baseline, get back to dieting basics, create a crystal-clear and very specific weight loss goal, and learn how to keep a one-time dose of unhealthy eating from wrecking your diet plans for good.

Your diet reset is going to be your support network, that aspect of smart, healthy eating referred to in the dieting statistic #7 above that most failed dieters do not have. Everyone falters. Everyone fails at one thing or another, from time to time. You would be superhuman if you never failed, but you are even stronger when you simply stand up, brush yourself off and start over again when you do fall.

That is the courageous, self-empowering ability a diet reset gives you.

### **The Benefits of Doing a Diet Reset**

No doubt you have some goal in mind which is driving your desire to eat healthy. Think about that for a moment. Do you want to lose 25 pounds? Maybe you want to be looking your best for the upcoming beach season. It could be your doctor told you if you didn't lose 'X' number of pounds, you

were staring a heart attack, stroke or some other cardiovascular problem in the face.

**Keep your fitness goal at the front of your mind, because for you, that is going to be your number one benefit of performing a diet reset... it gets you back on track to whatever fitness, weight loss or health goal you started dieting for in the first place.**

Another big benefit of getting back onto your healthy eating plan has to do with self-love. It is easy to beat yourself up if you have slipped up and started to eat unhealthy. Be careful about this type of behavior. We will talk about the emotional side of diet failure later in depth. Suffice it to say that when you successfully reset your diet plan and reward your body with healthy food, you feel good about yourself. Your self-esteem and self-worth both get a boost.

Aside from your #1 goal of dieting, there are a multitude of mental and physical health benefits associated with losing weight. A loss of just 5 pounds (2.3 kg) can lower high blood pressure significantly. Losing weight if you are overweight or obese reduces your risk of developing cancer, diabetes, heart disease and brain-based disorders like Alzheimer's and Parkinson's.

You also benefit from being a great role model for others attempting to do the same thing. The planet and the creatures on it benefit, because most dieting includes moving away from processed foods, and eating healthier foods. This practice automatically lowers the chance that you are supporting cruel, inhumane and ecologically unsound food manufacturing processes, and animal harvesting and labor practices.

Getting back to eating healthy if you have hit a speedbump on your dieting journey leads to personal benefits in a number of ways, and makes the world a better place to be.

## **Planning Your Diet Reset: Meal Planning, Prep & Batch Cooking**

You may be able to enjoy a simple 1-day detox to effectively and successfully get back to smart dieting practices. The next section of this report will show you three 24-hour body detoxification programs that might be all you need to reach your dieting goals. It may take longer to break bad habits and create new ones concerning your diet, so we have outlined a 10-day diet reset as well.

Either way, you can set yourself up for success by planning ahead. When you know what possible bad-nutrition triggers lie in your future, and you remove unhealthy food from your environment while replacing it with healthy food ahead of time, you increase your odds of success. That's why meal planning, locating potential dieting problems in your future, and batch cooking are all a part of a successful diet reset.

### **Meal Planning**

Meal planning is essential to any diet. Whether you are on a low carb, low-fat, low-sugar, high-carb, high-fat, all-meat, no-meat, all-vegetable or grapefruit and water only diet, your chances of success improve dramatically with a game plan.



Pick one day a week to go shopping.

Before you go, write down all the meals and snacks you will be eating in the upcoming week, those which support your diet plan. Diets are more successful when you eat frequently, so figuring on 21 main meals and 10 to 20 small, healthy and filling snacks for a 7-day timeframe might make sense for your particular diet.

Now figure out what you are going to eat at each meal. Include recipes which you can make in large quantities, like soups, stews, casseroles and rice dishes. Don't miss anything here. Plan every single meal and every single snack for the next 7 days, then do the necessary shopping.

### **Psychological and Physical Prep Work**

Now that you are back from the store with all your wonderfully healthy food, it is time to do some prep work. Fill your sink with cool water and add a cup of apple cider vinegar. This makes an excellent produce wash. Lightly scrub and clean your vegetables and fruits by hand, or use a produce brush.

