



The Dieting Illusions – CD 1.2.3

3 Dieting Illusions:

- Illusion 1 – best way to lose weight - eat less/ exercise more
- Illusion 2 – the reason you eat too much is lack of willpower
- Illusion 3 - experts are your ultimate source of reliable and scientific accurate nutrition information

Dieting Illusion #1: Eat less + exercise more = weight loss

There are many die-hards punishing themselves with excess exercise and scarcely eating just to lose a few pounds. The sad thing is and the reality is, if this had worked, America wouldn't have the obesity issue that it has today. The biology of the body is a lot more complex than calories in/calories out.

Calorie restriction backfires. Once you reduce the amount of calories eaten, the body thinks it is starving and begins to set off chemicals in the body that trigger hunger, which in turn cause the body to crave more food. The end result is constantly battling the hunger cycle with the mindset of calorie restriction. That is enough to make anyone frustrated. Another result of calorie restriction is a reduced metabolic rate; lower number of calories burned in a day. This will play against any progress of losing weight.

Exercising more and more and more...will only lead to a breakdown of lean tissue that is slowly diminishing due to the calorie restriction. When the body is over-exercised it tends to do the opposite of what the intention was originally, burn fat/build lean tissue. The result is too much stress on the body which depletes mitochondria in the cells (the powerhouse which provides energy to the cell and in turn gives you energy).



We have talked a lot about stress and its effects on the body in recent months, refer back to those articles and see the effect of stress on your body and your health. An important question to meditate on when looking at this style of weight loss program is this: Will restricting calories and exercising your life away bring you peace, joy, love, compassion, and energy to live your purpose here on earth?

Or better yet, ask your family...they tend to know what swings the mood fast. Face it, it is no fun living on calorie restriction and fitting in hours of exercise.

Instead eat only when you are hungry, have a protein and essential fat with every meal and exercise 30-45 min 3-4 times per week. Attend one of Ashly's Mind and Body Boot Camp classes to get the right balance of high intensity/muscle building/and mind and body workout.

Dieting Illusion 2 – the reason you eat too much is lack of willpower

Willpower is the ability to control oneself and determine one's actions, a firmness of will. Those with willpower demonstrate the unwavering strength of will to carry out ones decisions.

Do you have that, the ability to stick with an intention that you have set before you in order to attain that goal? I believe willpower is like a muscle, it has to be used and strengthened in order for it to take hold within your very being.

There is a downside to **willpower**, it is great and serves us until stress hits, and if you don't have wholesome habits to back it up then the ease to default to unwholesome habits is overwhelming. You can have a strong will power muscle but when you find yourself in a stressful time, the brain defaults to unwholesome habits.

If you want to build our willpower muscle, this is how you can do that:

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Ashly's *Bio-Balance*

First, discover what motivates you? Write this on your mirror so you see it every day or post it on your refrigerator...someplace where you will see it several times a day.

Second, set a clear goal – short and concise, do-able and measurable

Third, monitor your behavior toward that goal. If your behavior doesn't match the desired end point, then shift, make a transition so that it does. This is where strength of will comes into play.

Fourth, apply a never quit attitude. This also takes practice, especially if you have “quit” something several times in your life.

***Remember too, you never fail, you are always practicing
And some days are better than others.
(simply pull yourself up by your bootstraps and keep going)***

But truly, willpower is not the issue... AWARENESS is the issue. If you are aware of the meal when you eat, then you will only eat what feels “right” for your body at the time.

Bring forth all the senses to the table, be present filled throughout the meal and you will not over eat, binge eat, or eat foods that are not satisfying.

You will literally taste the food for what it has to offer...and if it doesn't meet the needs at the time, you will be aware and able to make a choice; one that nourishes you in the moment.

Here are my 3 tips to help you overcome this Dieting illusion of willpower.



EXERCISE #1:

Stay awake at the plate! Notice your food, see it, touch it, taste it... .BE PRESENT.

Notice the nutrients, colors, textures, your environment, and the people with whom you are having conversation with. **Be AWARE.** If your mind floats off to never, never land...bring it back to present. It will take practice. But as with anything else you are discovering on adopting a healthy lifestyle..**it is possible** and the results are worth the practice.

EXERCISE #2

Here is another way to use your BELLY BRAIN.

The Belly Brain (ENS) knows what foods are good for your body, what foods digest well, which ones you are sensitive to or allergic to. It understands which foods give you energy and which deplete your energy. It knows how much is TOO much. It has spent your lifetime gathering this data.

PLUG INTO IT.

