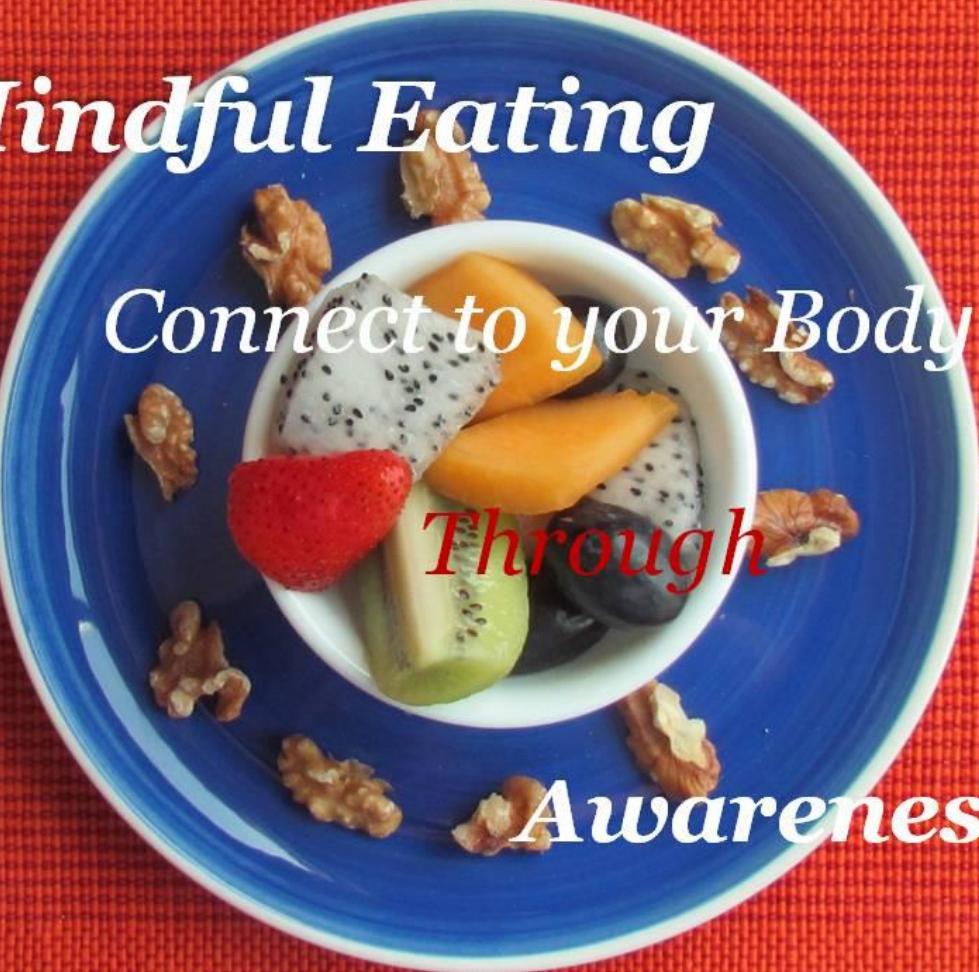


Mindful Eating

Connect to your Body

Through Awareness



Harmoniousinfinity
Evy Y. Parkinson

Mindful Eating

Connect to your body through Awareness

*A simple yet powerful guide for losing weight and to find and
maintain your ideal healthy body*

By Evy Y. Parkinson

Copyright © 2015 by Evy Y. Parkinson

The author of Mindful Eating – Connect to your Body Through Awareness - has asserted her right to be identified as the author of this work. All rights reserved. No part of this book may be used or reproduced in any manner without the prior permission in writing of the author.

- **This book is not intended as a substitute for the medical advice of physicians. The reader should regularly consult a physician in matters relating to his/her health and particularly with respect to any symptoms that may require diagnosis or medical attention.**

“I loved your book for its simple message, easy process, and plain language. The message was clear, succinct and educational.

You have done a great job of writing and putting your advanced wellbeing message out there”

*Rocky Krogfoss - Emotional Healing Therapist,
New Beginnings Therapy.
Canada*

“Your work is a source of inspiration for me and the many others that you help. This book is a work of art! It was really fantastic”

*George Bovell -Professional Swimmer & Olympic Medalist.
Trinidad & Tobago*

“As a person whom had struggled with medical issues related to her diet, I can say that I can definitely relate to what Evy Y. Parkinson wrote in her book.

