

**NEW YOU IN THE NEW YEAR**



Core Lesson #1  
**Finding Your FAT Triggers**

# Understanding Your FAT Programs

- FAT Programs: primitive survival mechanism we used for protection from environmental threats- famines & cold weather
- FAT = Famine & temperature, the main survival uses for body fat, from a genetic point of view

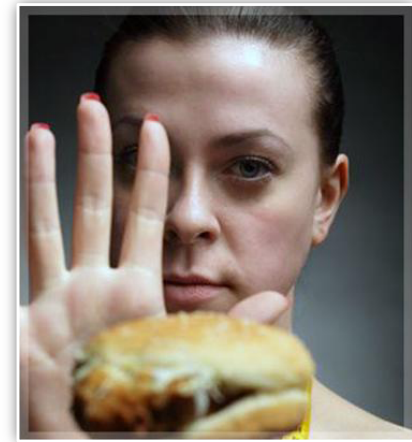


Thousands of years ago, we would...

Eat → Store Fat → Use Fat for Protection

# Fat is Your Body Protecting You

- In nature, you gain fat to stay warm in the winter, to store food in case of famine, and to be big to fend off predators
- We have primal genetics but are living in modern times
- Today, your body is confused by all kinds of different triggers



# 10 Most Common Fat Triggers

- Chronic Dieting
- Digestion Problems
- Nutritional Starvation
- Toxicity
- Sleep Apnea
- Past Trauma
- Medications
- Emotional Stress
- Lifestyle Stress
- Limiting Beliefs



# Chronic Dieting

- Restrictive dieting creates metabolic disorders
- Creates a tendency to gain, rather than lose, due to hormonal response
- You must eat your way thin, there is no other way
- Dieting makes you fat



# Digestive Problems

- Impaired digestion leads to metabolic disorders
- Poor digestion leads to poor assimilation of nutrients—so you crave more and more food
- Causes inflammation
- Stress can cause digestive problems
- Medication (antibiotics), chlorinated water, and exposure to toxins can also impair digestion
- Processed food & gluten can worsen digestion
- Impaired digestion and weight gain very often go hand-in-hand

# Nutritional Starvation

- Priority #1 for your body is to keep you safe
- If you lack essential nutrients, your body will crave more food to get them
- Modern food is micronutrient poor, calorie rich
- Your body craves more food, even past its energetic needs, if what you eat lacks essential nutrients
- Almost everyone needs to be concerned about nutritional deficiencies
- Our foods, water, and lifestyles make it difficult to get micronutrients w/o careful planning & perhaps some supplementation

# Toxicity

- Our modern world is filled with toxins
- Newborns enter the world with 200+ petrochemical toxins
- Most adults have 300+ toxins at any time
- Toxins can cause many health complications, but on a very basic level, they are inflammatory
- Inflammation leads to metabolic disorder, a hormonal imbalance where weight gain occurs



# Sleep Apnea

- If you're 50+lbs overweight, you must get checked for sleep apnea
- Everyone serious about weight loss must get serious about sleep
- Essential for increasing sensitivity to leptin & insulin, reducing inflammation, and reducing your stress response
- Just sleeping more can make a huge difference



# Past Trauma

- Bullying
- Sexual or physical abuse
- Attack
- A death or loss of someone
- Violence, threat of violence, fearful event
- “Big” can make you feel safe
- Trauma can also create emotional imbalances that lead to hormonal imbalances

# Medications

- Medications associated with weight gain include: insulin, birth control, cortisone, anti-depressants, pain killers, and even over-the-counter medications
- Almost all medications are treated like toxins, so some inflammation and hormonal imbalance can occur
- Be smart and be careful—always work with your doctor if you suspect a problem
- What to say: “I’d like to talk about reducing or even eliminating X medication... is that possible?”

