

## Fasting Day 2: It's Not as Bad as You Thought, Huh?

### **You made it 24 hours; halfway there!**

When you set out to do this fast, you thought that you were going to be hungry and tired all the time, didn't you? Don't lie, we hear that all the time!

Surprise! Most people who fast tell us that they feel GREAT. You might even be feeling lighter and more energetic than you have in years. It may even seem like there are more hours in the day and you can get more done.

### **The Surprise Benefits of Fasting**

Here are some other things our customers have told us they experience when fasting (and on PTF):

- Better sleep
- Fewer allergic reactions
- Clear, glowing skin
- Mental and emotional clarity
- Better digestion
- More energy
- Increased creativity
- Younger looking
- Weight loss

There are few people who report not feeling as great while fasting. This is usually because they have a lot of sugar or other toxins in their system, so it takes a little longer to heal the body. If this is you, don't worry! You will start to feel better soon.

### **Your New Normal**

Did you feel that magic moment? You know, when you realized that you weren't thinking of food? 'Food serenity' is an amazing feeling, and a sure sign that the fast is working for you.

The great thing about Personal Trainer Food is that tomorrow, when you do break your fast, you will be eating in a way to continue healing your body. And, that feeling of 'food serenity' will also continue because you won't have to waste any energy thinking about your shopping, planning or preparing your healthy meals.

As you progress on your program, you will feel even more energetic because our foods will continue what the fast started; healing your body from the inside out.

Welcome to your new normal!

### **What You Can Learn From Fasting**

How does food smell to you right now? What happens when you see a picture of food? When people talk about food, what are your impulse reactions? Have you noticed that your stomach has suddenly turned into the world's most accurate alarm clock, by intensifying hunger pangs and gurgling at the times you normally eat? What thoughts about food enter your head? What

happens when you get bored?

All of the above are not hunger! You have trained yourself to think and react to those situations by eating! Think about it: how much eating would you otherwise be doing throughout your day that is not in response to actually needing food?

Fasting is a perfect way to learn the difference between hunger and craving. So take note of what you are experiencing. Your goal is to sort out the difference between eating food for fuel, not in response to a trigger. Understanding the differences will make the next 26 days (and beyond) more successful for you.

### **Preparing for Day 1**

Are you ready for tomorrow? Fat loss has an emotional aspect to it, and if you follow this one rule, you will eliminate self-sabotage. It's easy: write out your game plan to avoid riding the emotional roller coaster.

If you haven't already, download the daily schedule and write down your short, simple routines on it. Eventually, those short routines will become habit, and you will never have to think about 'how to lose fat' again!

Make 28 copies of this simple schedule to help you get ready for Days 1-28:

[www.PersonalTrainerFood.com/rev/guidelines/Daily-Routine.pdf](http://www.PersonalTrainerFood.com/rev/guidelines/Daily-Routine.pdf)

How did it go today? Let us know! Write down any questions you have and feel free to reach out to us.

You can Live Chat us at [www.PersonalTrainerFood.com](http://www.PersonalTrainerFood.com)

Email us at [WeightlossCoach@PersonalTrainerFood.com](mailto:WeightlossCoach@PersonalTrainerFood.com)

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