

Break The Habit Series – Book 1

**TRANSFORM YOUR HEALTH
10 EASY HABITS TO LOSE WEIGHT FOR GOOD**

**DIETS DON'T WORK. HEALTHY HABITS DO.
START THESE 10 LIFESTYLE HABITS TODAY TO TRANSFORM YOUR HEALTH,
LOSE WEIGHT, AND FEEL FANTASTIC!**

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I want to
THANK YOU
for grabbing my book!

I put together a package of a bunch of great weight loss and transformation material just for you. These are some of my best secrets to getting healthy, losing weight, and transforming your life.



Click [HERE](#) to receive all your goodies!

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Enjoy the book!

-Natalie

Contents

[FREE BONUS OFFER](#)

[BREAK THE HABIT SERIES: BOOK TWO](#)

[INTRODUCTION](#)

[GETTING STARTED](#)

[HOW TO MAKE A TRANSFORMATION](#)

[WHAT IS A HABIT](#)

[HOW TO USE THIS BOOK](#)

[TOP 10 HABITS FOR WEIGHT LOSS](#)

[HABIT ONE](#)

[HABIT TWO](#)

[HABIT THREE](#)

[HABIT FOUR](#)

[HABIT FIVE](#)

[HABIT SIX](#)

[HABIT SEVEN](#)

[HABIT EIGHT](#)

[HABIT NINE](#)

[HABIT TEN](#)

[BONUS HABIT](#)

[TIPS FOR GETTING STARTED](#)

[HANDOUTS](#)

[FINAL WORDS](#)

[FREE BONUS PACKAGE](#)

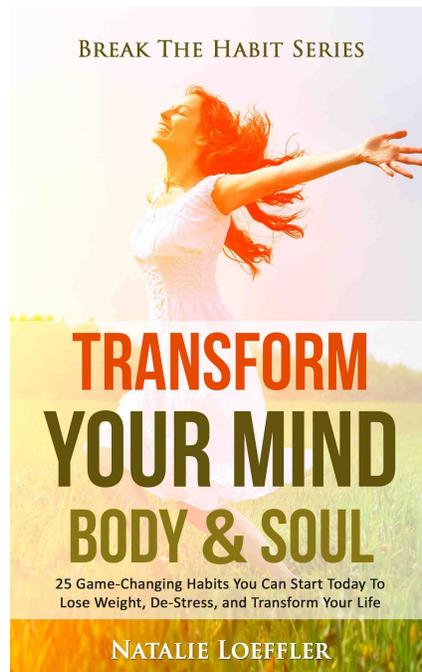
[REVIEW](#)

BREAK THE HABIT SERIES: BOOK 2

Transform Your Mind Body & Soul: 25 Game Changing Habits to Lose Weight, De-stress, and Transform Your Life

Book Two of this series contains my most precious and valuable habits, which have changed my life. These habits will transform the health of your body and the health of your mind, your soul, your happiness, your relationships, your passion, your energy, and so much more. Let me tell you, there is no secret formula for success and results that last. But if you want to live an abundantly happy, healthy life, then the answer is simple: the best way to feel and look healthy and happy is by changing your lifestyle habits. [Find it here on Amazon](http://amzn.to/2i35l8h) here while it's still being sold at its discounted price.

<http://amzn.to/2i35l8h>



Introduction

Congratulations on putting your health first and downloading this book: *Transform Your Health: 10 Easy Habits to Lose Weight For Good*. I know there are a lot of great health books out there so I appreciate that you choose this one! And I assure you, you've made the right decision. The tips in this book will help you get the success you want because it lays the foundation you need to get real results that last!

Think about this for a second: Why do you want to get healthy and lose weight?

Do you want to look good for your next high school reunion?

Do you want to lose the "prediabetic" label?

Do you want to be able to play with your children or grandchildren with ease?

Do you want to look good in your skinny jeans, or with no jeans at all?

You deserve to wake up and feel good about your health and your body. Now, remember... there is no one right way to be or one right way to look. Everyone is unique, and our differences are what makes the world a beautiful place.

However, I do believe there is one optimal way to feel. And that is simply.... good!

If you don't feel good about yourself then something is wrong. One of my problems with fad diets (other than that they are usually totally unsuccessful) is that they have the potential to make you feel worse. You're trying your best and then one day you might get stressed out and accidentally fall off the wagon and then, boom! You think, "Failure. Might as well give up now." Fad diets don't lay the groundwork for success.

The only word I want you to think from now on is... Progress!

This book provides a different solution to regaining your health; one that takes you on a journey of incorporating small, new habits into your life to help you achieve nothing but success.

You see, every day you are constantly performing one habit after another. You get up and brush your teeth first thing in the morning, go make some coffee, and let the dog outside. Then you go to work, come home, grab a bag of chips, pour a glass of wine and sit down on the couch. Those habits are so programmed in your brain that you don't even realize they exist.

To illustrate how we can sometimes be oblivious to our daily habits, I would like to share a quote from David Foster Wallace, a brilliant American writer:

"There are these two young fish swimming along, and they happen to meet an older fish swimming the other way, who nods at them and says, "Morning, boys, how's the water?" And the two young fish swim on for a bit, and then eventually one of them looks over at the other and goes, "What the hell is water?"

Surprisingly, fish don't even realize they are swimming in water; they don't know of any other way to exist. Well, just like those fish, sometimes we don't realize the hidden power in our habits or how they impact our decision-making and daily lives.

By becoming aware of our existing habits, and implementing new healthy ones, you can totally transform your health rather easily.

It just takes one day at a time.

Think of what happens when you throw a small pebble in a pond. It makes a little splash, which causes a little ripple, which then grows bigger and bigger until the ripple crosses the entire pond.

Starting a new small habit can cause the same ripple effect. If you choose to introduce one new habit, slowly increasing the frequency, you will create a huge change in your life. And it will feel effortless instead of stressful.

I hope that these ten simple yet powerful habits will be the pebble that starts your “ripple effect” to transform your life. How many others you throw is totally up to you.

Change is but a pebble away.

To the newest chapter in your life,

~Natalie

Ready! Let's Get Started

You are about to learn the 10 most important habits to lose weight. Though seemingly simple, these 10 habits will set the stage for real, lasting weight loss results. The thing is, 9 out of 10 of us aren't doing them (eek!). We might do them for a bit, but then we stop. Why? Because we have not cemented those changes as a habit. And, according to my experience, no one can successfully make changes in their life without making new healthy habits.

Here's how I came to this discovery...

I have been working with people for 15 years and doing Holistic Therapy and Nutrition Coaching for the last 8. Growing up in a large family and with an identical twin sister, I have always been curious about human behavior. I was often asking questions: How are we created? What drives us? How are our personalities, behaviors, values, and passions developed? Is it nature or nurture? Why do people lie? And what's up with people lying on beaches practically naked?