# Emotional Stresses

- Personal relationship turmoil
- Financial worry
- Fear and anxiety of any kind
- Marital or family problems
- Loneliness
- Emotionally abusive relationships
- Loss of any kind



# Lifestyle Stresses

- High-stress job or family life
- Relocation (new home, new city)
- Impossible schedule, no free time
- Lack of personal space, poor living situation
- Loud/polluted work or home life
- Physically exhausting lifestyle
- Unfulfilling work or home life



# Limiting Beliefs

- Anyone can change their body and life
- The Gabriel Method has thousands of stories of “genetically fat” people who did just that
- If you believe you have bad genes, that you deserve to be fat, that you’re unlovable, unfit, or any other limiting belief—you’re wrong
- You must overcome these beliefs in order to be successful

*“If you think you can— you’re right. If you think you can’t, you’re also right!” - Henry Ford*

# Modern Stress Triggers

- 80% of people have emotional stress influencing their weight
- Most people also have more than one trigger
- There is no “magic pill,” this is a holistic, whole person approach to weight loss—so our approach is a 360-degree approach
- Let’s create positive spirals in all areas of life to heal, rejuvenate, and transform from the inside out



**“Dieting is like holding a volleyball under water... the minute you let go, it’s going to pop up, and go even higher than the level of water.”**

