

## Medical supervision

As with any change in dietary habit it is important that you keep your doctor informed. It is vital if you are taking any medication to ask your doctor to monitor you throughout the process. The comments on the latest theories and research in health is for information only.

*Natasha Hodge and Wide Eyed* are not responsible for your failure to disclose information relating to your health or medication to your doctor or healthcare provider.

## Week 1- The plan to begin balancing hormones

### The only rule:

Eat within an 8-hour window. There is no portion control. Eat when you are truly hungry and eat until you are full. We will go into fasting in detail in your first appointment. Meals are a guide; you can change them to your tastes.

Be aware that the foods highlighted in **orange** raise insulin levels significantly. You will also learn about the effect of insulin in your first appointment.

### Before you start

You will NOT be using weight as a measure of your progress, as weight loss may be just one of the side effects that you may experience when aiming to reduce the insulin response within your body. Your goal is only optimum physical and mental health.



# Wide Eyed Rule Breakers

## Alternatives to the weighing scales

The weighing scales have a negative impact on your mental health. You might experience a high when they show that you've lost weight and a low when you haven't, which leads to unnecessary stress.



A selfie is an ideal way of measuring progress. Take a pic on your phone and then forget about it. It will be a record of where you began your journey.

Or you might want to measure yourself and write those down.

Although your clothes will let you know that you are losing weight as they get looser. The goal is now health and weight loss is only one side effect.





## Commitment

This is a way of eating to set you on the path to good health for the rest of life. I ask that you commit 100% to the advice so that you can see if works for you. You have nothing to lose and everything to gain by sticking to it.

Are you ready to commit?

**No one else on this planet is more important to you than you. Do this for yourself and no one else.**

## Your relationship to food

Your relationship to food is unique. We have all grown up with different influences, the people around us will have had an impact on how and what we eat. Understanding what food means to you is important.

We will be looking at what triggers our impulse to eat or overeat. Are the impulses manipulated by advertising or peer pressure? Or is the impulse attached to your emotions i.e. stress, success or comfort? You will be avoiding some foods which have a negative impact on your health but still stimulate an emotional response. I will provide you with the tools to overwrite those responses.

We need to recognise when we are hungry or full rather than being a creature of habit and eating within a set routine built up over a lifetime.

What is best for your body?

What is happening to your body and mind when you eat?

But most of all you must wake up to the detrimental effects that too much insulin has on every function in your body and your health outcomes because of it.