You could say I was a curious kid! To this day, I still seek to learn as much as I can. (And love to lay on beaches!) Side note: I also freaking love Google. Thank you Sergey Brin and Larry Page for being two of many geniuses that brought a whole world of information to our fingertips. You also inspired me to coin the term "infogasm" (used when you get really excited about something you learned). No? Haven't experienced it yet? Well, it's never too late! Go get your learn'n on and see what happens.

Anyway, my curious mind pushed me to get a Bachelor's degree in psychology. I absolutely loved it and was fascinated by all topics: abnormal psych, theory, research, you name it and I was soaking it all up. Before and during that time I was also employed as a teacher. I really enjoyed working with children and families, and found myself wanting to learn more about family dynamics and relationships. I then decided to continue my education and get a Master's in counseling. I learned so much in that program. I was particularly interested in learning about development and attachment, neuro-psychology, humanistic psychology, addictions, and family and couples counseling.

I needed an internship in order to get my license (a lovely 3000 hours worth), and I found one at a great organization called Community Options for Families & Youth (COFY). While I was there I did behavioral therapy for at-risk children and their families. That was definitely a great learning experience. Not only did I learn a ton about family dynamics, I learned some super effective strategies for behavioral change. Since COFY was a non-profit working under the county we had to create treatment plans, record data, and basically document everything. As fun as a tremendous amount of paper work is, we could at least scientifically determine what worked and what didn't. As a result of my experience there, I believe in the power of behavioral therapy and continue to weave it in my work today (as you will see).

After years of doing that work (and getting licensed - holla!) I realized it was time to test my wings and start my own private practice. During that time I kept on learning (of course) and found that I was drawn to holistic-type practices, and so I got certified in Hypnotherapy, Energy Therapy, and Body Work. At the time I was also working with a number of women who were coming to me for weight-loss-related issues. Since I have always been into health and fitness, I got certified as a Weight Loss Specialist. I happened to be going through some of my own health issues at the time, so the synchronicity of it all led me to where I am today.

I now love helping people overcome the barriers that are keeping them from achieving the results they want. When it comes to nutrition and weight loss, of course, I feel it's important to teach people healthy ways of living. However, I want to take it a step further, a step deeper. I want to move beyond healthy recipes and really help you to learn what needs to happen to influence a true change in your life, one that sticks and gets you the lasting results that you want. Everyone can easily Google recipes (again thanks Brin & Page), so obviously that's not the only thing you need to regain your health. You need a system to follow, a sound behavioral system that has been proven to be effective in making changes for decades.

However that's not all. There is another important factor to understand when making health changes, and that's how you treat your mind and body. Before I go on, let me stop here and ask you: Have you followed some fitness nut's advice and been unsuccessful, or maybe a strict diet plan like Atkins or The HCG diet and eventually had to stop and/or the weight all came back?

If yes, then I feel your pain shugah! I have been there too. Back in the day, I tried all sorts of crazy diets with disappointing results. If you have been unsuccessful with a strict weight loss program then you've come to the right place. Let out that sigh of relief! Strict eating plans and exhausting exercise routines are not the answer. You will learn in this series that there is only one road to successful weight loss, and that is nurturing the mind, body and soul.

In my *Break The Habit: Transformation* series, you will learn that in order to lose weight, de-stress, and transform your health, you need to establish habits that take care of all the parts of you. The physical parts, the emotional parts, and the spirituals parts. No starving yourself. No depriving yourself of fun. No torturing yourself for hours on a Stairmaster.

Uh-uh... no sir-ee.

After years of studying health, psychology, and spirituality, and learning lessons from my own life experiences, I have discovered the true path to success. If you stick with me and follow my tips, you will definitely start to make changes in your life that will dramatically affect your health, your weight, your stress levels, your relationships, your success, and your happiness.

You're reading part one of the series right now: *10 Habits to Lose Weight For Good*. This book sets the foundation for your health transformation.

Part Two of the series is next: *25 Game Changing Habits To Lose Weight, De-Stress, and Transform Your Life*. This book is will turn up the transformation heat, so to speak, and contains habits you probably haven't heard of that can significantly change your whole life. [Get it here now.](#)

How to Make a Transformation

In some cultures around the world, you go on a vision quest when you want to find yourself and make a life changing transformation.

In a vision quest, you leave all your trivial belongings behind and travel across the world to Australia or Peru. You may or may not take some hallucinogenic herbs and then trek through the desert or jungle, surviving off only the land, wandering alone to dig deep within your soul, looking for the answers to life's mysteries.

If you've been on a vision quest, I high-five you and want to hear all about it! Personally, as awesome as that sounds (in a torturous-yet-mind-blowing way), I've got a different game plan here. Considering that most of us can't drop everything and embark on such a journey, a simpler life changing transformation process is in order. Without any kind of vision quest I have made my own life transformation and have helped many others to make transformations too! So if you don't have hallucinogenic herbs to find the answers, then I'll tell you how to get them. The key is habits.

You see, I realized that major changes are not due to a single revelation or mind-altering experience. Transformations are a result of implementing small changes that you can stick to so that, over time, you create a healthy lifestyle that is easy to maintain.

What is a Habit?

As a human you are an evolved, intelligent, and spiritual creature. But when it comes right down to it you are rudimentarily habitual to the bone. For better or for worse, you create habits that form your daily life, and those habits help you keep a sense of consistency, order, and simplicity. Webster defines habits as “routine behaviors done on a regular basis... recurrent and often unconscious patterns of behavior and are acquired through frequent repetition.”

The thing is, many of our habits are unconscious; we don't even realize we are doing them. Unfortunately that means you have habits that don't really serve you and could be more damaging than helpful. Over the years, from childhood through adulthood, you have created these habits for convenience, from misinformation, as a coping skill, for pleasure, for attention, or due to something else entirely, but I am not going to go deep into your psyche in this book. What matters is that you can change your habits, no matter where they originated.

I worked on habits a lot as a Behavioral Therapist, and during that time I learned to think of a habit as a link between a stimulus and a response. It serves as a mental connection between a thought or event (stimulus) and our reaction to that trigger (the response). Repeating this connection time and again forms a habit, which affects all subsequent decisions and actions. If repeated often enough, this connection becomes near-permanent unless we take conscious action to change it.

For example, stress can be a stimulus for over-eating. The stress may be physical, emotional, or mental, and could be triggered by such things as a restricted diet, tiredness, an argument, a bad day at work, or even just negative thinking. A learned response for dealing with this stress may be eating. Over time, the bond may become so strong that our automatic, or habitual, response to stress is to eat, and then it becomes like second nature.

Even though my series is called *Break The Habit*, I am actually going to suggest that you focus more on creating new healthy habits. The old habits will break naturally as your new habits are formed. Focusing on positive behavior is so much easier and more rewarding than constantly thinking about bad habits! This idea is called positive reinforcement.

During my therapy practice, I found I achieved great results by helping my clients create new positive behaviors and then rewarding them for doing so. The rewards then increased their positive behavior and soon, the old negative behavior was gone. Boom! No psychoanalysis. No unraveling long histories and subconscious blocks (that's definitely another book!). In terms of changing behavior, it's simple. Create new healthy habits, maintain them, feel better, and celebrate!!

