

THE FASTING BOOST

Method

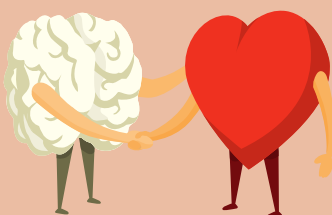
INTRODUCTION TO MOTIVATION

Motivation

People come to the idea of weight loss management for a multitude of different reasons. There are fleeting reasons to manage weight, like swimsuit season, a wedding, or getting in shape to show up your classmates at a high school reunion.

These short-term reasons can provide a sudden burst of motivation, but rarely last long after the big event. There are also social reasons, like trying to lose a few pounds because you are dating and you want to look attractive. Some people want to slim down to please their partner.

However the motivation starts, anyone who wants to manage their weight over the long-term will have to find a reason that is important to them, not to someone else.



Motivation

The rewards of a healthy lifestyle change can be phenomenal and they will affect so many different areas of your life.

Making a commitment to a healthy lifestyle won't just help you get back into those skinny jeans: It will allow you to set a good example for your children that they can follow into adulthood.

It will help you feel better as you go about your normal daily activities. It will improve your endurance so you can do the things you love for longer, without getting tired. It will improve your mood and self-image. It can even save you money.



Emotions

How the Brain & Body interact To Create Emotions

Emotions are central to our entire experience of life. Whether or not we're happy or sad or depressed or angry is our life experience.

With all the importance we've placed on emotions, very few people actually understand how emotions arise in our brain and body.

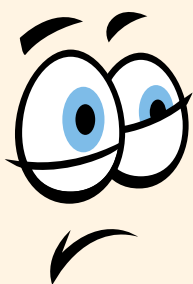
Emotions really capture the brain body relationship. We cannot say that emotions arise just from what happens in our head. It also involves events, biological events and chemical events within our body.

Ingesting certain nutrients, both macro nutrients like proteins, fats, and carbohydrates, as well as micronutrients (vitamins & minerals) can impact the chemicals in our brain that give rise to the feelings of being happy, sad, alert or sleepy.



Food & Nutrition

When we see and experience things that we don't like sometimes it's a mild aversion. We just kind of lean back or look away.



Other times it's an intensive version of disgust and we tend to cringe our face.



This has roots in ancient biological mechanisms that are to prevent us from ingesting things that are bad for us, chemical compounds and tastes that might be poisonous.

A big part of the foundation of any discussion about emotion has to center around this kind of push pull of attraction to things or aversion from things.

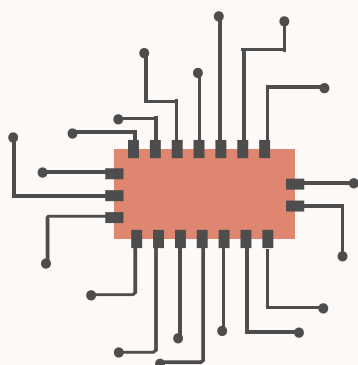
We have this “push pull” where the circuits that allow you to emphasize action and then no go circuits, the circuits and the basal ganglia that allow you to de-emphasize action and prevent action.

Food & Nutrition

Aversion and attraction are a push pull too. Delight or happiness or excitement are attractions to certain things and ideas, songs, people, places, foods.

Aversion is a leaning out. It's a disgust, it's an avoidance. And so we can break down the discussion about emotions into these simpler versions of themselves, but at the core of that attraction or aversion is an important theme that you might realize already.

Most people tend to overlook that there's an action there, where you're either moving forward or you're moving away from something.



The Brain & Body

Action in the nervous system: The contraction of muscles to move you toward or away from things. And any time you're talking about nerve to muscle and action, you're talking about the brain and the body, because the brain can't move itself, the brain has a body so that the organism can move.

And the body has a brain so that the organism, you, can move toward or away from things that you deem to be good or bad for you.



You can move toward or away from things that you deem to be good or bad for you.

Now, some of these things that we're attracted to and some of them that we avoid are what we call innate or hardwired.

The Brain & Body

For example, when we taste very bitter compounds we tend to avoid those because they're associated with poisons. When we taste things that are sweet or that are savory we tend to pursue more of those.

We tend to lean toward those so to speak and we tend to not avoid them. So there are circuits in the brain for aversion and for attraction toward things. And the body is governing a lot of that.

This is important in almost every aspect of human behavior.

When you make a decision,
your choice is certainly
influenced by your
motivational state.



Motivation

- Clearly define your weight loss goals and write them down.
- Plan for Challenges and Setbacks.
- Make sure your motivation is driven from within for long-term success.
- Set realistic weight loss expectations to boost feelings of achievement and prevent burn out.
- Consider joining our group to help boost your motivation along the way.
- Everyday stressors will always pop up. Finding ways to plan for them and developing proper coping skills will help you stay motivated no matter what life throws your way.



Setting smart process goals will help you stay motivated.