



# slim for good

the hormone balancing diet

## **ELASTIC BANDS AND SUBCONSCIOUS EATING**

**CRAVINGS CAUSE US TO DESIRE FOOD, WHILE HABITS CAUSE US TO EAT UNCONSCIOUSLY.**

We need to find methods **of breaking the link between a craving and a habit.** **The shorter** the time spent craving food, **the more quickly you will break the habit.**

Have you noticed the moment when you first crave food? That first thought? It **creeps up** on you. You are doing well and eating sensibly and then suddenly you **crave sugars and fats?** Your **mind goes back** to a point when you craved it before and immediately **focuses on satisfying** that craving and the wonderful smell & taste and those fantastic feelings (dopamine high) that satisfied your desire. Your **brain goes into overdrive.** You go into a **form of trance & you indulge.**

HELP IS AVAILABLE IN AN **ELASTIC BAND!**

- ✓ Put a reasonably thick **elastic band/hair band around your wrist, but not a tight one**
- ✓ As soon as you become **consciously aware** of your craving, **flick the band** against your wrist and say **"STOP, I AM SATISFIED"**

The band will give you a measured level of pain which for **an instant** will take your mind away from the cravings you are experiencing.

You will also soon relate a **little pain with cravings and not pleasure.**

This may seem strange but it **will shorten the period of craving and break the resulting habit** because the craving is a trigger to your unconscious behaviour, and when the trigger is broken so the habits will **stop being stimulated. The statement "STOP" is a reminder that you are in control and "I AM SATISFIED" is an affirmation which you brain will interpret as being satisfied nutritionally and emotionally and stop comfort eating.**

