

FOOD AND THE MIND

EATING EVEN WHEN NOT HUNGRY IS THE RESULT OF A STRUGGLE GOING ON IN THE BRAIN. SO IF YOU EAT TO FEEL BETTER, ESTABLISH WHAT YOU FEEL BAD ABOUT AND CHANGE IT, OR AT LEAST THE WAY YOU THINK ABOUT IT.

We produce around 50,000 thoughts a day which are a running dialogue in our head, most of which we don't realise is happening. If a lot of these thoughts are related to food then we will eat throughout the day, because thoughts become behaviours.

Everything flows from our thoughts. Choices – negative and positive, have a big impact on our life. Choose the positive thoughts, have a more positive outlook and you will be able to stick to your diet.

Don't

- Self-criticise.
- Be reproachful if you don't fit into a pair of jeans.
- Be too harsh in your evaluation of yourself.
- Have too high an expectation too soon, it will undermine your ability to commit to long term goals.
- Have an end-of-the-world out look on your weight, it is not a tragedy.

Do

- Make lifestyle changes.
- Work out what you want to do and work toward that goal.
- Be positive in your thinking – "I must be thin" creates desperation that undermines sensible eating.
- Exercise daily, it will help you stay positive.
- Remember: Beauty and thinness are not related. You are beautiful whatever your size.

Diet

Diet plays a major role in weight management. A balanced nutritious diet is essential in reaching your weight goals.

Water

Water flushes fat derivatives out of the body as it is broken down. It also aids digestion and the removal of waste and toxins.

Exercise

Exercise will keep the metabolic rate increased for a couple of hours after exercise is finished. This helps burn more calories, resistance training can help develop lean muscle tissue and tone the body up.

NFS Slimfast Max

Feeling low in energy? Try a thermogenic to help with your weight management programme.

Thermogenesis is about maintaining a healthy metabolic rate, which determines how many calories your body uses. A slow metabolism will store calories as fat, but if you optimise your metabolic rate, you could achieve noticeable assistance with weight management.

NFS Slimfast Max contains 3,7-Keto a natural ingredient that works specifically on the thyroid to optimise the production of the hormone T3 (without exceeding normal range). Thus optimising the thyroids action and supporting healthy metabolism.

Use in conjunction with a balanced diet and exercise.