Okay, maybe that's a little easier said than done. But over my many years of studying habits I have found that there are tricks to creating new habits that really last. It does take a little work, as great things always do, so throughout the rest of this book you are going to learn numerous new healthy habits that you can start doing today to get your mind, body, and soul ready to become the happiest and healthiest person you can be, or that you want to be! I say that because everyone is looking for different results. Some people may want to just dive in head first and go super strict to get very lean. Some people may want to be a bit more relaxed and take it day by day and just be healthier than they are now. I am fine with either; what you want is totally up to you.

This is your transformational weight loss journey, so make it your own. You be you, luv. My hope is to give you a guideline that has proven to be successful for many of my clients and also for me. All I ask

is that you try your best and be nice to yourself. Don't beat yourself up if you forget to do one of your new habits.

It's okay. Believe me. In the past I have fallen off the wagon more times than I can count on my fingers. Pizza is just too darn good! But now I don't sweat it. I have created so many good habits that I am perfectly fine with enjoying life's magnificent cheese-y, pepperoni-y, pinnapple-y, and jalapeño-y creations when I choose to indulge. But, for the most part, **I crowd out the bad with the good** so that I am always taking care of my body. So stick with me, and I'll show you how you can live a happy, healthy, guilt-free life too!

How to Use This Book

This e-book is a collection of short articles I have written about effective weight loss habits. In order to keep this e-book short and sweet, I gave you brief and to-the-point descriptions rather than including detailed scientific explanations of why each subject is important. This way you can easily read through this guide and start making changes immediately. I didn't add references (I'm a writing rebel!) because the information really comes from 15 years of experiences that have created my overall belief of what works and what doesn't. Don't get me wrong, I am a research junkie and love scientific explanations. You'll just have to check out my other work to read all that good stuff!

Should you take every bit of this information as truth? You can, but you don't have to. Should you question any of these habits? Feel free if you want to. And, I encourage you to look into any of them further (or email me of course) if you want to validate them for yourself. That is the beauty of the world we live in now. Like I said before, information is at your fingertips. However, my intention here is to give you a brief summary of the experiences and education I have that has helped me and many other people, so that you don't have to spend all that time doing the research yourself.

Throughout this guide, I will ease you into a new understanding of why these habits are good for you. But sometimes I will give you some tough love too. I'm just keeping it real ya'll! Can you handle it? I think you can. You are a smart, savvy, and courageous person, and you are ready for a change. The time is now, and you are exactly where you are meant to be. This is where your next chapter begins. Hallelujah!

Top 10 Habits for Weight Loss

Part One of my *Break The Habits: Transformation Series* is dedicated to the “Top 10 Habits” you need to start doing in order to heal your body and lose weight. Although seemingly basic, they are incredibly powerful once made into a new habit. If you struggle with weight loss programs, it is usually because you are constantly fighting your usual routine. You are either fighting the urge to go back to an old way of eating, an old resistance to exercise, or an old way of thinking about nutrition, your body, and your self-worth.

So put the white flag up and surrender. No more fighting. It’s time to ease your way into a healthy state of mind. It is well known that doing a crash diet, some kind of extreme weight loss program, or a fitness bootcamp leads to only temporary success, if any at all. You will ultimately go right back to your old ways, and then it will all be for nothing. Being extreme doesn’t work. Slowly creating new healthy habits does!

Getting excited? I hope so! Before you begin, I want you to do something as you read through these habits Ask yourself these three questions.

1. Am I doing this habit consistently?
2. If not, what’s stopping me from doing this habit?
3. How can I do better?

Being honest with yourself can be very powerful for change. Many times you might think you are doing something when you are actually not. You don’t need to be perfect. Doing the best you can is more than enough. But when you believe you can do better and push harder you will always be successful. Every. Single. Time.

And you’re off!

THE HABITS...

Habit One – Breathe Deeply

Ok, with me now... take a nice big breath... and exhale slowly. Ahhhhh. Feels good right? Sometimes we don't realize how shallowly we are breathing until we suddenly feel the need to take a deep breath to catch up on some much-needed oxygen.

Breathing is one of the most important functions of the human body. Makes sense, since you would lose consciousness after a few minutes, right? But breathing is more than just a method of bringing oxygen into the body; it also begins a domino effect that translates into overall health and relaxation for the mind and body.

Are you a chest breather or a tummy breather? Take a deep breath and put one hand on your chest and one on your stomach. Which one moves more? Depending on which area you breathe into, your body may be in a more relaxed or stressed state. Your nervous system is governed by two entities: the sympathetic nervous system and the parasympathetic nervous system. Your sympathetic nervous system regulates your “fight or flight” response to your environment. This system is triggered by shallow breathing, because that is what you would do if you were scared. Your parasympathetic nervous system regulates your “rest and digest” state and is triggered by deeper belly breathing, which is how you breathe while you're sleeping.

This means that if you spend your days “chest breathing”, your body will constantly be in a mild state of stress. This is not good for your health! What you want to do is focus on and practice taking deep breaths regularly throughout the day. This will ease your body into a state of relaxation and build a “stress buffer” between you and all the other things that might stress you out (‘cause we all got those).

So help your body out. Create a habit of taking deep slow breaths for 5 minutes at least three times a day. Start by putting your hand on your belly. When you take a deep breath your diaphragm will push out your stomach; continually breathe and make sure each breath pushes out your stomach. Try to expand your belly more and more each time. If you are a beginner, a good rule of thumb is to breathe in for 4 seconds and exhale for 8. Then increase as you get some breathing skills under your belt.

Deep breathing is one of the best relaxation and stress reductions techniques that you can do. It literally soothes your body so it can function at its optimal levels. It is really the foundation of all other habits. So go ahead now...get your breathin' on!

Recap: Breathe Deeply

Start with taking 5 minutes a day to take deep belly breaths, and increase to 3x a day after some practice. Feel your body relax with each breath. You can do this when you wake up, before you go to sleep, or after a hectic or stressful event to relax your body and mind. Breathing is extremely versatile (it's free and you can do it anywhere!) so create a time and place that works best for you. Then, just chill and breathe.

And there you have it: the foundation for all the other habits. The rest will be a piece of cake.

Habit Two – Hydrate

Drink more water, drink more water, drink more water. And, when you think you have had enough drink some more. Ugh, I know... but you need it! Unfortunately, it's most people don't drink anywhere near enough water. Why is that?

Well, it comes down to this... it's not a habit. Simple. You could have other reasons but ultimately to get that much water in, you need to put some effort into it. But don't worry, I'll tell you how to make it easy!

Water is the fountain of youth. We need it not only to survive (death by dehydration can happen within 96 hours!) but also so that the cells in our body can function properly. Dehydration causes all sorts of unpleasant symptoms such as weight gain, puffiness (especially around your midsection, face, hands and feet), illness, headaches, and more.