The questions are great guiding tools when you feel lost. It makes you turn inwards for guidance. Especially in this culture today when we are taught by the media, teachers, bosses to always expect to be given the answers.

Evy reminds us that the questions are really what matter, in a sense that asking the right questions will help build trust and confidence that you can do it, that only you can discover what truly works for you.

Thank you for this great work”

*Andreea Carmen Peptu – Vegan, Holistic Chef & Reiki Master.
Doha, Qatar*

Contents

Introduction	6
Chapter I - I am Tired of the Weight Struggle	8
• Exercise #1	
• Exercise #2	
Chapter II - Changing Habits	12
• Exercise #3	
• Exercise #4	
Chapter III – Stop Comparing your Body to Others'	16
• Exercise #5	
Chapter IV – Appreciate your Body	18
• Exercise #6	
Chapter V – Physical Activity	19
Chapter VI – Creating your Ideal Body	22
• Exercise #7	
Chapter VII - Letting go of Guilt	24
Chapter VIII – Integration	25
About the Author	29
References	30
Acknowledgements	31

Introduction

- *Are you tired of fighting with yourself about what to eat and what not to eat?*
- *Do you feel guilty when you eat something that you know is not healthy?*
- *Have you done diets that haven't worked?*
- *Have you developed physical conditions because of overweight or underweight?*
- *Are you tired of not feeling well in your body?*
- *Do you have a healthy body weight but still feel that you have to be constantly checking what you eat afraid of gaining weight?*
- *Do you simply want to maintain your ideal healthy body, gain a better understanding of mind-body connection and learn some nutritional and psychological tips?*

If you answer yes to any of these questions, then you will receive benefits and results from the following guide.

This book has been written because of the increasing number of obesity cases, and people simply not being happy with their body whether they suffer from obesity, a lack of appetite or simply discomfort and dissatisfaction with their bodies.

These conditions affect the individual's whole life. They affect their mood, their motivation, their relationships and most importantly their overall health, which is the focus of this program.

If you want to have a healthier lifestyle, feel healthier, lighter, more content and to find and maintain your unique body, then this is for you.

By increasing awareness and your mind-body connection, you will not only be able to lose or gain weight and/or maintain your ideal healthy body free of the constant struggle, but you will also be able to feel good about yourself and your body. You will feel good and comfortable “in your skin”.

If you change your perspective from having your ideal body because of looks and image to having it because of health (self-love), all those problems stated before in the questions will be solved and you will find your ideal unique body as a consequence.

Now, just by giving you that statement, you can stop reading and go and do it on your own if you feel you have the tools.

However, the idea and intention of this book, is to guide you and assist you through the process by giving you tools and helping you to have a better understanding of your mind-body connection combined with nutritional and exercising tips.

This book has been written in simple language for you to take as much benefits as possible from it. Showing you simple techniques, ideas and perspectives for you to follow and in this way find your own mind-body connection thus your own ideal and healthy body.

Even though these are tools everyone can use, let's remember each individual will have their own experience as we all have an unique perspective and specific set of emotions. Each person makes changes in their own time and in their own way even when following the same fundamental practice.

This book is about helping you to help yourself in the process of finding your unique body through awareness.

Chapter I

I Am Tired of the Weight Struggle

The first step for you to transform your body is to make the decision and commit to it. If you are really tired of all the struggling, the physical conditions you may have and/or just tired of not liking how you feel in your body and how it looks, then you are ready for the change.

Understand that making the decision implies that you will have to make certain changes in your habits and ultimately the goal is a complete different outlook on your body. These changes have a psychological and emotional subconscious effect on you. And this is why a lot of people do not keep going all the way to see the results.

That is exactly what this book is about, to guide you through those hard moments and to give you support when you need it in order for you to keep going, see your results and feel good about it!

Even if you don't need to lose a big amount of weight, you still can go through big psychological and emotional pressure just from trying to find and maintain your ideal healthy body and adapt it into a harmonious lifestyle.

It is important to understand that it is ok and normal to feel certain emotions that are related to this subject. In fact, they play a huge part on the transformation and that is why we pay special attention to them.

After you have decided to find and maintain your ideal and healthy body, you need to look at what you feel about it. Just feel and observe the thoughts that come with that decision and the feelings that come with those thoughts. There may be resistance, a certain amount of fear, doubt, insecurity, or negative thoughts making you feel overwhelmed and like you cannot do it.