Prep work also means slicing, dicing, chopping, mixing, blending and doing whatever else you need to do to prepare your food for the recipes and meals you're going to cook.

Finally, you need to prepare your brain for the path ahead.

Look at all your activities over the next 7 to 10 days. Can you identify any events, people, situations or activities that could throw you off your dieting track? If so, prepare properly, taking whatever steps needed to reduce the potentially negative impact of these possible roadblocks.

You need to also prepare your home and workplace for dieting success. This means prepping your pantry, vehicle, workspace, refrigerator and freezer by removing unhealthy food and keeping diet-friendly food and drinks in high supply.

## **Batch Cooking**

It is easy to fail on a diet when you are surrounded with unhealthy foods, those that cause cravings and addictions. One simple way to cleanse your environment of tempting and unhealthy foods that can wreck your diet is to batch cook. This is also a cooking style you will embrace for another attractive reason ... you do all your cooking and kitchen cleaning just one day a week.

Set up one day for batch cooking. This can also be the day you prep your food for the meals ahead. Use a slow cooker to make large quantities of soups and casseroles. Juice fresh vegetables and fruits and keep a container or two in your refrigerator.

Make large quantities of your favorite diet-supporting baked foods at one time, and then freeze or refrigerate in individual serving sizes.

For a great resource on prepping and batch cooking, check out the book "Prep-Ahead Meals From Scratch: Quick & Easy Batch Cooking Techniques and Recipes That Save You Time and Money". It is available in Kindle e-book form for instant download, or paperback through Amazon.



## Diet Reset #1: A Simple 1-Day Detox

You can kickstart weight loss, remove poisons and toxins from your body, support positive emotions and get back on your diet plan in as little as 24 hours. Below you will see 3 different 1-day healthy detox plans which could have you back on the path to dietary success pretty quickly.

### 1 - The Breakfast Skipper (Intermittent Fasting)

Intermittent fasting requires a 16-hour time frame free of eating. If you committed dietary sins last night, no biggie. When was the last time you ate? If your last meal, healthy or not, was at 8 PM yesterday, don't eat anything until noon today. **Move forward 16 hours from the last time you ate before you eat your first meal of the day.** Instead, enjoy a single cup of coffee or herbal tea when you rise in the place of breakfast, and drink water all morning long to help detox your body.

### 2 - The Healthy Protein Breakfast Start

Studies show that when you eat protein at breakfast, you consume fewer calories than you usually do throughout the day. Healthy proteins like organic eggs, pasture-raised poultry or wild-caught salmon are harder to break down than fat or carbohydrates. This means you feel full longer throughout the morning. This will keep you from reaching for sugar-laden coffee or unhealthy energy drinks in the middle of the morning.

Before eating your protein-rich breakfast, and immediately upon rising, drink 16 ounces of clean water with the juice of half a lemon, or 1 to 2 teaspoons of apple cider vinegar, raw and unfiltered. This promotes a cleansing of your body, and often has you heading for the restroom within an hour of drinking it.

Enjoy 16 more ounces of water BEFORE you eat, as this aids in the digestive process. Eat a large salad at lunch, and limit your carbs throughout the day. Instead of carbs, enjoy healthy fats like coconut oil, olive oil, walnuts and almonds. Nuts contain healthy amounts of protein as well as the essential fatty acids which your body requires, they make healthy snacks, and eating them has been linked to healthy weight loss.

## 2 - The 1-Day Juice-Fest

You'll need to plan for this the day before, or the morning of. What you do is drink nothing but fresh, homemade juices, water and herbal tea for 24 hours. You want to prepare at least 5 or 6 juices with fresh fruits and vegetables. Obviously, this means owning a juicer. You can alternately purchase juices at a retail location, but steer clear of smoothies, and make sure you know every ingredient that is going into your juice.