Think of it this way: if you had \$1000 in your bank account, and no more money was coming in, wouldn't you want to hold onto that money? Wouldn't you want to save it for the things that were the most important? Well, this is exactly how your body treats water. If it only has a limited supply, it will hold onto whatever water it has. It will save that water for important functions, while letting others (like your nerves) get less water than they need. And when your body doesn't want to let go of water, guess what? It also doesn't want to let go of fat.

I once tried a weight loss experiment in which I tested what happened when I drank the appropriate amount of water, versus when I didn't. I ate the same thing over two weeks. The first week I had my full amount of water. I lost 2 pounds. The second week I ate the same food and did not drink my full amount of water. I gained 5 pounds. D'oh! That sucked to say the least, but hey, I learned a valuable lesson. You have to drink water to lose weight!!!

So, the best course of action is to relieve your body's "captive" water by continually filling your body with fresh water. You need to consume about one ounce times half your body weight, or somewhere in the range of 64 oz. each day. You can split this up however you like but here is my favorite regimen to get it all in:

1. When you wake up: 12 oz. of room temperature or warm water with lemon, turmeric, and pepper (a great detox).
2. Breakfast: 8 oz. of green tea (or any other herbal tea).
3. Midday: Drink a large 20 oz. cup of water. Just down it. You may notice it fills you up - this is good! Sometimes your body interprets dehydration as hunger, so always drink water before reaching for a snack to curb any faulty cravings.
4. Afternoon: Carry a water jug, minimum 24 oz. and sip on it. Regular water is good but you can get fancy with it if you'd like. Add lemon, mint, cucumber, other fruit, tea, herbs, flowers, water flavor enhancers (make sure no sugar or aspartame). Sugar free bubbly water is a good choice too.
5. Dinner: Have a bowl of soup as one course. Roughly 8 oz. (Yes, this counts as water!)
6. Evening: Have an 8 oz. cup of decaf green tea. This helps with digestion so it's great for after meals. You can also mix this with a yummy spice tea (brew the two bags together) and add a little cream and honey to make a delicious dessert (one of my personal favs!).

And there you have it. Start doing this daily (making your own personal tweaks to it), and you will easily consume your daily recommended amount of water.

** One last tip. Try to drink fresh, natural spring water out of BPA free glasses or water bottles. Be careful of tap water that's not filtered - there are lots of toxins, chemicals, and fluoride in there. Grab yourself a carbon filter water system or get your water delivered by a reputable water company.

Recap: Hydrate

Find a method that works best for you, but make sure you're drinking at least 64 oz. of water daily. Remember, its best to drink large amounts of water between meals and have a cup of green tea after meals to help with digestion.

Habit Three – Eat Healthy Food First

If you want to regain your health and/or lose weight you need to heal your body from the inside out, and the best way to do that is to nurture it. Give your body what it wants. What it needs. What it craves to feel vibrant and energetic.

Now you may say, “My body craves chocolate, so that must be what it needs!” Oh, you sneak, you... unfortunately no, that is not the case. When you crave food that isn’t healthy, like sweets and refined carbs, it’s not because your body wants that food; it’s because you’ve conditioned yourself to associate that food with “feeling good.” You may even get a little serotonin boost from it so that you want it when you need to feel better. Have you even noticed you want sweets or processed food when you are tired, sad, angry, depressed? But that craving is really just a bad habit and can be fixed!

What your body *really* needs to feel nurtured and to be healthy is simple: fresh fruits and vegetables, healthy fats, and quality protein. Whole foods. These are the things that enable your body to run like a well-oiled machine: fast, efficient, stable, and reliable. I’m not saying that you have to eat apples and carrot sticks all day (I seriously hate programs that tell you that!) but I *am* saying that the majority of the food you eat should come from whole foods instead of processed foods.

Feeding your body unhealthy sugars, processed foods, and large amounts of pasteurized cow dairy and refined wheat products is like dumping tar into an engine. The pipes will get clogged up and your system will start cracking and breaking and will ultimately shut down. You will feel like the Titanic sinking to the bottom of the ocean. You don’t want that, right?

I believe in the philosophy called “Crowding Out”. This means that it’s better to focus on adding in healthy foods to your diet instead of cutting out unhealthy ones. By doing so you will inherently eat less “bad” stuff and won’t have to suffer their negative side effects. This system has helped me and many of my clients. By working on routinely eating healthy vegetables, fats, and proteins, you will have less room in your belly for the other stuff.

Remember - ADD the good stuff, and do it first. Here are some examples:

- * For breakfast make a two-egg omelet, add zucchinis and mushrooms and two chicken sausages. If you are still hungry or feel unsatisfied, add a piece of toast (but maybe you won’t need it?)
- * For an appetizer have hummus with a plate of carrots, celery and sliced bell peppers. Want a couple chips in the end because you’re craving something salty and crunchy. Do it. At least you didn’t chow down on an entire bag of chips first because you were starving.
- * For dessert make a chocolate peanut butter protein smoothie. Still need a piece of real chocolate? Okay, go for it if need be. At least you got your good protein and fats in first.

See how this works? By always eating your nutritious food first, you probably won’t even feel like you need the crap. We usually just have a habit of going to that junk food first because it’s easy and available. Believe me, once you start making healthy food a habit, you will wonder how you ever lived any other way. The more veggies you eat, the more you will crave them. Then, viola! You can start to watch the pounds come off, your skin start to glow, your energy peak, and your mood elevate. Woohoo!

Here’s a list of nourishing foods to add to your diet:

All vegetables
Leafy greens

All fruit
Avocados
Sweet potatoes
Organic free-range, grass-fed meat (chicken, turkey, beef, fish, pork, etc)
Organic free-range eggs
Nuts
Full fat yogurt (coconut is best)
Keifer (coconut is best)
Coconut milk
Coconut oil
Olive oil
Avocado oil
Grass-fed butter
Green tea
Water (8 glasses a day)

Recap: Eat Healthy Food First

Plan to have fresh vegetables and fruits, healthy fats, and quality proteins in your diet every day. It's best to focus on eating these foods first, and then only add in the less healthy carbs after if needed. You can be as simple or as creative as you want. I know it doesn't look like an extensive food list, but you really can do a lot with it. Look online and you can find thousands of amazing recipes with these whole foods. Just Google gluten-free, sugar-free, dairy-free recipes. The key: crowd out the bad stuff with the good stuff!

For a more detailed eating guide: [Check out my Holistic Weight Loss Program here:](http://bit.ly/natalieshealthprogram) Or go to <http://bit.ly/natalieshealthprogram>

Habit Four – Take Care of Your Gut

Did you know that you have roughly 10 pounds of bacteria in your body? Kinda scary if you think about it. But don't worry –most of those tiny microorganisms serve great purpose in your body.

Another term for the good bacteria is “gut flora”. Gut flora helps your body break down food into nutrients; thus, it is very important that you support lots of “good flora/bacteria” in your body for proper digestion.

Having a good supply of healthy gut flora will:

- 1.Regulate your blood sugar
- 2.Improve your insulin sensitivity
- 3.Mitigate depression and other mental health disorders
- 4.Minimize inflammation and infection
- 5.Promote digestive regularity and weight loss
- 6.Prevent allergies, asthma, and autoimmune disease

Those are some really important things right?!

