



# MIND, BODY AND SOUL

## *the journey*

You are about to embark of a massive journey of not only your body, but your mind and soul, take control and be bold.

### **Weigh In:**

- I know you may not want to weigh at first but unless you do, you won't be able to assess what you've lost. For the first period of your weight loss, weigh in weekly, pick your day and stick with it. Remember weigh first thing in the morning after the loo and before your coffee.
- Take your measurements from day 1, one day when the plateau hits, you will watch those numbers drop instead of the scale and is very helpful and motivating.
- If you hit a bump or start stagnating, don't be scared to weigh in more often, the idea is not crazy paranoia, but learning what your body is sensitive to and sometimes the best judge is the scale.
- Write your measurement down or put on an app, to watch your graph grow.

### **The Munchies:**

These are a killer on any diet, but with Banting this is a thing of the past, eat properly and enough so you are not hungry and if the urge gets too much, then snack on the good stuff. As you progress and get into Ketosis, so your appetite will decrease.

### **Formalise Eating:**

Don't eat on the run unless you absolutely have to, make a plate of food, sit and eat properly. Try not snack while you are preparing, if you are tempted then realise you've waited too long to feed yourself. This way you will be fuller at one go, you will have visual absorbed the quantity you have eaten, and enjoyed every mouthful. You will feel fuller and satisfied.

### **Carb Flu:**

Don't be scared, some get it and some don't, but it definitely does exist. Read the separate page to learn what's up. But move through it to the other side and you'll be yourself again.

### **Body Sensitivity:**

It is important to commit, this is not a fad diet, this is a lifestyle. Don't begin thinking you'll do a bit here or there, because all you are going to do is confuse your body. Remember Banting is retraining your body to use your stored fat as energy and later natural fats as energy as opposed to the instant carb injection we so often dose ourselves with throughout every day. Your body will over react to a cheat and you will gain.

### **Ketosis:**

This is the holy grail of Banting, this is what you want, the perfect balance created in your body whereby your body functions at its optimum. It burns off stored fats and gives you masses of energy. But remember, when you are in Ketosis, you are equally sensitive to any cheat you feel you must make. Your body will over react to a cheat and you will gain.