



Slow Mode is YOUR Power

Make SLOW the NEW YOU!

“SLOWING DOWN IS THE NEW INTERNAL MECHANISM YOU NEED TO INCREASE YOUR METABOLIC POWER.”

Slowing down is not NEW...it just isn't used. And now is the perfect time to wipe the dust off and put that part of you to good use.

Notice I said, “Internal mechanism”.

This is something that happens from within, it doesn't mean you move slow and don't get anything done...it means breathing, ebb and flow through stress, allow it (slow) to come in and seep through your body, soul, and spirit so that you are more effective with not only the running of your body but most importantly how you do life and how you share yourself with others.

THAT COMBINATION IS WHAT MAKES A HEALTHY BODY, SOUL, AND SPIRIT.

What does SLOW do for you??

- ✓ It puts you in the optimal state of digestion
- ✓ Your body will burn FAT for energy
- ✓ You will increase calorie burning power
- ✓ Your immune system functions optimally
- ✓ Optimal state of assimilation of nutrients
- ✓ Increased oxygen uptake = metabolic power (burn more calories at rest)
- ✓ Healing happens in your body
- ✓ Maintenance and repair of the body
- ✓ ***Healthy meal eaten in relaxed state, you will receive full digestion, assimilation, and nourishment of that food***
- ✓ You will experience the 9 sacred metabolizers: love, courage, compassion, commitment, forgiveness, faith, gratitude, surrender, and truth

That sounds like a divine way to live, doesn't it?

There are 2 modes of operation for the human body; Parasympathetic Nervous System Response [PNSR] and Sympathetic Nervous System Response [SNSR] PNSR is the RELAXED State of Being and SNSR is the STRESSED State of Being. From here on out we will discuss them as the Relaxed State of Being and the Stressed State of Being.

RELAXED = SLOW & STRESSED = FAST

The idea is to shift the daily mode of operation, the one you lean into the most, to the SLOW mode. This allows you to save the FAST mode for when it is TRULY necessary.

We will go into great detail in Armor Up. For now.... Let me give you the foundation of the SLOW mode of Operation so you can begin practicing NOW.



Slow Mode is YOUR Power

Relaxation – SLOW

For years I helped others to experience sustainable weight loss and what we found is that it is NOT ONLY about WHAT you eat...but rather HOW you eat.

When we look further into that we see that the mode of operation matters for the health and vitality of the body. This SLOW mode of Operation wakes up the Gut Brain. This triggers the complete digestion and assimilation of nutrients.

For now, simply take an inventory: Do you live a hurried life? What areas of your life are you” rushing” through? Do you like this pace? Does it fill you with energy? Or does it exhaust you? Take some time and write your thoughts down. Understanding where you are starting will help point the way for where you go next.

The GIFT of TIME

It takes less than 1 min to shift the mode of operation from FAST to SLOW.

EXERCISE: Check in and breathe.

- Breathe in 2/3 capacity – hold for 3 counts (this also helps to decrease BP)
- Exhale all the air.
- Diaphragmatic Breathing is best. We will review this thoroughly in Armor Up.
- Nasal breathing is preferred – activates central nervous system (the senses become alert)

THE GREATER YOUR CAPACITY TO TAKE IN OXYGEN, THE HIGHER YOUR METABOLIC BURNING POWER. IN ESSENCE.... OXYGEN MOBILIZES FAT

The following are a few areas where you can practice shifting your mode of operation to slow.

- Lengthen time it takes to eat breakfast – eat before you leave the house, not in the car.
- Give yourself 30 min for lunch and dinner – increase to 1 hour.
- Look in your schedule where you can find these extra moments for slowing down at mealtimes
- Enlist members of your family, co-workers, and friends in this new way of slowing down. Get them involved – support system.
- Just eat and be present – don’t do odd jobs while eating.

WHEN YOU EAT...ONLY EAT.

EXERCISE: Breathe while you eat (Before – Between Bites – After)

- Any changes in “after meal energy”?
- Any change in digestion?
- Any change in the amount of food eaten?
- What is your satisfaction quotient? Any change?

When you slow down, the communication between head brain and the gut brain can take place and you can get a real feel for when you are satisfied vs. overstuffed.



Slow Mode is YOUR Power

Stressed Eating can lead to or contribute to every possible symptom, dis-ease, and food issue.

- Stress is anger, worry, anxiety, un-forgiveness, negative self-talk, etc.
- Relaxation is trust, faith, love, kindness, forgiveness, understanding...all of this puts you in a relaxed state, a state of optimal digestion and assimilation.
- Let go of false beliefs that cause stress chemistry and deplete the body.

Presence and Awareness

- As you slow, you become aware of what the body needs. It takes the gut brain 20 min for it to realize it is full – it needs time to scan and analyze meal and determine what is needed. BE SLOW. The rewards are HUGE!
- Be gentle with it, the digestion is responsible for a lot of work: not only does it digest thoughts feelings and emotions, but it also pulls out nutrients from food and pulls out toxins and poisons, as well.
- If you choose to eat **without awareness**, the tendency is to **overeat**. **This shuts down the gut brain.**

The Soul Lessons in Slowing Up

4 key lessons in Slowing Up your life.

- **It is a discovery of finding your natural pace.** The pace where you can literally feel your body say “Ahhh.” Do you hear this? DO you and your body love the pace you currently live? OR is your body giving you some hints (symptoms) that things must change?
- **Letting go of survival-based living** – This life is beautiful. Instead of gripping and forcing and pushing your way through. Give slowing down a shot. BE-ing the very essence of slow. Here the Rewards are GREAT as well!!!
- **Trusting life** – hmmm... this grabs the attention. DO you believe that life is FOR you or AGAINST you? When you TRUST Life. The glass is ALWAYS half-full. This is the place where we train the reticular activating system to focus on what we want to see and experience in our life. We will do a DEEP dive into this in Armor Up.
- **Listening and noticing** – this is BEING the OBSERVER in your life so that you RESPOND vs. REACT.

Journal opportunity: What does life look like for you? Journal how your life will be when you SLOW DOWN and find your natural pace and let go of the rush.

Ways to practice Slowing Up:

1. If you only have 5 min to eat – eat slow that 5 min.
2. Take a walk without the cell phone.
3. Waiting...do nothing – avoid busy work – just breathe and enjoy a few moments of nothing.

Lao Tzu *“the serene and the tranquil set the rhythm of the world”* – serenity and tranquility reboot us.



Slow Mode is YOUR Power

INTERESTING TRIVIA: IN THE ANIMAL WORLD, THE LONGEST LIVING CREATURES MOVE THE SLOWEST.

For us humans, high speed living creates stress physiology, this wreaks havoc on the physical, emotional, and mental aspects it will lead to food or health issues, which often addresses the wrong issue.

Keep in mind, the faster we move; the more life speaks to us through symptoms. Listen and observe the physical body, the thoughts that flow through the mind, and the emotions that are in play, these will give you all the information you need to address your health and vitality from a stance of empowerment NOT fear.

JOURNAL ASSIGNMENT: Instead of pushing and fighting – what would happen if you opened and surrender to circumstances?