Unfortunately, there are some bad bacteria that like to sneak their way into your body as well. Bad bacteria suck because they make it hard for the good bacteria to do their job, which keeps your food from being properly digested. When that happens...*itz alllllll bad*. The food in your digestive tract can start fermenting, trapping gasses, and preventing the absorption of nutrients. If the bad bacteria get too wild, it can cause SIBO (small intestine bacterial overgrowth). This is characterized by digestive discomfort, bloating gas, loss of appetite, and irregular movement of the intestines, which can lead to constipation or diarrhea. Um...no thanks!

Recap: Take Care of Your Gut

Happy belly = happy life. Start a daily habit of adding healthy gut flora food to your diet, and eliminating the things that feed bad bacteria.

Add: Prebiotic foods that that feed gut flora and probiotic bacteria (like onions and garlic) and probiotic foods (kombucha, yogurt , sauerkraut), or take a probiotic supplement.

Subtract: Overusing antibiotics and NSAIDs (if permitted by your doc), processed sugar, and stress.

Habit Five – Eliminate Toxins

Most health care professionals now agree that systemic inflammation is an underlying factor in most non-communicable diseases. That list includes diabetes, obesity, heart disease, stroke, high blood pressure, high cholesterol, irritable bowel syndrome, asthma, joint pain, eczema, acne, rosacea, osteoporosis, arthritis, depression, anxiety, Alzheimer's, Parkinson's, and many more.

It is imperative that we take all the measures we can to make sure our body stays in peak health so as to reduce the risk of these inflammatory symptoms. One way to do this is to eliminate external and internal toxins. We want to keep our cells safe and nurtured.

So, what causes this inflammation? Well, to begin with, there are a number of things you need to look out for to be on the safe side. These are the four main categories to watch out for:

Inflammatory foods (sugar, wheat, soy, and refined dairy)

Sugar, wheat, soy, and refined dairy do a number on our digestive system. In addition to feeding bad gut bacteria, they also cause insulin spikes (leading to diabetes and weight gain), mess with the balance of your hormones, and damage your mitochondria, which is what produces energy for all the systems in your body to function properly.

*Check out my Hormones Training in your free bonus package to learn more about how to balance your hormones naturally.

Food chemical and preservatives

Many companies add fortified minerals and chemical preservatives to make processed food *seem* better for you and last longer. The problem is that your body may not recognize it as food and may react to it like some kind of harmful invader. Watch out for carrageen, nitrates, colors and numbers, and fortified minerals, such as folic acid.

Plastics

Fortunately, it has become more widely known that using anything plastic can be a dangerous gamble. The problem is that some plastics have chemicals in them that imitate phytoestrogens in your body, which means they act like the hormone estrogen. This is problematic, because if you have too many phytoestrogens your body gets confused and you end up with a hormonal imbalance. There's research out there that has found a large connection between childhood obesity, diabetes, weight gain, premature puberty, estrogen dominance, and even cancer as a result of too many phytoestrogens.

Do you really want to take that chance? There's an easy fix here: limit the amount of plastic you use. Aim for BPA free or glass products and, for the love of God, do not microwave your food in plastic containers! In fact, don't use a microwave. Period. Microwaves use radiation to alter the chemical structure of your food making your food unrecognizable to your body. You might as well eat a rock instead. One study compared regular water to water that had been microwaved. The experimenters watered plants with regular water, and another batch of plants with microwaved water. The microwaved water killed all the plants. Enough said!

Household cleaners

You don't have to eat toxins for them to affect you. Toxins in your environment can also seep into your nose, eyes, mouth, and especially skin. I am not trying to terrify you, but they are everywhere. You

can't escape all of them, but you can do your part to be "green" and limit the amount of toxic chemicals in your own house.

My favorite all around "green" disinfectant is white vinegar. It does an amazing job at killing bacteria. Yes, it smells like vinegar, but that smell goes away when it dries. Need some extra "oomph?" Throw down a little baking soda then spritz some vinegar on it and watch the magic show. Dirt, grease, and mildew come right off with a gentle scrub.

Recap: Eliminate Toxins

Work to eat a clean, whole food diet. Use glass and BPA free products so you don't accidentally ingest harmful plastic, and try using some simple vinegar for cleaning up in place of harmful chemical cleaners. This new habit may seem not as important as some of the others, but let me tell you, in terms of your long-term health, it could save your life!

Habit Six – Get Moving

I have noticed there are two types of people in this world. One type needs a fire lit under their tush to get them moving, and the other needs an anchor tied to them to get them to stop. I happen to be the latter, but if the first one is you then get ready for some fire, baby!

I am sure you know that exercise is very important for your health. Exercise helps you lose weight, increases your heart strength, and boosts your immune system. It also helps to regulate your hormones, mitigates depression, gives you energy, increases circulation, helps build muscle, and lots, lots more.

If that wasn't motivation enough, there are more and more studies coming out explaining how terrible it is for you to sit all day. They say it's the "new smoking" bad habit. Yikes! That can't be good. So up and at 'em! If you sit on the computer all day or watch a un-admit-able amount of TV, time to get up and move. I have to use a computer on a daily basis, so I know the struggle is real. You get all caught up in what you are doing and before you know it hours have gone by. It's usually when my butt goes numb that I finally notice how long I have been sitting. Oops.

The best thing to do is either set an alarm that goes off every 20 minutes so you remember to get up, or start using a balance ball or standing desk. These will all help to combat the effects of prolonged stagnation on the body.

Maybe you think you're the type that "doesn't have time" or is "too tired" to exercise? You say work keeps you busy, or the kids keep you running around and exercise falls off the schedule because you are pooped. Nope, nope, nope. That excuse doesn't work with me hunny. When you exercise, you actually get more energy! More energy for work. More energy for your kids. More energy to do the things you love. If you can regularly exercise then you will start to wake up more refreshed and by the end of the day you will not be as tired either.

The hardest part is getting started, so here's what you do. Just start off with 10 minutes, 3-4 times a week. Do a few squats, hand weights, or power walks. When you feel ready, move up to longer times more frequently throughout the week.

Another great plan is to find a local dance or exercise class. Then you can make friends, socialize, and eventually, be held accountable for showing up. Want to stay solo? That's fine too. Bump some music in the kitchen and dance away. As long as you're moving, your body is happy!

Recap: Get Moving

If you work on a computer, set a timer to remind you to get up and move every 20 minutes or use a balance ball or standing desk. Start exercising at least 3 times a week for 10 minutes a day. Increase when you feel ready. Routine exercise will help transform your health and happiness incredibly fast! It's a must!

Habit Seven – Set Goals

*If you don't know where you're going,
I hope there's nowhere you need to be.*
-NL

What is it that you want? Do you want to have more energy? Do you want to feel more peace and satisfaction? Do you want to look better naked? Identifying your primary goal is crucial to getting the results you want, because you can never reach the destination if you don't know where you want to go. Wherever you are right now, I want you to think about what you want to accomplish. Do you have an idea of how you want to look, feel, or perform? Once you know your desired results you can map out the steps you need to take to get there.

