

Day 10: Hey, Good Looking!

You look different! By now, at least one person has probably said this to you. People ARE beginning to notice, aren't they?

That's great, because sometimes we don't recognize changes until the barista, boss or hair dresser points them out for you. Don't just brush them off, you earned those compliments!

The 7 Wonders of REV!

Are you wondering how it is that after not even two full weeks, you can see changes so quickly? As we talked about before, you are eating the right food. Here are 7 wonderful (and pretty radical) ways REV! is working for you...

1. Your body is getting detoxified. You have replaced processed foods with hearty portions of eggs, meats, and vegetables. Their healthy complex carbohydrates and plant fibers are working to detoxify your system, sweeping it clean gently and naturally.
2. You are eating real, nourishing foods. The foods you are eating are nutrient-dense; foods that your body needs. You are not eating dehydrated dinners, voodoo powders and questionable supplements.
3. Your body is absorbing nutrients from real foods. Real food is hands-down the best source of vitamins and minerals. There is no man-made substitute that is as effective as the food you are eating right now.
4. Your digestive system is working better. Recall all the bacteria that died off in the beginning of your program because you stopped feeding them sugar? New, healthier bacteria are starting to flourish in their place, creating a healthy digestive system.
5. Your immune system is more effective. In absence of sugar that was creating chronic inflammation, your immune system is no longer being over-taxed. Have you noticed wounds healing faster yet?
6. You have a more positive outlook. Stable blood sugar levels means that you will have fewer and less intense mood swings. (Ever heard of 'hangry'? It's the hungry + angry feeling you get when your blood sugars swing too low like they used to.)
7. your diet will help your insulin levels to normalize. All of your hormones act in concert with each other. If your insulin levels start to balance, your other hormones will have a better opportunity to normalize as well.

Ignoring the Noise from Family and Friends

The hardest part about living the PTF lifestyle isn't the food. It's the noise that creates doubt. It seems that it is the people closest to you who say things that sometimes aren't that great. It will be your partner eating off-program foods in front of you, Mom worrying about you getting enough to eat, your kids asking you to buy treats, your friends inviting you out for happy hour at the latest hot spot and so on.

You can try to explain what you are doing, and your friends and family will certainly be interested, even encouraging. And then...they will almost always have to tell you their opinion as well. Some may be flat out rude about your decision to create a healthier life for yourself. That's ok. People have lots of opinions about lots of things. It is all just noise and should be ignored.

Your best strategy to deal with these people is to politely thank them for their input and change the subject to one that you both can agree on. (Psst: you might be surprised who asks you for advice to get healthier once you get to your goal...)

Those are the Keepers!

If you do have someone who expresses a genuine interest and who truly supports what you are doing, count yourself lucky! Get them on board, tell them about all the wonderful things you are experiencing because of REV!. Tell them about the weird things sugar was doing to you. Invite them to buddy up with you for walks or even to do the 28 days with you.

Cultivate the good in your life!

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

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