

**END
THE FOOD
GAME &
FEEL
STRONG**



Stop struggling with your weight and feeling tired all the time.

VB Ashly's
Bio-Balance

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Ashly's *Bio-Balance*

END the Food Game and Feel Strong

Welcome!

Hello, I am Ashly and I have put together this e-book as a free service to those searching for a way out of the Food Game and into life. Struggling with the endless thoughts of food is tiring and draining, AND there is a way out of this madness. It is proven that the thoughts that enter our brain directly affect our physiology, the way our body digests, assimilates and eliminates food and life.

But we are not taught this. We are taught "calories in vs. calories out" or "restrict this so you can have that" are the only way to reach our desired goals for body and health. I say ENOUGH!

The majority of my clients come to me:

- To **END** the roller coaster food game
- To have a healthy relationship with food and understand its forms of nourishment
- To feel strong with energy and mental clarity

Here is what I found:

- Diets don't address the food game. They tell you what to eat and when to eat. They don't tell you HOW to eat.
- You are constantly thinking about the next time to eat...the thought of food never leaves the mind.
- We are our own worst enemy. Thoughts and comments like: "You are fat," "No one is ever going to want you," "I am not enough," invade our thoughts and the results are failed diets and fitness programs, AND hating the body we are in.

Here is what I know to be true:

- Power of the food game does not disappear with diets; it only acerbates the obsession with food.
- It is NOT about the food
- Nourishing myself for my purpose is the only way to go
- When kind words flood the brain, the brain sends off endorphins...the feel good hormones that not only bathe us in a glorious feeling of confidence and self love but also give us the body we desire by properly burning fat stores and holding on to lean tissue.



When you embrace the knowledge that diets don't work and that **your** eating protocol can work FOR you (not AGAINST you) for mental, emotional and physical nourishment, you will be free.

Through my personal experiences and those of my clients in the realms of exercise, nutrition and health, I developed the **END Zone**:

Embrace the wonder that is your body

Nourish your body to fulfill your purpose

Digest the world around you, not only with food and drink, but also the observations and lessons that make you who you are.

The **END Zone** is a mindset, a way to think about **who** you are, what you want to do, **AND** the body you need to do it in. It takes you out of the food game and into implementing that which you want to attain.

Embrace:

Do you feel you operate your daily tasks in your body? Or do you feel like it is a foreign aircraft?

Amazingly, studies show that on average women will have 13 negative thoughts about their body **every day**. In addition to that, a whopping 97% of women in the study from all across the country, of all shapes and sizes, admit to having at least one "I hate my body" type of thought every day. It comes as no surprise that some women do not feel comfortable / confident in their own skin.

This is a "training" that begins early in life. In a University of Central Florida study, of the young girls age 3-6, nearly half of them were worried about being fat and a third of the wanted to change something about their body. Sound familiar? Neuroscience shows that what you focus on is not only what you attract but also what you become. The neural pathways of the brain pick up the repetition of thought and the pathway becomes stronger and the thoughts become habitual.

Those women who obsess over their body, its weight and size, are in a continual state stress which stimulates Cortisol production in the body. This leads to increased fat storage around the belly, increases blood pressure, and lowers bone density PLUS contributes to this loss of energy you are feeling. I don't mean to be the bearer of bad news, but when the body is in a mild stressed state, the brain is bathed in Cortisol which promotes memory loss.

It is time to turn around your thoughts about your body
In other words, let's take out the trash and bring in the good stuff!

The first way to end the food/body game and gain some of the energy you have lost is to appreciate and embrace the body you reside in by eliminating these negative and hurtful thoughts. Now, how do you embrace?

1. **Reflect** on how you show your body appreciation – is it with love and understanding OR do you talk unfavorably to self and your body? Keep a journal of these thoughts; do you see that they are harmful? Now, turn these thoughts around. It is possible to create new neural pathways that are affirming? Be mindful of the words you speak, there is power in them.
2. **Make a list** of all the ways you can show this appreciation and understanding for your body. Do you pamper your body w movement, stretching, massage, pedicures, quiet time? What are rituals you can do that allow you time to pamper your body? Post this list on your mirror so you are constantly reminded of rituals you can do to solidify your love for self. Implement at least 1 of these every day.
3. **Practice grace.** Grace is a beautiful word and one of my favorites. Grace is a manifestation of forgiveness and mercy for oneself and others. Show yourself a little grace while you are on this journey of transformation. This is not a quick fix; this is a practice that leads to lasting change.

GRACE -Get Radical About Cultivating Embodiment – in other words Get Radical and show yourself some LOVE!

You may be asking “What could my feelings about my body possibly have to do with this food game and my inability to obtain weight loss?”

*Simply stated, when the body is appreciated and understood **it stimulates fat mobilization.***

Fat mobilization is “the body’s ability to breakdown fat into glycerol and fatty acids so it is transported and used as energy by an active muscle.” In other words, you become a fat burning machine.

Nourish:

When the body, soul and spirit are nourished, the food game ends and the energy you need for purposeful living magically appears.