There is a great system to follow when making goals so that you can achieve them with ease. That framework is to set S.M.A.R.T. goals, which stands for Specific, Measurable, Attainable, Relevant and Time-Based.

“Specific” means to focus on one goal that has an actual end point. For example, instead of saying “I want to lose weight,” say, “I want to lose 10 pounds.”

“Measurable” means that you can tell specifically how far along you are towards achieving your goal. If you say in a general way, “I want to lose weight,” well, I guess if you lose 1 pound you will have achieved it. But is that really what you want? If you say, “I want to lose 10 pounds,” then you will know exactly where you are at any moment during your process.

“Attainable” means that you can actually accomplish your goal. If you are trying to lose weight, you don't want to set a goal of losing 50lbs in 3 weeks. That would most likely not happen (if you are losing weight safely). Make sure to pick a reachable goal in a realistic timeframe. Adjustments can always be made, but if you pick something that is realistic you will start to believe and move toward reaching that goal.

“Relevant” means that there's a reason for your goal. This is the “why” factor. Why do you want to achieve your goal? Why do you want to lose weight? For example, you might say, “I want to lose weight for my next high school reunion”. Having some sort of relevant motivation will greatly help you stay focused on your goal. And be sure to picture yourself succeeding!

“Time-based” means setting a deadline for yourself. For example: “I will lose 10 pounds in 6 months.” This way, you can break down your goal if you want to (“X” amount of pounds a month), as well as monitor your progress and actually celebrate when you have reached a milestone. If the goal time needs to be changed, you can always adjust it.

Goals are not meant to stress you out. They are just a way for you to stay focused, organized, and motivated. Creating small goals that you can achieve easily is a great way to help you feel a sense of achievement and success, and to be motivated to achieve even more. Small goals are the building blocks of sustainable results!

Recap: Set Goals

Come up with one short-term and one long-term goal to strive for. Go through each S.M.A.R.T. step and break your goal down. Then write it out, put it up where you can see it every day, and kick butt on your goals!

Habit Eight – Unlock Your Vision

In order to transform your life and become the best version of yourself, you need to decide what that looks like. If you *say* that you want things to change but don't really know what the end result looks like, won't know what you're working towards.

The mind is a powerful thing. It will actually move you towards reaching your goals if you are set on what they are. That is why making a vision board can be one of the most powerful tools you can use to make your dreams come true. A vision board is an artistic medium in which you add pictures, words, inspirational quotes, magazine cutouts, or really anything that you want onto a poster board so that you can look at it every day and keep your mind on track.

There are two points to using a vision board. One is so that you can literally see what you want. Do you want to lose weight? Add a picture of you at your ideal weight, or a picture of someone else that will motivate you. Do you want to work at your dream job in the future? Add pictures and words that inspire you to work toward that goal. Everything on the board is there to give your mind a vision of what the future looks like.

The second thing a well-thought-out vision board does is elicit powerful emotions in you, like excitement, joy, love, and passion. Seeing pictures that you like to look at (a very important component) will allow those emotions to set the pace and the energy for you to move toward those goals. Emotions are one of the most powerful forces that influence us as human beings. If we look at something and feel joy, we will start living that life of joy.

The law of attraction will also work in your favor when your vision board elicits positive emotions in you. The basic premise of the law of attraction is that "like=like," which means that the universe brings to you what you are already feeling. So if you are feeling depressed and feel nothing but bad things happen to you, then that is what the universe will continue to pull toward you. Sounds crappy, huh? But on the flip side, if you focus on things that make you feel happy, successful, motivated, and passionate, then the universe will bring you things that will resonate with those emotions. So if you feel healthy, then you will become healthy. If you feel successful, then you will become successful.

Just making a vision board of what you want your future to look like allows your body, mind, and soul to move in the direction you want so that your dreams can come true. I want to urge you to think big here. This isn't a time to let fear, judgment, or "reality" put a damper on what you want. Removing those from the forefront of your mind may be one of the most important aspects of achieving your goals. You need to think big, and actually believe it's possible for you to have what you want.

For some of you, this may take a little more psychological effort in letting go of beliefs about yourself, but if you can tell yourself that anything is possible (which it is!!!) then you are on the right track. Again, the more you are able to look at what you want your future to look like, the more that vision gets lodged into your mind and spirit, and eventually that will become your reality.

Recap: Unlock Your Vision

Gather a poster board, scissors, glue, and pictures (photos or magazine cutouts) and make a collage of what you want your life to look like. Think about your job, hobbies, body, family, house, car, vacations, feelings, etc. Try finishing sentence like “I wish I were...” or, “I wish I had...” to get started.

- Look at the poster board every day and smile. This will be your life. If you’re digitally savvy, you can make this collage on the computer in Photoshop, PowerPoint, or any other digital art program.

Habit Nine – Create Affirmations and a Mantra

When you are on a new journey of transformation, sometimes you need a little help reminding yourself what your goals and values are right? Creating little reminders can be tremendously helpful! Also, having a daily affirmation or mantra can help set your mood for the day so that you stay focused and motivated.

A positive health affirmation is a phrase that summarizes what you are working towards. For instance, it could be, “I feel beautiful and healthy.” Or, “Every day I feel healthier and healthier.” Or, “I love my new healthy lifestyle. I feel great!” These are all statements that help to align your body, mind, and soul towards manifesting those beliefs.

You can even add in an affirmation about other areas in your life too, such as money, relationships, career, or more. You could say, “I feel so excited that I am pursuing my dream career!” Or “I feel rich and am thrilled that money comes to me so easily!” Or “I feel so excited I met my dream partner. I feel so safe and loved by him/her.” Or whatever you want! Anything is fair game.

When you are creating your affirmations, keep in mind that there are two very important guidelines that you need to make sure to follow:

1. Keep the statement positive. You want to put positive energy out there so that is what you receive back. You don't want to say, “I no longer feel fat.” That would just keep the energy of “fat” around you and ultimately work against you. So say what you do want (to be healthy) and not what you don't want (to be sick or over weight).
2. Express an emotion in each affirmation. Remember how powerful emotions are in manifesting what you want? Well that applies here for sure! Look back at the examples I provided. Notice how they say, “feel” in them, followed by an emotion. I want to you to follow that exact formula when creating your affirmations: “I feel [fill in the blank with a positive emotion] about my [health/money/relationships/whatever].”

Another great emotion to add to your daily affirmations is gratitude. Gratitude is a very powerful emotion. Again, it's the “like attracts like” philosophy of the law of attraction; if you are grateful for what you have, then you will attract more of it.

This may seem hard at first, because I am certain there are things you feel are lacking in your life right? How many of you out there have thought...

1. I need more money
2. I need a new car
3. I hate my job
4. I hate being single but there's no one out there for me
5. My marriage isn't what I want it to be
6. ...or something of that nature?

