

Excerpt
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LOVE YOURSELF

Healthy

7 STEPS TO RELEASE
EMOTIONAL & PHYSICAL POUNDS

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Chapter One

Set Up for Success

Six years ago, my nine-year-old daughter almost died.

That was my wake-up call. The reminder I needed to make my health a priority—not just for me, but for my daughter, too. That day forever changed my life and I’m here today to help you do the same.

Like many professional women juggling family and career, I was stressed out and struggling to find the time to come up with healthy meals for my family. More often than I’d like to admit, I threw my hands in the air and fueled my life with sugar, caffeine, and “convenient food”, then used alcohol to relax and sleep at night. Even though I tried to eat healthy and exercise, I still could not lose those last stubborn pounds. I’m sure you can imagine how frustrating and defeating that was.

I was so busy running a business and being a mom that I not only let my health deteriorate, I never realized my daughter was so ill. She had complained of a stomachache but I didn’t take it too seriously. Her doctor said she was constipated and needed to increase her fiber. When I asked the doctor how to do that, she told me to check the ingredients for fiber content. I thought it odd that a doctor would recommend getting her healthy through processed foods, but I trusted the physician and agreed.

We went on a cruise and I remember becoming annoyed when my daughter didn’t feel like going on any of the excursions. I thought she was just being a kid and being dramatic about the pain. I had no idea what was about to happen.

When we returned, my daughter went back to school and I received the call every parent dreads. The school nurse called to let me know that my baby girl had fainted during class, was having a hard time seeing, and needed to go to the hospital. I can still remember the panicked feeling in the pit of my stomach. At the hospital, the doctor said there was nothing wrong with her and sent us home with no diagnosis or recommendations. For the next several months I walked around in a confused fog. **I felt overwhelmed and helpless as I watched my daughter suffer in constant pain.** After several hospital visits with doctors poking and prodding, she was finally diagnosed with a toxic gallbladder. Her pain was not due to constipation—she had gallstones. My daughter spent her tenth birthday in the hospital having her gallbladder removed. I sat beside her hospital bed, in a state of shock that this could happen to my little girl.

During this whole health scare, I did the only thing I could—I researched. I wanted to find out why my little girl would get gallstones and healthy ways to heal her. That made me wonder

why so many other people I knew were getting sick with various ailments. The one thing I found in common were the toxins and chemicals in our food, and they were making people overweight and sick.

I needed a real solution that didn't feel like another gimmick. After tons of research, trainings, and countless trial and error—I finally found the tools I needed to be able to help my daughter and myself live a health-supportive lifestyle as a modern, busy woman.

Because of my daughter's illness, I was able to find my passion. That was the beginning of my journey to becoming a holistic health coach. I wanted to learn how to keep our family healthy, while helping other moms to regain their own health and become advocates for their families—the quest became finding healthier alternatives. I was able to teach my daughter how to eat without a gallbladder. She felt better after adding healthier foods into her daily diet and worse when she ate processed foods. So we all started reading food labels and cutting out the chemicals. Small lifestyle changes here and there made all the difference in her health. Along the way, I discovered that I felt better, too. I was so used to feeling poorly that I didn't recognize that I was struggling with my own health. As I shared these tools with my clients, they began to undergo amazing health transformations and organically spread the word to their friends and family.

I went into this area thinking I was going to help people get healthy by helping them avoid the dangers in food. What I realized was the problem went much deeper than that. **Getting healthy for women is about more than what they eat . . .**

It's about what they think and how they feel.

It's about digging into our core, and discovering the blocks we carry when it comes to loving ourselves enough to know that we deserve more. And building healthy habits that align with how we want to feel.

I don't believe there is a perfect diet. I don't believe there is one method. And I don't believe that one way will work for every stage of your life. My vision is that we, as women, let go of the old story of “dieting to be skinny” and embrace a new paradigm of “being and living healthy”. Being healthy is about being our own personal best versions—strong, energetic, and empowered, while also loving ourselves and our lives.

This is not your standard cookie-cutter diet book that deprives you of all of your favorite foods and repeats the same ol' “eat more greens and exercise more” advice. It's not about deprivation or restriction. This is about learning to listen to your own unique body and to nourish it optimally. This is about looking deep inside yourself for the things that trigger your choices, and finding ways to make the inner you as healthy as the outside you. This is a lifestyle change that includes body, mind, and soul.

I don't believe in watching the scale, counting calories, or focusing on the physical aspects of losing weight. Instead, I believe in diving deeper to get behind what's been holding you back

so that you can achieve real results. This book is full of tips, strategies, and tons of goodies so you can enjoy your healthy lifestyle and never go back to how you felt before.

Most of us already know what we need to be doing to improve our health. Yet, even with the best advice, a lot of women still sabotage themselves and regain the weight. When I ask my clients “What are three things you think you could be doing to improve your health?” I get similar answers each time:

1. Be more active
2. Stop eating _____ or stop drinking

3. Eat more vegetables

We intuitively know how to make ourselves well, but not all of us know how to make our inner selves healthy, too. Knowing your obstacles, habits, and patterns will help empower you to overcome!

I have created 7 Steps to release emotional and physical pounds to save my clients time in the kitchen and to lose weight permanently, so they can have the body and lifestyle they want. I will be sharing this very method with you in this book. And if you were to speak with my clients, they would tell you that they feel like they have taken off a coat—their clothes fit better, they feel lighter, and are more confident with what they are putting in their body. **This is about more than just food choices—it’s about changing your life in all ways.**

Throughout this process, I encourage you to be honest with yourself and to remember to laugh and be kind to yourself along the way. Within each chapter, there will be a set of action steps that I encourage you to take. By taking these small steps you will set yourself up for success.

Action Step: Read and commit to yourself:

1. Be authentic with yourself.
2. Be committed to your own goals and vision.
3. Be open to experiment with new approaches and practice new behaviors.
4. Take ownership for your progress and accomplishments.
5. Celebrate every small step of the way!

Now, turn the page and take that first step to loving yourself healthy!