For this part you need to be honest with yourself and allow those feelings to come out so that you can see them for what they are. Realize the emotions and negative thoughts tied to this subject, which are exactly what keep you away from having and maintaining your ideal healthy body.

As you, first of all, identify your thoughts and emotions from the perspective of: **you are not your thoughts and emotions**. You observe them and feel them, but you are not them. You detach from them so you can look at them, and as you look at them without judgment, they lose power over you. You simply identify them, acknowledge them and feel them.

Now, while you do this, **breathe...**

Which takes us to the most basic and important exercise of the whole program: **Breathing**.

Breathing is a tool that we have in us 24 hrs a day from the time we are born until we die. “It is supposed to be natural” and yes we are breathing all the time; however it is the awareness and the connection to the breathing that have been forgotten, which is exactly what you need to do to connect to your body again.

The beauty of this “technique” or “exercise” is that you can access it at any time in any place. You have your mind to remind you of bringing your attention to your body and then you have your lungs to do the breathing, then you have the attention to observe and feel your breathing. You can repeat this exercise as many times as you want, the more the better. You can do it while you drive, while you walk, while you eat, etc.

Now, *how to breathe?*

The way you breathe is also important. The deeper and slower you breathe the better.

What happens to adults in today’s fast-paced world, is that they breathe faster and shallower. This way of breathing indicates stress and fear. The way you breathe when you activate your fight or flight response.

Today, most people are walking around ready to have a fight or flight reaction as if they are in constant danger (stressed out) thus releasing the stress hormones — adrenaline, noradrenalin and cortisol — causing your muscles to tighten up, hyperventilation, higher heart rate, suppression of immune system functions, affecting your levels of cholesterol and much more.

Besides the physiological changes, you are also disconnected from your body causing miscommunication and lack of awareness when choosing what and how much to eat.

Exercise #1

Breathe bringing your attention to your stomach, as if you are breathing with your stomach. This will make your breathing deeper, with the intention of filling your lungs completely. So the breath comes down becoming deeper and slower instead of having a shallow fast breathing up in your chest.

When you haven't breathed in this way for a long time, it will feel strange at first and it will feel almost as if you are forcing it. The idea is to allow it to happen with your awareness and intention of breathing as IF you were breathing with your stomach, even if it feels strange at the beginning.

It will become more natural as you practice it. Do not force it, relax and use your attention to allow the breathing to become deeper.

This is the first exercise that is going to start reconnecting you with your body and yourself.

Practice the exercise as much as you can. Remember the beauty of it is that you can do it anywhere at any time.

Breath slowly, deeply, relaxed and be aware of it.

Exercise #2

It is linked to the first exercise and it is to **Relax**.

The combination of deep proper breathing and relaxing your muscles will help you release and manage stress better and in a healthier way. It will also have an effect on the way you eat and the amount of food you eat.

During the day, bring your attention to your whole body, you can check part by part and identify how your muscles are in that moment.

Check if there is any area that is tense. Maybe you will find that your jaw is clenched or one hand is making a tight fist or you feel one leg is tense. When you realize what is happening, just let go of the tension and relax the area.

You will practice exercise #1 and #2 together as much as you can every day. You can do it anywhere at any time.

The practice will help you to learn how to relax. It will help you lower those stress effects in the body mentioned before, and it will help you to communicate with your body, which is one of the main characteristics of finding your ideal and healthy body.

Chapter II

Changing Habits

To be able to change anything in your life or in this specific case, your body, you have to change the way you habitually do things. You cannot have a different result by doing the same things. It is not possible.

The first step to changing certain habits is to make the decision and the commitment, which you already did! So the first step was taken. *Great!!*

Now, what you need to do is to take an honest look at your eating habits. If it is helpful for you, you can write them down. Writing things down is a helpful tool in many ways and many areas when doing self-help. I do recommend it, just be honest with yourself, try it and see how it helps you.

Alright, go ahead and look at your eating habits.

For example, ask yourself:

How many times a day do I eat? How much do I eat? What kind of foods do I eat? Do I eat until I am so full that I cannot comfortably move? Do I eat only when I am honestly hungry or do I eat when I'm feeling bored or angry or nervous? When do I eat?

It is very important to acknowledge the reasons why we eat or why we are NOT eating.