When you first wake up in the morning, drink 16 to 32 ounces of water. As mentioned earlier, this helps detox your body. Then pour yourself a healthy homemade, nutritious and natural juice when you feel thirsty or hungry. Sip on this concoction all day long, and figure on about 1 to 1.25 gallons of fresh juice to keep you feeling full throughout the day.





## **Diet Reset #2: The 10-Day Habit-Changer**

If a single-day detox is not enough to keep you from turning to unhealthy foods, a 10-day plan may be needed. This gives your mind, body and physical actions a chance to make good eating behaviors a habit, while erasing poor eating habits. Especially if you have been eating in a less than healthy manner for several years, it may take more than just 1 day to lay the foundation for dieting success.

Your ability to change habits and develop new ones is going to be influenced by the food you put into your body. Processed food and fast food lead to a nutritional deficiency that causes the release of hormones which promote stress, emotional eating and addiction to unhealthy foods. Instead, you are going to get those foods which promote healthy emotions, and you're going to drink water, herbal teas lemon juice and apple cider vinegar, exercise in the morning and cleanse your body so you can successfully stick to a healthy diet plan.

### **The Water and Lemon Juice or ACV Secret**

Each morning when you wake up, enjoy 16 to 24 ounces of water. Add the juice of 1/2 a lemon, or 1 to 2 tablespoons of raw, unfiltered apple cider vinegar (ACV). Your body has been detoxing while you sleep. It is at its most efficient detoxing state when you rise, and you can superpower this ability to remove toxins and poisons as well as other wastes from your body with this morning ritual. Start every morning of your 10-day diet reset in this way.

### **Eat Protein for Breakfast, and Skip Breakfast Every Other Day**

You may recall earlier we talked about the power of protein for breakfast where weight loss and good health are concerned. After consuming your morning water/ACV or water/lemon juice detox drink, have a couple of organic eggs for breakfast. As mentioned earlier, pasture-raised poultry or wild-caught salmon are also healthy sources of protein.

Protein is found in vegetables like peas and spinach, kale and broccoli, artichokes and Brussels sprouts. Those vegetables also have high levels of dietary fiber, which makes you feel full quickly, and helps you feel full longer

throughout the day. Grass-fed beef is another healthy protein source you can consider, unless it is something you are going to be removing from your diet when your reset is over.

As mentioned earlier, Intermittent fasting has been linked to good health and weight loss. So every other morning, skip breakfast. Wait to eat your first meal of the day 16 hours after your last meal the night before.

### **Healthy Mid-Morning, Mid-Afternoon and After Dinner/Before Bed Snacks**

Load up on healthy, natural, 1-ingredient foods found in nature, like nuts, berries, apples, bananas, oranges, avocados, pears, mangoes and other fruits and vegetables. These make excellent snacks you can eat throughout the day. We mention these as diet reset snacks for the mid-morning or mid-afternoon, but honestly, you can eat them all day long without having to count calories, carbohydrates or nutrient levels.

### **Drink Water and Tea All Day Long**

Did you know that if you ate a typical modern-day diet of predominantly processed foods but you replaced all your unhealthy beverages with water, you would see significant health benefits? That's how powerful water is as a detoxing agent.



Your body is predominantly made of water, and that water must be replenished on a daily basis. Oolong, black and green teas, as well as other herbal teas, are acceptable for all day drinking as well. The human body requires roughly 1 gallon of water to be consumed each day for your brain and body to function properly.

### **Lunchtime!**

At lunchtime enjoy a salad with all your favorite fruits and vegetables. There are absolutely no limits here. Vegetables and fruits as close to their natural state as possible are all fair game. So are healthy nuts and berries, as long as they are not sugarcoated, dipped in salt or processed. Make sure to add 4 to 6 ounces of protein. Again, don't count calories or carbohydrates, just eat until you are full. For a salad dressing, use a combination of lemon juice, extra-virgin olive oil, coconut oil and raw, unfiltered apple cider vinegar.