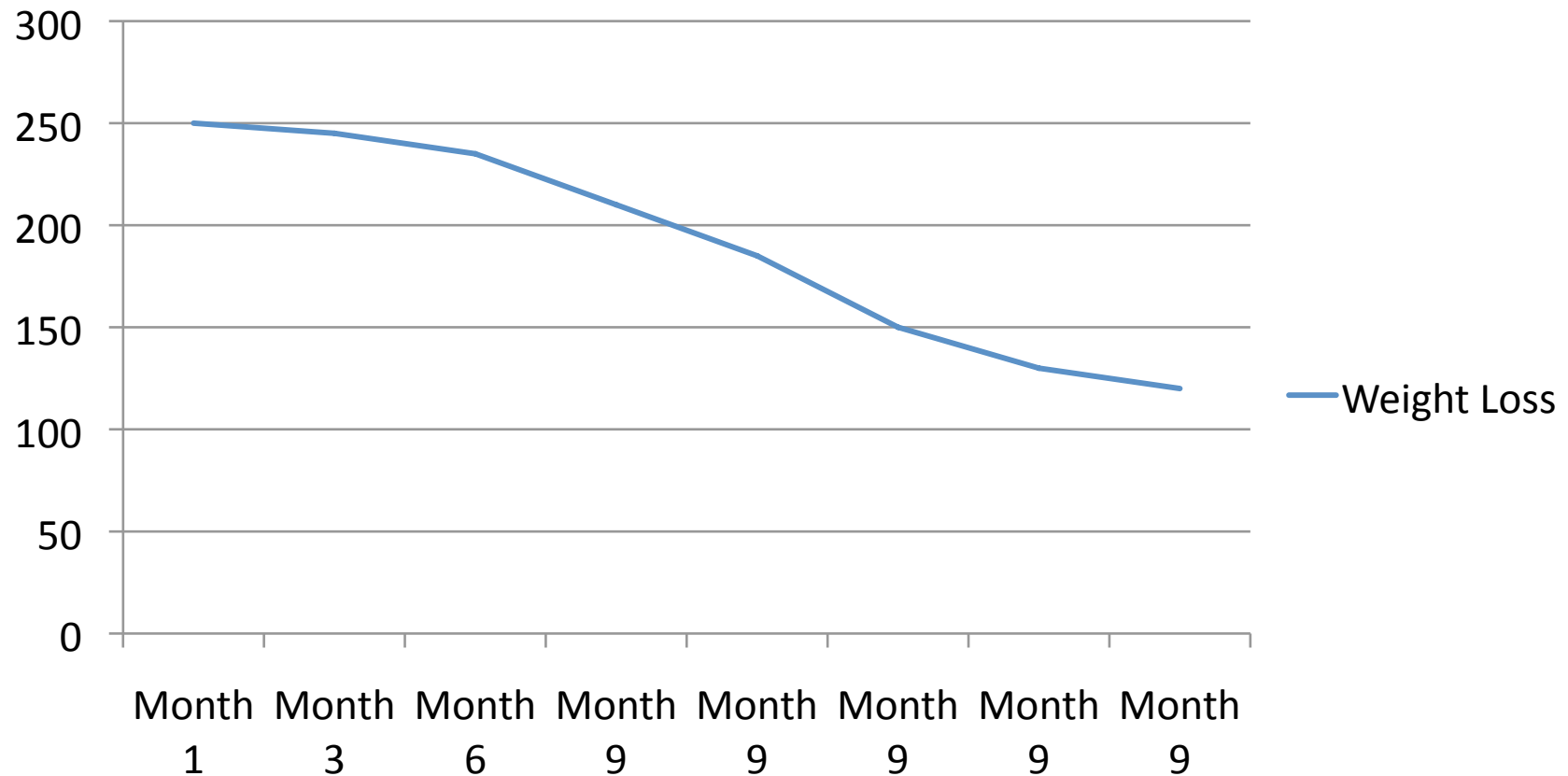
—Jon Gabriel



[www.TheGabrielMethod.com](http://www.TheGabrielMethod.com)

# Gabriel Method Path to Success

Slow at First, but Faster & Easier with Time



# Addressing FAT Triggers One-by-One

- Systematically, step by step, we will eliminate all these fat triggers, so your body wants to be thin
- We'll be addressing
  - Digestion
  - Stress & Emotions
  - Fitness
  - Mind-Body Connection



# When Your FAT Programs Are “Off”

- Once your FAT Programs are off, you naturally crave healthier foods.
- Digestion improves & everything creates a positive momentum
- Food is more flavorful
- More sensitive to sweet tastes (& don't crave sweets as much)
- Your energy is high, physical activity is fun
- Your body burns fat, rather than sugar, for energy
- You naturally eat less, but without effort or force
- Weight loss becomes enjoyable

# Start Visualizing Today

- Visualization is the foundation for The Gabriel Method
- Visualization is the best way to communicate with your body
- A morning and evening visualization is a must
- We'll slowly add in other visualization practices as well



# Visualization Helps You...

- Relieve Stress
- De-program any mental associations with weight and protection—you don't need the weight anymore
- Rewire your brain chemistry for success
- Establish healthy patterns of deep, restful sleep
- Create a mental foundation for totally body transformation



# Visualization: Missing Link in Weight Loss

"There's no substitute for visualization, and I can tell you, years down the road for me, my brain is wired so differently than it used to be, that the stresses that I had before, they just don't play up anymore..."



# Action Steps

- Morning visualization: Burn Fat Now.
- After visualization, drink 2- 3 glasses of warm water with lemon or apple cider vinegar
- Take probiotic supplement
- Drink glass of water before each meal
- Throughout the day, sprinkle flax or chia seeds on your food
- Shop at the farmer's market and health food store (see Shopping List on the members' site: Action Steps, Week 1)
- Eat meals with the Big 3. Add a salad to every meal if possible.
- Do evening visualization before bed.



# Eating “The Big 3”

- Live food: fresh, unprocessed, uncooked fruits & vegetables
- Omega 3's: fish oil, some nuts, flax/linseeds, chia seeds
- Protein: meat, fish, eggs, dairy, nuts and seeds and some combinations of vegetables.



# Gabriel Method Eating

Check out the e-Recipe book, included with this program.  
Healthy, tasty recipes, such as:

- Omelette Pizza
- Healthy Salad Dressings
- Live, Green Juice
- Almond & Orange Cake



# Shopping List

## Supplements

- ☐ Digestive enzymes
- ☐ Probiotics
- ☐ Unsweetened, unflavored whey protein powder

## Healthy Food

- ☐ Organic grass-fed or free-range meat, chicken, fish
- ☐ Locally grown, organic produce
- ☐ Unsweetened cocoa powder
- ☐ Nori sheets
- ☐ Himalayan salt crystals

## Alternative Sweeteners

- ☐ Stevia
- ☐ Coconut palm sugar
- ☐ Xylitol

## Superfoods

- ☐ Chia seeds/Flax seeds/linseeds
- ☐ Fresh Wheat Grass Juice

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