Why are you eating what you are eating right now?

Pay attention to how you are feeling right before eating. Of course for you to realize the reasons why you eat, you need to be present and aware which you do by practicing the first 2 exercises.

The breathing and relaxation exercises will bring you to the present. So practise it every time you are going to eat.

Now you can add exercise 3 to 1 and 2:

Exercise #3

Bring your awareness to your body as you breathe deeply a few times before you put any food in your mouth. Then while eating, keep breathing deeply and relaxed, allow the breathing to happen, do not force it. Use your attention to feel all of your senses while you eat. Eat slowly and chew well.

Digestion begins with chewing. Chewing well will help your stomach to process all the nutrients better and you will be able to tell if there is anything that may be harmful to swallow, thanks to paying attention to what you are chewing.

Remember to be honest with yourself. Right before eating, ask yourself, if you are *really hungry or if you are doing it for other reasons?*

Specially identify how you are feeling.

When you answer yourself, if the desire to eat is coming from an emotion then stop and breathe deeply. Breathe deeply a few times, bring your attention to your breathing and body. Observe your breathing, observe your feelings. Remember that this is for your own good and that you choose health and happiness; you choose to feel good with yourself and your body. You choose to feel light and healthy.

The thoughts you use through the process are also very important, they will support you and help you to make changes faster and with less struggle if you use them properly. On the contrary if you keep thinking the same way as in the past, then you will not change any habit, thus you will not change anything.

Which takes us to the next exercise #4:

Exercise #4

Watch how you talk to yourself and your body.

The quality of your thoughts has a great weight on you and on the speed of your improvement, and the first thing to watch for is what words you use towards yourself.

Especially when you are trying something new and when you are changing your habits, you have to watch those thoughts, because when you try something new, you will make mistakes. It is the only way to really learn something new.

Yes, there may be cases where, for example, you go bowling for the first time and it happens that you get a strike in the first try. That doesn't mean you have learnt to bowl. If you really want to learn then you will make the necessary mistakes in the process of learning. And that is perfectly normal and ok.

The important thing is how you treat yourself when you make those mistakes. In this specific case of losing weight and/or learning new healthier habits, you may find yourself looking for a cookie in the middle of the night or having more food than what you intended to have because it was just too good to stop eating!

When those things happen, make sure to treat yourself with understanding and compassion. Remember that you have had these old habits for a long time and it is ok and normal that you fall back on them in the process of change. The important thing is that you learn from it and be even more aware and stronger next time.

There are also smart ways to help yourself so you don't fall back. For example, watch what type of food you keep in your house, stop buying snacks, junk food and too many processed foods. It will help you to stay out of temptation and it will give you a chance to gain strength and confidence.

Changing processed snacks and processed foods for carrots, oranges and fruits in general will help you with cravings for sweets. If you feel cravings for sweet things, eat a fruit or drink tea with honey. At that point it is ok for you to have a fruit, at least it is natural and it contains its proper amount of fiber. Simply try to eat less packaged or processed food and rawer natural food.

Celebrate! Feel proud and good with yourself when you overcome a craving battle. Yes! I did it! This will help you increase your self-

motivation and self-esteem. Celebrate. Feel proud of yourself each time you overcome a craving.

However, after you take your time to feel good about it, go back to focusing on what you are doing and stay in the present moment. Remember that if you really want to make a lasting change, there are more challenges on the way.

Know that each time you overcome a craving through breathing, connecting to your body and choosing healthy natural food, you become stronger. The more you do it, the stronger you get and the weaker the cravings.

Keep reminding yourself why you are doing this, why you made the decision in the first place. There was something telling you that it was enough of feeling that way with your body, you knew you needed to change to a healthier lifestyle.

You deserve to have your natural unique healthy body and to feel good about it!

Which takes us to the next Chapter.

Chapter III

Stop Comparing Your Body to Others'

Your body is literally unique. Your genes, your biology, your bones, your skin, your hair, your eyes, your hormones etc. are unique. Nobody else has the body make up that you have.

So, the next exercise is to stop comparing your body with the body of other people.

Exercise #5

Realize that it makes no sense to compare your body and to try to have a body that looks like the one on TV for example, or like your aerobics teacher. It is completely ridiculous. You have specific biological and lifestyle characteristics.

