

Day 4: Got Broccoli?

"I love food. I was addicted, it was my comfort, that was my love...I was just living to die." –Niki Thomas, PTF Weight Loss Coach

Does this sound anything like you? Are you using food for comfort, as a substitution for love? Do you find yourself experiencing the same challenges with food over and over? That is food addiction.

How Niki Overcame; From a Size 32 to a Size 6!

At one point, Niki realized that it all just comes down to what you put in your mouth; that was where she could truly impact her life, by changing her diet. And then a magic day came...

"The day I realized I craved broccoli, I wanted to celebrate! I never thought that day would come. Before, it was pizza and cookies and cake and then one day it was broccoli and I was so weirded out by that. But I loved every bit of it, and that's when I knew I was really changing inside. It was full circle at that point."

Watch her journey: <https://www.youtube.com/watch?v=jQHU6608-uY>

Oh, You Don't Do Crack?

Contrary to popular belief, weight loss is simply a battle against Wrong Food Addiction. Nothing more, nothing less. Eat the wrong foods and your body converts it into fat. Eat the right foods and your body naturally burns body fat for fuel. To win this battle, one must completely stop eating the wrong foods and ONLY eat the right foods.

How would you answer the following question? When I get really hungry, I crave _____.

Chances are, your answer involves some form of 'comfort food' such as a big bowl of pasta, pizza or a huge slice of chocolate cake. It has been proven that carbohydrates stimulate the same region of the brain in nearly the exact way that smoking, alcohol and cocaine do. And even more troubling? Sugar is just as addictive as these substances.

Consider this: the average American is currently eating about 3 pounds of sugar a week. Is sugar really that tasty? Or is that just addiction talking?

What are Your Triggers?

Remember back when you were fasting? How did you react to the sight, smell or suggestion of food? Did you start salivating when you watched commercials on TV? When you got bored, did you walk to the fridge? At work, did you find yourself circling towards the donuts in the break room?

These are all triggers that you need to identify in order to avoid cheating while on your program. In all of those cases, you didn't really need the food but food became an overwhelming part of your thought process, didn't it? Those triggers are what create cravings and cravings ultimately lead to cheating.

Take a few moments right now to jot down what your triggers are and how you plan to avoid them over the next couple weeks.

P.S. We will go over specific ways to kill cravings in depth in tomorrow's mail. (HINT: see your PTF water bottle?)

How PTF Helps You Overcome

One of the main reasons most diets don't work is because your body craves the wrong foods that actually build fat. If you eat natural protein and vegetables you are nourishing your body the right way. Over time, the cravings (addiction, really) for comfort foods will gradually decrease.

With Personal Trainer Food, you are saying 'yes' to long term success.

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

Email us at WeightlossCoach@PersonalTrainerFood.com

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