Yeah, I've been there too. The quickest way to fix that mindset is to create a list of what you are grateful in your life. Even in the darkest of days, there is always something that you can be grateful for. Do you have a roof over your head? Is there food on your table? Do you have a friend or family member who supports you (even if they have fur and four legs?) There is always something to be grateful for! You just have to put your life in perspective for a moment and focus on the positive.

If you put your affirmations and gratitude statements all together, you can create a mantra. This is a small paragraph where you can string together your positive statements in a way that flows and encapsulates your essence. Then you would simply read it to yourself one to three times a day as a source of inspiration.

Recap: Create Affirmations and a Mantra

Spend some time thinking about what you are grateful for and make a list. Read that list every day. Then create a few affirmations about how you feel (or are trying to feel) about your health and other areas of your life. If you want, put them altogether in a mantra and repeat it often. The more you say it the better! If it helps, put these affirmations around your house, car, or computer so you can be constantly reminded to say them aloud. Take note of the difference in how you feel when you say them versus when you don't say them. Remember, the more you say them the more they will feel true... and eventually *be* true.

Habit Ten – Nurture Yourself

I feel like I already know you, my loyal reader. I would guess that you might answer yes to at least one of these three questions:

Are you super busy and feel like you never have enough time?
Do you feel like you should be “taking care of something” when you are not doing something?
Are you unhappy with some aspect of your life?

If you answered yes to any of these questions, don't worry. I've got your back!

So the older you get the busier your life gets, right? You have turned into a multi-tasking ninja and life is this song on repeat, “*Work, work, work, work, work.*” (Thanks Rihanna. Clever lyrics huh?) But hey, she's right. Whether it's at home, an office, or out and about, we are on the move all the time!

I want to suggest that it's time to take a step back and look out for...guess who??? YOU. Yes, it's time that you take some time out of your busy schedule and do something solely for you. Something that feels good and revitalizes you.

It's so important to feed your soul. Many people don't realize that so much power can come from nurturing yourself. It's not selfish to take time for yourself. Let me ask you: if you are not taking care of yourself, how can you truly take care of others? Being burned out doesn't help anyone. By nurturing yourself, you make it possible to give more to others.

When you spend time alone, you gain self-awareness and connect with yourself in ways that you can't do any other time. It's also a time of healing and rejuvenation. Your mind, body and spirit will align and balance you. You will feel more motivated and inspired to continue with your work and get things done. And believe me: when you are happy, those around you are happy. Amiright?!

Take a moment and make a list of all the things that make you feel warm and fuzzy inside. Things like:

1. Sleeping in and having breakfast in bed
2. Taking a bath and doing some visualizations
3. Lighting candles, listening to soft music and reading a romantic novel good book
4. Giving yourself a facial or painting your nails
5. Cooking/baking your favorite treat
6. Going on a walk
7. Doing an art project
8. Getting a massage or facial at a salon
9. Watching one of your favorite movies and having popcorn
10. Scheduling some time with a therapist or a coach
11. Going on a weekend retreat to learn something fun or get some needed relaxation
12. Taking a vacation or weekend trip to the beach

There are so many things you could do to nurture yourself. The point is to pick something that makes you feel like a million bucks and gives you a little pep-in-your-step again.

It would also be helpful to your relationships with friends and loved ones to encourage *them* to take time to nurture themselves. It's a great lesson to teach children and young people so they grow up knowing how important self-care is. Self-care and alone time is helpful for a romantic relationship as

well, so when the two of you come back together you will be more present, loving, and grounded for each other.

Healthy nurturing is the key to weight loss. Let me repeat: *healthy nurturing*. This is not an attempt to drown your sorrows or mask your sadness with some kind of coping mechanism. The point is to do something that feeds your soul so that you can de-stress and be 100% present to work on your goals and transform your life.

Recap: Nurture Yourself.

Take some time every week to nurture yourself. Spend some time alone and do something just for you, something whose sole purpose is to fill you up inside, relax you, and help you truly connect with yourself. This skill takes time and effort to develop, but is incredibly priceless.

BONUS HABIT! – Prepare

Flying by the seat of your pants only gets you a wedgie.
-NL

Do you like my wanna-be proverb!? I do believe that, in some circumstances, it's a fantastic idea to live in the moment and be spontaneous. We can't be too formal and rigid *all* the time. But when it comes to living a healthy lifestyle, a certain amount of preparation can make a world of difference. The best way to lose weight and feel healthy and happy is to prepare your meals and food for the week. Having lots of healthy food in the house makes it so you always can pick a healthy alternative, rather than binge on the junk food that's quick and easy.

You see, it's in our human nature to do "the easiest thing" when we are tired, stressed, hurting, or feel bad. In our busy lifestyles, when we're working long hours, taking care of children or aging parents, running errands, doing chores, and on and on and on, our "give-a-shit" meter is usually running pretty low by the end of the day. It's so much easier to stop at the fast food joint on the way home, or pop a frozen pizza in the oven.

The problem is, we all have a little diet-destroying gremlin deep inside us that wants burgers and pizza when we're tired. It comes out and rears its ugly head when our defenses are down. And, unfortunately, it's going to take a little more than willpower to gain back control. So, for the love of God, fight back! Don't let it win!

Your best defense against this rebellious gremlin is to make food preparation a part of your new healthy living style. At the beginning of the week, plan your meals. Go to the store and buy everything you need for the week. Buy extra healthy snacks like veggies, fruits, and nuts. If you can pre-make something on the weekend, do it. Cut up some veggies so they are readily available for snacking. Cook some chicken so it's ready to be sliced up and thrown in a salad. Steam a large pot of rice. Bake some bacon so you can throw it into your breakfast, salads, or anything, really. Because bacon makes everything better, right?!

By taking a few extra steps in the beginning of the week, you will be able to stay on course and accomplish your new health goals with ease!

Recap: Prepare Your Meals.

At the beginning of the week, plan out your meals. Try to make big batches of food so that they last more than one meal too. (This cuts your cooking time down. Score!). Also, get healthy snacks to have around so that you don't binge on junk food when you are feeling lazy (and we all feel lazy from time to time, don't we?). Lastly, cook, chop, or individually wrap your food (vacuum sealers are great for that) so that you can create meals faster later in the week when you will likely have less time.

Tips for Getting Started

You did it. You read through all 10 Habits. Good job! You completed the first step in your health journey: reading this book.

Ooohhh...U R Golden!

You have all the information you need to start your new health journey. So where do you go from here? Well, you've made great progress just by reading this guide, but there is still more to do. The game has just started, my friend! It's time to get the ball rolling and actually put into action what you've learned. Change takes effort. Not only mental and emotional effort, but actual physical effort. It's time to make a leap here and do things differently so that those old habits disappear and these new ones take a strong hold. Believe me, once you get started, the rest will be a breeze.

Here is my guideline for getting started. Feel free to modify, as you would like.

Step One: Read this e-book. (You did it!)