Example 1:

You are a 35 year old female lawyer and next to you there is a 30 year old male athlete - *are you going to have the same diet as the athlete? Are you going to drink the same amount of water as him?*

Example 2:

You are 1.5 m tall and then there is another person, your same gender who is 2m tall. *Are you two going to eat the same type and same amount of food??*

Ok. Yes you can, but *is it a healthy and harmonious diet for each of you?*

By realizing your unique characteristics, you stop looking at others' bodies and what they eat or do not eat, and start focusing on your own. The only one you do have, and it is the way it is. You have to find what works for your unique specific body depending on your height and whole make up, depending on the physical activities you have, the job you have, the climate you live in.

All these factors affect what and how much you will eat.

As you stop comparing your body and stop trying to look like someone else “out there”, (which by the way is reinforced by all the media and social conditioning) you start looking and appreciating your own body.

As you start focusing on your unique body, you can begin to accept and to love the body you have as it is.

Chapter IV

Appreciate Your Body

How many times have you thanked your body for doing all the functions it does without you even knowing?

Do you realize that the body you have is the only one you have?

You cannot go and buy another body. In today's world there is the "illusion of a solution" by doing surgery on obese people and for people who want to look different to how they naturally look.

The point is that even if you do aesthetic surgery, you will still have the same body. You can't throw it away and buy another one.

Some of the things you need to remember are that thanks to your body, you are able to experience life, you are able to experience your senses, you are able to go to places, you are able to enjoy feeling your children or grandchildren in your arms.

You can create children thanks to your body. Thanks to your body you can have the experience of getting in the water and swimming or hiking a mountain or doing yoga or walking, anything you like. You can eat and taste amazing food. You can breathe.

Thanks to your body you are here living this experience with the positives and negatives of life, with the joys and the pains. That is what the experience of **LIFE** is.

Think and feel about what that means for a moment.

Exercise #6

Take care of your body with respect, love and appreciation. Thank it for everything it does. Every day.

Chapter V

Physical Activity

In order to find and maintain your ideal healthy body and have a healthy lifestyle, you need to do some kind of physical activity at least 5 days a week.

Depending on your current circumstances and conditions, you will know which specific exercises and how much you can do. Each person has specific conditions and characteristics, so there cannot be the same amount of exercise and the same type of exercises for everyone either.

What we are doing here is helping you to find your own middle point, to find your unique harmony within your body. Take into consideration what are your **current** health conditions, body weight, level of activity, agility and flexibility.

How much physical activity do you do per week? And what kind? Do you think you can do more than what you already do? Do you like the physical activity that you are doing?

These are some of the questions to ask yourself. If you have a delicate physical condition and you need to take precautions, you have to take that into consideration too.

The main point is to consider all of your current physical conditions. If you have an injury, if you have a physical limitation, if you have a delicate medical condition, how much you weigh etc.

Once you look at your overall current situation, whatever that is, then ask yourself *how can I improve in this area? How can I add a little more physical exercise to my week?*

If you already exercise 5 times a week, then maybe you can do 6, or increase the time you exercise in those 5 days. The same applies if you exercise 3 times a week, increase a little to 4 or 5.

It is important that whatever you increase, you do it step by step, little by little. You don't have to go from doing exercise one day a week to 6 days

a week, it will probably just make you feel exhausted and then want to quit because it was too much.

Be realistic about it, be honest with yourself. There is no rush. If you really want to create and maintain your healthy ideal body then you need to take your time, be patient and take one step at a time. Each day is important, each step you take is important.

By being patient and giving attention and importance to each step, we create constancy, discipline and lasting changes.

Here we have another challenge and you can have psychological and emotional reactions. Be aware of them. Be understanding and supportive with yourself. Be your best friend. **YOU CAN DO THIS. YES, YOU CAN.**

When you exercise, your brain will release happy hormones – endorphins – chemicals that trigger a positive feeling in the body, these chemicals help reduce stress and depression, among other things.

You also help your body do its functions much better, it strengthens your muscles, it regulates blood pressure, increases your energy, you release toxins through your pores etc. Overall, it helps you feel good physically and emotionally.

Exercising is a positive habit for your overall life. It is for your own good.

In case you don't like exercising or you feel "obligated" to do it; you can change your perspective into a positive one by being aware of the many benefits it has. If you want to feel good, have a healthier life and body, then you will choose to do things that are really beneficial for you.

Remember, you deserve it.

