

BASIC PLAN

STOP EMOTIONAL EATING - LOSE WEIGHT FOR GOOD

EMOTIONAL EATING DECONDITIONING PLAN

1

- **Plan your food 24 hrs in advance**
- Train your brain not to respond to impulses
- Allow yourself to eat - no crazy restrictions - but only what your higher 'planning brain' tells you to in advance. Plan any exceptions a day ahead

2

- **Eat only at meals and drink plenty of water**
- A meal is eaten on a plate with attention at a meal time ...
- Is filling, balanced and appealing, not punishing...
- Has a start and an end - stops when we are satisfied (a plus 4 on the hunger scale)

3

- **Real food**
- No sugar and flour - any kind of grinding food increases insulin spiking. Without processed food fat adaption will occur and hunger will decrease dramatically without extreme carb limiting aka 'keto-lite'

4

- **Feel feelings, don't eat them!**
 - By processing emotion without eating we decondition the lower 'animal' brain from impulses to eat - ***this is the promised land!***
 - Allow 100 impulses to eat using mindful awareness, and you will reprogram your brain significantly
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