Step Two: Get organized. Print out the handouts created for this e-book. Go [Here](#).

Step Three: Fill out the handouts and create your game plan.

Step Four: Decided what supplies you need. Paper, notepads, sticky notes, poster, pens, pictures, stickers, water bottles, glass dishware, vacuum sealer, music, candles, exercise equipment, gym membership, etc.

Step Five: Create a grocery shopping list. Find recipes with the foods on the healthy food list (found in Habit Three).

Step Six: Decided how you want to prepare your food for the week.

Step Seven: Make your vision board, affirmations, and mantra. Have fun with this!

Step Eight: Tell your family and friends you are starting a new health journey. See if any of them will join you (Refer them to my books so they get motivated). There is power in teamwork!

Step Nine: Read Part Two of this series: *25 Game Changing Habits to Reduce Stress, Lose Weight, & Transform Your Life*. (Details below)

Step Ten: Believe in the process and be proud of yourself. You are taking control of your health and that, my friend, is the best thing you can do for yourself. Go ahead...give yourself a little pat on the back!

Next Steps

As indicated in Step Nine, if you haven't gotten Part Two of this series, do that now while it's still at its low price ([HERE](#)). Part Two is where the serious life transformations begin, so you don't want to skip it! The 25 habits laid out in part two are my more advanced physical, mental, and spiritual habits that could dramatically change your life (for the better!). These 25 transformational habits (plus a few bonus habits for rapid results) are my secret weapon against stress, weight gain, illness, depression, life stagnation, and inner and external conflicts. Once I added these habits into my routine, major shifts started to happen. So don't wait...go get at it now while you're motivated and on a roll!

Bonus Handouts – Jumpstart Your Transformation & Supercharge Your Results!

Go [HERE](#) to get your handouts and free bonus material for Book One!

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BREAK THE HABIT SERIES

HABITS TO TRANSFORM YOUR HEALTH

BONUS
HANDOUTS
TO SUPERCHARGE
YOUR RESULTS

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What's included in your handout package:

1. Questions to dive deep into what habits you need to work on and why.
2. Questions to acknowledging your commitment and how you want to take action.
3. Mapping out your habits. What preparation needs to be done and how will you do it.
4. A Habit Table to check off your completed habits.
5. Printable cut-out reminders to put around your house, office, or car.
6. A list of many great smartphone apps to take your new habit formation to the next level!

FINAL WORDS



Thank You...

I want to thank you for taking the time to download and read this book (and all the way to the end for that matter). Go you! I hope it has helped you in some way. Even just becoming aware of your habits and how they may be helping you or hurting you can be enough to spark the beginning of change. This book is the foundation; how the

results manifest is up to you. Sometimes one good insight from a book can be the domino that shifts the whole game.

If you need more help with implementing new habits, I provide coaching services and a Holistic Weight Loss Program. With 15 years of experience working with people I have gained a lot of insight on how to make true and lasting changes. Sometimes having someone to help you stay accountable, focused, and motivated can be the push you need to finally move past your own blocks to success. Please visit my [coaching services page here](#) or go to <http://bit.ly/servicesbynat> for more information or to make an appointment. You can also grab your free bonus package below to receive a coupon for my Holistic Weight Loss Program and learn all about it.

Speaking of which, I also have included a package for you that has a number of free guides and trainings to help you along with your health journey. The following page has fantastic materials you can use to continue your transformation journey!

FREE BONUS PACKAGE



Grab Your Free handouts [Here](#):

Or go to this link: <http://bit.ly/habitbonuspackage>

Here is what is included in the package:

Break The Habit Book Series Handouts

Turn insight into action! Download the handouts that accompany this book to make these habits stick for good! Filling out these handouts is your roadmap to success.

Top Five Supplements That Will Change Your Life

I've tried them all. Bottle, after bottle, after bottle. I finally found the top five supplements that I now can't live without. Lose weight, gain more energy, reduce all inflammation, clear, smooth and firm your skin, and more.

Increase Your Magnetic Presence

Learn how to feel better, look better, and transform your feminine energy so that you can attract what you want. I created an 8-day training program for you to unlock your true feminine potential.

The Truth About Hormones: Unlock The Secret To Weight Loss, Anti-Aging, And Vitality

In my webinar training, learn how to regulate your hormones naturally, what foods might be keeping you from losing weight, and how to reverse the signs of aging while boosting your energy.

Break The Habit: 10 Steps to Revolutionary Weight Loss Health Training Program

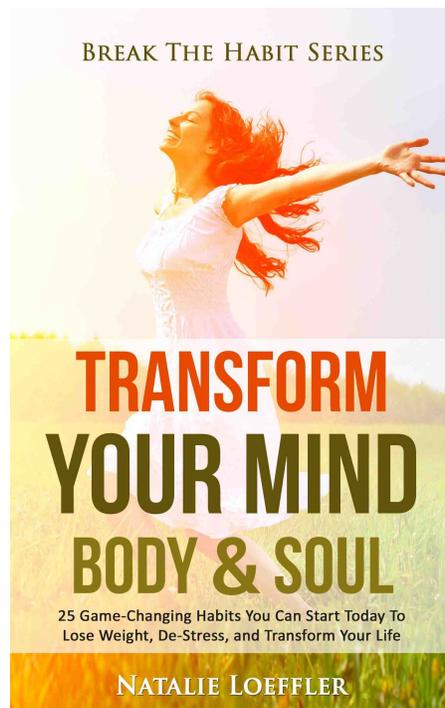
Can't wait to feel healthy again? Sometimes we get motivated to start a new health program, but then somehow the time goes by and we get busy with other things. Don't fall into that trap this time! You've been doing great so far, so keep up the good work. Now is the time to go full-throttle and finally make the changes you have wanted for so long. In my Holistic Health Training Program you will learn the ten steps you need to take to improve your overall health and make weight loss permanent. This program goes far beyond the habits in this book. They dive deeper into necessary health changes and completely cover healthy eating, recipes, healing your body, eliminating subconscious blocks, and much, much more. I give you a major (-\$\$\$) coupon in this special bonus package. Check it out now!

Please Leave a Review!

Again, thank you so much for taking the time to read this book. I really appreciate it and I hope it helps you in some way. I would really appreciate it if you could leave an honest review. It greatly helps me, plus I would love to hear what habit you are going to work on first! I appreciate it so much!!! Take care! [Go here to leave a review.](#) Then continue on to the next book of the series!!

BREAK THE HABIT SERIES: BOOK 2

**Transform Your Mind Body & Soul:
25 Game Changing Habits to Lose Weight, De-stress, and Transform Your Life**



Book Two of this series contains my most precious and valuable habits, which have changed my life.

These habits will transform the health of your body and the health of your mind, your soul, your happiness, your relationships, your passion, your energy, and so much more. Let me tell you, there is no secret formula for success and results that last. But if you want to live an abundantly happy, healthy life, then the answer is simple: the best way to feel and look healthy and happy is by changing your lifestyle habits. [Find it here on Amazon](#) here while it's still being sold at its discounted price.

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