Now, one thing to do right away is to find something that you like doing which involves physical exercise. The idea is for you to also enjoy it or at least like it. It doesn't mean you won't be pushed and challenged, you will, just that by liking the activity, it will be easier and you will have better results.

See if you have any tendency towards a specific sport or if you like walking (or if you can only do walking for now). Find a nice place to walk around nature. Exercising around nature will help you in many levels.

Make sure to find something you like, this will help you to have faster results and make you feel good.

If you are only starting to create the habit of exercising, you can start with 15 minutes a day for 3 days a week or at least do some stretching and warm up exercises every day to keep your ligaments, tendons and muscles moving as well as your energy. That is the minimum you can do.

After a while as you get more connected with your body and fitter, you will feel when and how much exercises you can add.

Chapter VI

Creating Your Ideal Body

Here, you could say, you are creating your ideal body or you are allowing it to manifest itself. Either way, part of this program is to find your ideal body. The body that “fits” with who you are.

That body that **YOU** are happy with, **NOT SOMEONE ELSE**.

Forget about what other people tell you about your body, whether positive or negative. Have in mind that it is their opinion and everyone will always have an opinion. The important thing is that **YOU** find your unique body that fits with you according to your specific natural characteristics, and that you feel comfortable with.

Visualization is a powerful tool that may have been overlooked. Maybe it is because a lot of people feel they cannot do it, so it won’t work. As soon as they hear the word “visualization” they subconsciously block the ability to do it, because maybe they tried it once before and it didn’t work, or they heard somewhere they were not good at it. Sometimes it is because they are expecting something different than what it is.

Alright let me tell you this. It is ok if you do not “see” things clearly like you see things out there in the physical world. In fact, it won’t be like that because it is not a physical thing you are “seeing out there”.

Since we are all different, people have different tendencies when “visualizing”. Some people are more auditory, some are more visual, some are more kinesthetic, some are more olfactory. The idea is to find out what is your tendency, what comes easiest to you.

Now, regardless of your tendency, the feelings you have when visualizing are very important. It is simply more efficient to really feel the way you want to feel in your body.

It is called visualization because you are seeing with your mind’s eye or imagining, but again it does not have to be a clear vision. Some people are more visual and they will see a little clearer, that doesn’t mean it works for them and not for you. It just means that you visualize differently and it will still work for you.

Exercise #7

Find the right feeling you want to feel in your body. *How do you want to feel with your healthy and ideal body?*

Close your eyes and feel and look at yourself with less weight, less fat, feeling lighter and healthier, with more energy and alive. In the same way if what you want in to gain weight, visualize and feel that.

If you want to be fit and lean, imagine it and feel it, if you simply want to feel stronger or just free of fat, then see it and feel it that way. Reinforce and intensify those feelings with a **YES**.

Visualization combined with feelings is one of the many tools you are going to be using as you go on changing habits. Applying everything together just gives you the power to approach it from so many different angles that it is just hard not to get results.

Remember it is not a quick fix. It is not a magical fix. It is work you are doing and because it is something you are doing, it will give you a much deeper gratification and appreciation from that hard work as you go on seeing and feeling the results.

Chapter VII

Letting Go of Guilt

As you are learning and practising how to connect and communicate with your body, you begin to be more aware of yourself and your feelings.

One important emotion to be aware of, is guilt. Feeling guilty about something you ate or about not exercising one day are some of the examples when going through this process.

The first step for letting go of guilt is to acknowledge it. Once you realize there is guilt, say to yourself that it is ok. The emotion is interconnected with making mistakes, and as you are changing habits, you will be making mistakes. Be aware of the feeling and learn from the mistake. Feeling guilty is just another habit that has been there for a long time.

Another example of feeling guilty is when you are actually getting better and seeing results that are beneficial for you. There is a feeling of guilt deeply rooted in all humans when something positive is happening to them or when you are achieving something you wanted.

The idea is to be aware of it and don't let it stop you. As soon as you realize it, remind yourself that you do deserve it. You do deserve to have a healthy body where you feel good and comfortable with yourself.

Go back to focusing on what you are doing and remember why you are doing it. It is for your health, to have a better feeling of aliveness in your whole body and to feel comfortable, light and energized. It is to be able to enjoy life with all your senses free of the constant battle of what to eat or not to eat.