Learn to listen and hear the body. Before meal time... tap into the gut wisdom. Breathe long slow deep BELLY breaths, at least 5-10 times; this will get the oxygen flowing to the gut. Ask yourself (the gut) “Is this good food for me to eat right now?” “What amount of food is best at this moment?” “Is this a good combination of food choices?” Tune in and let the answers come effortlessly. Follow the wisdom of the Belly. If she says no... .make a different choice... but if she says YES... then enjoy with complete **AWARENESS.**

*It is OK and completely normal to feel awkward and uncertain. This is new territory. Also know that mistakes will occur... you may make a food choice that your body doesn't agree with or that wasn't healthy for it. That is OK, **mistakes are learning experiences.***

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EXERCISE #3

Eat to the point of energy! In other words...stop **BEFORE** you fill up.

1. Set the intention to eat to the point of energy
2. Observe energy level throughout the meal
3. Observe satisfaction level
4. Observe satiation level
5. End the meal when you can leave with more energy than when you started. Your stomach will not be full... it will feel empty.

Through-out your meal, be aware of your energy level. As you know... when you eat past the point of fulfillment, even just ONE bite...you are sluggish and sleepy and do not perform your best. When you stop eating **before** the point of fullness, you will be alert with the tummy slightly empty; however, this energy will come in handy as you continue on with your day.

Key Lesson here is to listen to your body, it is filled with wisdom.

Dieting Illusion 3 - experts are your ultimate source of reliable and scientific accurate nutrition information

Looking at the food we are surrounded by, it is no wonder that we struggle with weight, obesity and disease. There is a fast food restaurant and convenience store on every corner so it makes getting “food” easy. Do you ever feel like you take 1 step forward towards eating healthy only to take 3 steps back the next day or week? It isn't your fault. Yes, we all have the power to say no; however, when the food industry is pushing unhealthy food **advertising** that it is good for us...that is a problem.

The Protection Myth is: We think (and hope) that the government is protecting us from unhealthy foods, but are they? Look at these statistics:

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- The Food industry generates a trillion dollars in annual sales each year
- It spends more than 33 billion on advertising
- 70% of that is marketing for fast food, convenience snacks, colas, alcoholic beverages and etc..
- Only 2.2 % are used to market wholesome foods like fruit, vegetables, grains and beans.

In correlation to that, the USDA, which is responsible for public health education only spends 300 million year on nutrition education.

The USDA is also responsible for the food guide for public health. The Pyramid that was introduced in the 90's was used in all public institutions like schools, hospitals, retirement homes, and nursing homes. During this time diabetes and obesity were on the rise due to too many servings of grains and too little fat (essential fats).

The way the current food policy guidelines are set up, it is leading us towards foods that trigger:

- Weight gain
- Obesity
- All known aging diseases
 - Heart disease
 - Diabetes
 - Stroke
 - Alzheimer's disease

These conditions are not the result of aging in our society; they are a result of the poor quality food consumption. The foods marketed by the food industry are loaded with manufactured "food" sources and processed so many times our bodies have trouble digesting it. They have also loaded the food with hydrogenated oils and high fructose corn syrup, in recent studies these 2 have been linked to many of these aging diseases and obesity.

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In a nut shell: Food is making us sick. And if we continue on this path our children and the next generation will have serious health challenges that will impact their quality of life. I don't want that for them. I hope and pray that our children's children are blessed with good quality foods that provide good health that will enable them to live out their purpose, the one they were created for.

7 characteristics of the ORIGINAL Diet

Do you wonder what type of diet our body was made for? Here are the 7 characteristics of our original diet as noted in the book: The Ultra-Metabolism by Mark Hyman.

- A low glycemic load
- Omega 3 fats from wild foods (fish, wild game, wild plants)
- A balance of protein, fat, and slowly absorbed carbohydrates
- An abundance of vitamins and minerals
- Alkaline foods (plants) prevents blood from becoming too acidic
- Low level of Sodium (salt)
- High fiber content

Everything about the current American diet works against our genes and promotes obesity and age related illnesses that humans should not get early in their life.

There are very practical and easy ways to adjust your diet to meet your needs. Choose real, whole, unprocessed foods the majority of the time. [Clean out the pantry](#) and get rid of the foods with hydrogenated oils, HFCS (high-fructose corn syrup), white flour and other processed foods. There is plenty of food to eat without filling yourself up on foods that do not provide nourishment.

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Our body was designed for real, unprocessed food, not food that is manufactured and processed 10 times over. Make the choice today to start slow, taking small steps that will lead to lasting good health!

Download a copy of [Ashly's Real Foods Meal Planning](#) to help introduce to you and your family wholesome real unprocessed food choices.