### **Time to Eat Dinner**

Your last major meal of the day should contain carbohydrates, protein and fats. Salmon delivers healthy fat and protein, as well as dietary fiber and antioxidants that lead to health in several ways. Healthy grains include quinoa and brown rice, farro and oats, barley and millet. They deliver some

carbs and plenty of healthy dietary fiber, as well as other nutrients your body needs.



Beans and peas of all types are loaded with protein and healthy carbohydrates, and fiber. All vegetables provide "good carbs", and whole fruits as well. Legumes, nuts and seeds are also considered carbohydrates that are good for you. Add a small salad if you like. About 15 minutes before eating dinner, drink a 16-ounce glass of water leisurely. This aids in the digestive process, and can also keep you from overeating.

If you adopt this eating plan for just 3 or 7 or 10 days, you will see results quickly.

If you have problems with mental fog and focus, you will be surprised at how much naturally healthy mental energy you're going to have. Your physical energy will also increase, and you will see positive health changes in a number of ways. Honestly, the diet reset eating plan just covered, when embraced for life rather than just 7 or 10 days, can help deliver any mental or physical health reality you desire.

## How to Define Your Dieting Goal for the Best Shot at Success

Have you ever gone on vacation out of your country or taken a long trip? Did you simply pile the family into your vehicle and take off, with no idea where you were going? Of course you didn't. You planned days, weeks or even months in advance. You saved up money, arranged time off from work, reserved lodgings and possibly airfare, and prepared every way you could to make your trip a success.

**You need to do that with any diet plan as well. You need to plan ahead, by defining your goal.**

This is an example of a dieting goal that is laser-focused. "I will eat right to lose 10 pounds in the next 30 days, limiting fast food and processed food to 3 meals a week, and eating more fresh, raw, whole fruits and vegetables." Here is an example of a vague and nonspecific dieting goal. "I am tired of being fat, and I am going to lose weight once and for all."

Who do you think is going to be more successful with their diet efforts out of those two examples? The answer is obvious. Research shows, and you probably know this yourself, that when your goal is very defined and specific, and includes a time frame as well as how you are going to achieve that goal, your odds for success improve dramatically.

If your specific goal is to drop your cholesterol level by 20% in 30 days with diet, you need to avoid bacon, butter and saturated fats. When you define your goal, **include in your goal what food you are going to eat, and what food you're going to avoid**. Think about your goal, and then research what foods promote that achievement, and what foods and beverages will hinder your ability to reach it.

Remember, be very specific with your goal setting. Write your dieting goal down and carry it with you, looking at it several times a day. It is okay to have your goal in your smart phone or computer, but it is even better to write it down on paper and hold it in your hand when you review it. Include a specific timeframe, a detailed result you are looking for, and the exact dietary steps you need to make it happen.

## **Re-Introducing Foods after Your Reset Is Over**

Whether you use one of the successful 1-day detoxes mentioned earlier, you embrace the 10-day healthy diet habit plan or enjoy a diet reset of some other length, you are eventually going to have to expand the types of food you eat. You also want to be able to successfully reward yourself from time to time, without wrecking your diet. Here are a few simple ways to transition from your reset period to any diet plan, while still allowing for enjoyable but controllable cheat foods.

### **A Healthy Cheat Day**

This should really be called a reward day. Negative connotations are linked to the word "cheat". You may even feel poorly about eating reward food on that day if you feel like you are cheating yourself. Just remember that a healthy cheat day should not come more than once every 7 to 10 days.

You are on this diet plan for a reason. You have established poor eating habits in the past, and you are trying to change them. That means you are going to go several days eating nothing but healthy, nutritious and filling food, and avoiding the unhealthy, addictive and disease-causing food you ate in the past.



Perhaps you want to reward yourself with your favorite pizza. You can do exactly that. But instead of doing as you did in the past, and eating 5 or 6 or all 8 slices of the pizza, have 2 slices and eat a healthy salad beforehand. Healthy cheat days are all about portion control, and not making the entire day a bad-food-fest. Pick one type of food you want to reward yourself with, make it the focus of a single meal that day, and eat otherwise healthy the rest of the day.