Just listening to your body, connecting with it and being in harmony with its needs you can enjoy what you eat free of guilt, eat healthy and feel comfortable and happy in your body.

Chapter VIII

Integration

Congratulations on making the decision and committing to having a healthy body and a healthier lifestyle. Congratulations on your efforts and changes!

Feel proud of yourself for even the smallest changes you have made in your habits and perspectives. Each single step is important, remember that. Just continue moving step by step so you can maintain your new lifestyle.

Now that you have all these tools and practices in your hands, this chapter is to give you an overall perspective of what life could be by implementing these tools into your daily life. It is a general view. At the end you will have your own unique experience.

As you start breathing, chewing slowly and being present while you eat you will realize when you are satisfied. As soon as you feel satisfied (not full) you will stop eating, remembering that even if there is still food left, you can always eat it later if you want.

By practicing those exercises, you will reinforce the habit of paying attention to your body as well as reducing the size of your stomach. The more you do it, the smaller your stomach gets and in time you will realize that you are reducing the amount of food you eat.

It is also good to intentionally begin to reduce the amount of food you usually put on the plate. In this way you have extra help, and it will become natural after a while.

The time you will spend in the process of changing your habits and for them to become natural, will depend on your conditions at the time you started the changes, and what is the ideal healthy body that you are imagining.

Remember to have the goal in your mind but do not live there, you need to focus on what you are doing and feeling in the present. The changes will come and the body will be a consequence, do not be constantly “desiring” that goal.

As you apply the tools and practice you will begin to experience the results.

First of all, be patient. Remember you have been feeding and treating your body in a certain way for a while or for a long time, so you cannot expect your body to turn into the ideal healthy body in a week or even in a month (depending on your specific conditions) after you start changing habits. Your mind and body need to adapt to the new lifestyle and you have to give it a chance. Don't give up. You can do it if you really want to.

In the process, especially at the beginning, you will feel like nothing is changing. A lot of people who start a diet or exercising get discouraged because they are not "seeing" results in the time they expected and then give up.

If you really commit, practise and apply these tools to your daily life you will see results. You have to be honest with yourself when making those changes.

Also, at the beginning you may not "see" changes in your physical body but it doesn't mean nothing is happening. Things are changing in your organism. As soon as you start changing your habits and using these tools your body has already started to change, to adapt to the new way of living or eating. It is that you are not able to "see" it yet. The changes are happening in a molecular level.

Now, with all these being clear you can start to ask yourself how do you want to feel in relation to your body. Be clear about it. Write it down. Imagine how your ideal and healthy body feels, how it looks, how comfortable and grateful you feel in it.

Start practising the exercises each day with each meal. Look around your house and give away or throw away any snack with too much sugar or chemicals.

Prepare mentally and emotionally. Be aware of your intention as you begin with this new way of being and doing things in relation to what you put in your body and how you treat it.

Practising at least 5 minutes meditation every morning before getting out of bed will help you with this process and with the rest of your life in

general. It will set a more calm and relaxed mood throughout the day (It has to be constant for you to see results).

As you begin the process you may find it hard or easy. Either way, **KEEP GOING.**

There may be times when you want to quit, if you make a mistake or you simply feel it is too hard. Yes, it is a challenge, and if you want to see real results you need to push yourself through those moments. You can do it. You have the strength right there within yourself. If you fall, pick yourself up, learn from the fall and keep going feeling stronger than before.

The more you do your physical exercises, breathing, being present as you eat etc. the better you will feel and the more motivated you will be. Reinforce the positive. This approach will also help you when facing challenges in other areas of your life. It can be applied to anything you want to do.

After you have created new healthier habits and you really feel you have a stronger will power, you can enjoy deserts or sweets once in a while in a moderate amount.

You may want to go to the point of not having any kind of processed sugar at all and that is ok if that is your choice. Remember it is completely up to you as to where and how far you go with the practice. Be open and see how far you can/want to go. The limits are in your own mind. ***Just stay away from extremes.***

Examples:

Example 1:

You eat healthy and balanced on a daily basis (salads, fruits, proteins, etc.) no sweets, no sodas and no processed foods. It feels natural to you and you are enjoying the feeling and the lifestyle you have created. You maintain your mind-body connection, listen to your body's unique needs, and are aware of your emotions.

Once in a while you have a desert, a chocolate or a cake (in moderate amount) just because you like them. That is ok.

