

**Mind Power and Healthy Eating: The Art of Losing Weight and  
Staying Healthy**

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## Introduction

### What is this book about?

Everything you see around you is there because someone thought about it, and then brought it to life, so it makes profound sense to say that you can create a perfect body of your choice by the power of your thoughts.

A majority of people think and believe that losing weight and maintaining it is all about eating healthy and exercising, forgetting that real health stems from the mind because the mind controls everything from the food choices you make to whether you keep active or not. The truth is that the mind has total control over the body, an example of this is you think and fantasize about having that fast food take away – then you proceed to buy it to the point of eating it, you see you have acted upon what your mind suggested, which all started as a thought. In other words your mind has controlled and decided on the choice of food you've made and this goes on to show you that your mind controls your choices and what goes into your body whether good or bad! And this is where all the hard work and changes have to begin. IN YOUR MIND.

The mind is a powerful tool in holding the power to the way we think, feel, act and behave, therefore its only fair to say that the mind dictates our life choices for instance what we chose to eat and whether we stay active or not. Therefore any attempts to any change of behavioural patterns and attitudes should also start in the mind, with a “ thought” then “action” will follow. It's a

fact that your body is a reflection of your thoughts, feelings, attitudes and beliefs. And its also the power of the mind that holds the key for fast weight loss and maintaining it hence any weight loss starts in the mind! Therefore by learning to access and use the power of the mind through self-hypnosis, visualization, meditation, positive thinking and relaxation technique you can change any negative bad habits, thoughts, beliefs to change your body.

Programming your mind is crucial for healthy food choices, keeping and staying active, weight loss and maintenance , but it's only the starting point, once you've got the right mind-set then its time to look into your diet, remember “whatever goes into your body strengthens it or weakens it and “you are what you eat”, so it's very important that you eat the right foods in the right amounts. In other words a balanced diet with proteins, carbohydrates, fats, vitamins and minerals and plenty of water. Be aware that if you eat more food than your body needs for daily functioning, activity and cell maintenance, you will put on weight.

Regardless, to lose weight and be able to manage it you need to lose the amount of calories that you eat and also increase your levels of exercise. The power of your mind will enable you to exercise and burn calories, build muscles, keep you fit and energetic, increase metabolism and reduce your risk of major illnesses such as heart disease, stroke, diabetes and some cancers by 50% and lower your risk of early death by up to 30%. Exercise is healthy for both body and mind whether it is walking, running, swimming, cycling, or playing sports it should be enjoyable and fun.

In summary, more and more people are giving up diets more than ever before, they have come to a conclusion that diets don't work as more often people pile the weight back on after the dieting period. The truth lies behind the power of your mind and how to use that power to your advantage analysing what you eat and your activity levels. These are the only easy and proven ways to stay healthy, lose weight and manage it.

### **Benefits of this book**

- By reading this book you will learn how to access and use the power of the mind not only to make healthy choices but also to lose weight and maintain it. When you access the power of your mind, you access well being. By using self-hypnosis, visualization, meditation, positive thinking, positive statements and relaxation techniques.
- In this book you learn about healthy eating and its benefits, illnesses associated with un-healthy diets, losing weight, and maintaining a healthy weight.
- Furthermore in this book you will learn about exercising to stay healthy, lose weight and maintain the weight loss and also discover various exercises and their benefits to a healthy body and mind.
- And last but not least this book goes on to show you how self-motivation can help you to initiate the decision to make changes, help you to push through the challenges and achieve your goals be it losing weight, exercise daily or maintain your ideal weight.

## Why write this book?

My reason for writing this book is very simple, it's to show you how to stay healthy, lose weight and also be able to maintain it in a very easy, instinctive and natural way by accessing and working with your mind in a positive way, eating the right foods and exercising without having to spend your money, time and energy on diets and addictive toxic diet pills with plenty of side effects which don't work anyway!

It has come to my attention that a vast majority of books on the market about healthy eating and losing weight are aimed at drawing reading audiences towards writers' practices or surgeries, however this book is primarily focussing on giving you the power to help yourself, There is nothing more empowering and rewarding than taking control, you know why you are in this situation and its you who has the power to get you out of the situation, no one else. So take charge NOW.

I hope that you benefit from reading this book, find it informative and that it inspires you to achieve your goal. Remember that the power is in your hands to act now, trust that inner strength within you to carry you on to fulfil your utmost dreams and desires.

Thank you.

Josephine Spire

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