1. **Nourish your body with wholesome, organic (when possible) foods.** Protein, essential fats, fresh fruits and vegetables every day. Follow this guideline for a simple yet effective protocol for healthy eating:
 - Choose foods in their natural state – these are easily digested and utilized quickly for energy
 - Eat a protein and essential fat (nuts, seeds, coconut, olive oil, eggs...) at every meal. This provides long lasting energy and satisfaction.
 - Eat a moderate breakfast, a full size meal at lunch and a light dinner. Eat the majority of your calories before 2 pm.
 - Eat a variety of fresh vegetables and fruits of all colors, especially greens!
 - At meal time, eat to the point of energy; stop BEFORE you reach your fill.
 - Drink plenty of water for your body weight; at least ½ your bodyweight in ounces. If you workout and sweat heavily you will want to add to this.
2. **Nourish your soul with time.** Time for reflection, time for gratitude, and time to just breathe, a time for peace within yourself. Mindful meditations are becoming very popular and are easy to implement into your daily living. A mindful meditation takes place when you allow yourself to STOP for a moment and just breath. Put this into play 1-2 times each day and you will notice that you will develop a slower internal rhythm which brings on fat mobilization in addition to a reduction in your outward expression of stress.

- First step to mindful meditation is to close your eyes, breathe deep and root yourself in the moment through what you see, what you hear, what you smell and what you feel.
 - Take another full breathe and solidify yourself in the moment by continuing to activate your senses. Bring to mind the sights, smells, sounds around you. What do you feel, what do you taste?
 - Spend 3-5 minutes rooted in the moment. Allow yourself to be there, to relax mind and body around the moment you are in.
 - Let your breath be your anchor, when the mind wanders, use the breath to bring you back to the present moment.
3. **Nourish your body with daily movement.** Our bodies were made to move, just look at the way they are knit together. The skeletal system is the frame overlaid by muscle and connective tissue that enables the body to move. In what ways do you show your body appreciation with movement?
- Make a list of the activities that you like to do; after all, exercise is meant to be enjoyed.
 - Try something new each month. Take a dance class, paddle surf, belly dance, trail hike, water aerobics, weight training, yoga, etc... Remember, it is to be enjoyed.
 - Spend at least 40-60 minutes in movement every day.

Digest:

Our experiences, thoughts, and beliefs make us who we are mentally, spiritually and emotionally. These directly correlate with the way we digest food and drink. The gut is the barometer of emotions, there is more neural traffic flowing from the gut brain to the head brain than from the head brain to the gut brain. Meaning, slow down, breathe, and check in with your gut before meal time. When you tune in, your gut will tell you if the food you are about to eat is nourishing at the time and what amount of food is best at this moment.

Reflect on this:

1. **How you do food is how you do life and vice versa.** What are the similarities for you? Are you stressed? Or relaxed?
 - Write this down. This is an important step in understanding how your body is responding to the food you eat and the thoughts you have. If you are speeding through life, most likely you are speeding through meal time. If this is the case, the brain doesn't have time to register that the gut is full and overeating is the result. SLOW down your meals and you will slow down with life.
2. **How do you feel after a meal? Energized? Fatigued? Bloating? Sleepy?**
 - Keep a food log/journal of how your body responds to food. This will guide you in which foods give you energy and nourish you. This also helps you to determine if you have any food sensitivities. Food is not meant to leave us bloated, tired, irritated. If this is the case with some of the foods you eat, simply take break and see what happens. What changes do you notice when you eliminate that particular food.
3. **Are you a fast eater or a slow eater?** Do you take time with the meal or eat on the run?

- In my experience, most eat on the run while rushing from one task to another. This inhibits digestion and puts the body in a position to feel just plain awful. If you want to feel strong again with energy and mental clarity follow these simple steps:
 1. Breathe through your experiences, whether pleasant or not....**BREATHE** – Breathing puts the body in a relaxed state so that it can digest effectively.
 2. Sit Down and Slow Down when you eat. Take time for the meal with preparation and intention. Root yourself in the moment and be aware of the food through sight, smell, and taste. Chew each bite slowly and up to 20 times.
 3. Sit back and enjoy the time for food, self and connection with others.

This new perspective around the food game and energy may be new to you, so I highly recommend for you to incorporate these steps into your daily lifestyle. You will be pleasantly surprised at the changes that take place within you metabolically. It is just 1 step at a time. You can do this!

Embrace, Nourish and Digest is the way to END the food game and feel strong, again.

Your next step...

1. **Email me** your comment or question so I know where you are at with the END zone. info@ashlytorian.com
2. **Share** this information with a friend who also needs to hear the good news; that there is a way out of this food game and it has nothing to do with food! Invite them into the Bio~Balance community by sending them to www.ashlytorian.com for their own copy of the **END the Food Game and Feel STRONG**
3. **Book a FREE Session**: If you see how this program can make a difference in your food life, contact me for a free 20 min consult so I can guide you in your journey with food and body. <http://www.ashlytorian.com/contact/>
4. **Join me at the next END Zone Retreat** and dive in to this journey around food and body. <http://www.ashlytorian.com/body-love-event/>

In the meantime, EnJOY YOUR Journey!

Ashly