Always keep the harmony, do not go to extremes. This you have to remember when you are on vacation. Do not forget all the work you have done and yes, eat and enjoy different things available to you during that specific vacation, but **DO NOT** overdo it.

Find at least 10 minutes of your day to stretch and move or do some kind of physical activity that you will also enjoy.

The healthy lifestyle can be maintained even when you go on vacations and it can be simple and fun!

Example 2:

You stop consuming sweets and processed food completely, like you NEVER eat them again. You will exercise to the point of almost not having a gram of fat in your body.

You feel healthy in general and find your way to stay connected to your body and inner-self. It may be through your exercise routine or you make time to practice mindfulness to stay mentally and emotionally healthy.

Some people can choose to have that lifestyle as it works for them and that is ok. It is a personal choice. Just be aware of the balance and harmony, avoiding extremes, and staying focus on what is really important.

Be Healthy and Be Happy!

About the Author

Evy Y. Parkinson is a Certified Clinical Hypnotherapist, she has a BSc in Psychology, a Certificate in EFT (Emotional Freedom Technique), a Diploma in Shiatsu Assistance and she is a Tai Chi & Qi Kung Practitioner.

She has studied, lived and gained experience in Venezuela, Trinidad & Tobago, USA, Spain and Qatar.

Creator of Harmoniousinfinity – Mind/Body/Spirit Harmony - Living in harmony with the Physical and the Spiritual world –

She has combined her studies, practices, life experience and intuition to create a holistic therapy where you take care of your mental and emotional health primarily. By taking care of your mind and emotions, you will also take care of your body and your soul. This holistic therapy works by harmonizing mind-body-emotions and spirit to have a fulfilling, healthy and happy life.

She offers private customized sessions in person and online, as well as workshops and wellness programs, including Mindful Eating Program.



www.harmoniousinfinity.com

Twitter:

@yanciparkinson8

Instagram & FB:

Harmoniousinfinity

LinkedIn:

Evy Y. Parkinson

References

- Joseph Goldberg, MD. February 19, 2014. WebMD, LLC.

<http://www.webmd.com/depression/guide/exercise-depression>

- Eva Cwynar, MD, Internal Medicine. Benefits of regular Exercise. Sharecare.

<http://www.sharecare.com/health/benefits-regular-exercise/how-exercise-help-rid-toxins>

- Steve Tovian, PhD, Beverly Thorn, PhD, Helen Coons, PhD, Susan Labott, PhD, Matthew Burg, PhD, Richard Surwit, PhD, and Daniel Bruns, PsyD. Stress Effects on the Body. American Psychological Association.

<http://www.apa.org/helpcenter/stress-body.aspx>

- Fawne Hansen. Wellness Coach. July 20, 2014

<http://adrenalfatiguesolution.com/stress-immune-system/>

- Julia Layton. How Fear Works. How Stuff Works?

<http://science.howstuffworks.com/life/inside-the-mind/emotions/fear2.htm>

- Sara Fader. Fight, Flight, or Breathe - It is possible to breathe through a panic attack-. May 17, 2014. Psychology Today.

<https://www.psychologytoday.com/blog/panic-life/201405/fight-flight-or-breathe>

Acknowledgments

First of all I thank my parents for introducing natural medicine and healthy food into my life since I was born.

This experience has kept me interested in learning how to maintain a healthy lifestyle. Besides that, they have been of great support for everything I have wanted to try or do in my life. By respecting my space and trusting me, they allowed me to learn invaluable lessons you can only learn in your own.

Simply said, if it wasn't for my parents and brother's love, I would not be who I am today.

I thank all the authors of the books I have read since I learnt how to read. Books have always been an important part of my life and have helped me grow as a person and as a professional. Especially certain self-help books have been a great influence and to name one of many "The Power of Now" by Eckhart Tolle, simple message and true.

I thank all the teachers who have taught me Psychology, Hypnotherapy, Meditation, Psychotherapy and Tai Chi. Thanks to those teachings I was able to put the content together.

In general, I thank those who have been close to my life – family members and non-family members – those who have been true friends, those who have loved me unconditionally even after seeing my dark side and have appreciated my friendship and who I am. To those who feel honestly happy for my happiness and are there spiritually when hard times come.

Thank you Dawn Glaisher for taking the time to read the book, recheck the grammar and giving me writing advices. It was so needed!

To each and every one, I love you.