### **Reintroducing Non-Reset Foods**

Do you remember the "juice only" 24 hour reset mentioned earlier? Some studies show that drinking nothing but homemade juices juice will to from fresh fruits and vegetables is an outstanding way to improve your health across-the-board. Even so, this is probably not a recommended dietary practice that you want to adopt for more than a few days without consulting your doctor.

That means that regardless what type of diet reset you enjoy, you are eventually going to be adding foods to your meal plans which support whatever type of diet you are going to embrace. When you do this, it is recommended to go slow over a period of 2 or 3 days. In other words, you would still juice 1 or 2 or possibly 3 times a day, slowly reintroducing your body and your digestive system to the foods on your particular diet plan.

This is easy on your body, especially if you performed a longer reset of 7 to 10 days.

Imagine your digestive system getting used to a diet reset approach to nutrition, and then you bombard it with 2,000 calories of a high-protein, high-fat, extremely low-carbohydrate diet like the Paleo diet. The key here is a gradual return to eating "normal" foods, which should start with soft and simple to digest foods and protein sources at breakfast.



## The Emotional Side of a Diet Reset

Did you know that the food you eat can trigger certain emotions? When you eat food, the chemicals, nutrients and compounds in that food can affect your brain in 1 of 3 ways. It can excite your brain and make it happy, it can make your brain unhealthy and unhappy, or it can have basically no affect. Your brain then releases chemicals and hormones according to how it feels, and this drives your emotions and behaviors.

This is how what you eat is directly related to your emotions, and your emotions can also control how you eat and what you consume. Embrace your imperfections. Love yourself and your body right now, and envision your beautiful body when you hit your dieting goals.

**Remember, food is not who you are.**

Your self-worth and abilities are much more than your favorite ice cream or your preferred fast food meal. When you think about it, you only eat for a very small amount of time you are here on the planet. Why allow such an insignificant amount of time to dictate your emotions and cause eating behaviors that make you hate yourself, and create a cycle of self-disgust and poor eating?

Limit your exposure to environmental and personal stressors you know will cause you to wreck your diet. When you love yourself enough to surround yourself with people and things that create positive emotions rather than negative ones, you can succeed in your dieting efforts, and in any other area of your life.

## Self-Care Tips to Empower Your Diet Reset

Self-care and positive lifestyle behaviors are essential to the success of any diet plan. Incorporate the following practices into your diet reset, and you will see them carry over to your daily dietary approach, living well past your diet reset timeframe.

- **Get 6 to 8 hours of sleep every night.** Don't believe the fallacy that you can catch up on sleep later, because studies show you can't. The health damage done by missing out on sleep cannot be undone.
- **Meditate.** The laundry list of brain and body-based benefits that come from meditating regularly is absolutely mind-blowing. Stress-relief is at the top of that list.
- **Drink some water, then drink some more water.** Herbal tea is allowable as well. Water is a simple and inexpensive (or free) way to keep your body cleansing itself, and to keep you feeling full all day long.
- **Exercise and stay physically active for at least 150 minutes each week.** Studies show that it doesn't matter how you break up these 2.5 hours of exercise, as long as they are spread out over a week, and you enjoy moderate to vigorous physical activities.



- **Add 3 sessions of resistance training of 20 to 30 minutes each session.** Resistance training means weightlifting, bodyweight training or using resistance bands to promote muscle growth, as well as fat and calorie burning for up to 48 hours after your workout is over.
- **Watch less TV.** There is something about staring at a television monitor or movie screen that seems to promote unhealthy eating practices.
- **Chart your successes... and failures.** Knowing what you did wrong is just as important as knowing what behavior led to positive results. Chart your dieting attempts and the results they produce, good and bad. Review this information at least once a week.
- **Moderate your smoking and drinking.** You know that tobacco kills, and excessive drinking can rot your liver. There is no need to get into the discussion of why drinking and smoking too much is bad for you. Treat yourself better than that.