

Super *Summer Body*



Super Foods are the nutritionists' secret to losing weight and feeling fabulous, all year round.

You're dreading it: summer that is! It's just around the corner. You know you should be so happy to be shedding those winter layers of clothing to allow your skin the pleasure of being warmed by the sun. But you're not. You're more worried about those winter layers that aren't easy to shed. You can't face

the thought of bearing your body to the world again. What do you do?

The colder winter months often offer a false sense of security as they make it easier for us to ignore what is happening to our bodies. We can hide away behind those winter layers and no one really can tell what is going on. Winter is such a perfect time for hibernating that it almost feels acceptable to "bulk up" over winter. But with summer creeping around it only becomes harder to hide the truth away.

Shed those winter layers

Once spring starts to pop its head around the universal corner and the light and warmth start to shine through, it illuminates the fact that we can't ignore anymore what is truly happening to our bodies. Once summer springs into life then there is no chance for hiding away at all.

Summer is a time for all defences and protection to be dropped. Now let me explain what I mean, for I am in no way encouraging reckless and irresponsible action. Summer is a time to be out in the light. Time to celebrate life. Time to reveal in the enrichment of this amazing world we live in. A time to be out there loving yourself, those around you and life overall. Summer is a time for you to emerge out of your winter hideaway and reflect the magnificence of who you truly are.

So how do you do this? Because you don't want to take the winter shell into summer. You want to leave it behind for once and for all.

You want to burst out of your cocoon with style and grace. Look and feel great

in a way that you have only imagined. To achieve this, it requires a new course of action. If whatever you have been doing is only causing you to gain weight or stay emotionally stuck where you are then it's time to do something different.

Ditch the diet cycle

There is so many diets, supplements and exercise programs out there, all promising to assist you to lose weight, and keep it off for life, that it can feel overwhelming and difficult to decide what action to take.

So if you would like to take some action that will make a huge difference to how you look and feel then you can take one simple and easy step.

That simple and easy step is to start eating. Yes you heard me, start to eat. I'll say it again – eat!

You might say, "But I do eat. That's the problem. I eat too much of what is not good and not enough of what I am meant to. But I just can't seem to make the shift. I dread the thought of cutting back on my food because I only end up feeling ravenous and deprived. Then I break out of my diet and gain the weight back."

The problem for most people who are constantly trying to lose weight and keep it off is the dread they feel of having to "cut back" on food. It is so unappealing because of how we feel when we don't eat enough food. It can get to the point where we would rather be overweight than feel starved. Therefore, we remain stuck.

Eat first, cut later

So how do you by-pass this issue for once and for all? It is possible to cut back and not shift into the "starvation zone" so that you feel sensational while you are losing weight. You can keep going on your new eating plan for the rest of your life, looking and feeling great forever.

What you need to do is add good



food to your eating plan first until you feel nourished enough to start to cut out the foods that are causing your weight gain. The trick is to add good food first and then cut out the not so good. This is completely opposite to what most diets ask you to do. They ask you to “cut out” and just try to keep going. Eventually, the overwhelming need to eat – the need for nourishment – takes over and you are forced to eat outside of your diet. Thus, “breaking” your diet, making you feel like a failure and, more often than not, causing you to stop the diet altogether.

Super Foods

The foods you should add to your eating plan are not your everyday standard items. Nor do you get them in the drive-through! The foods you need to add are called Super Foods.

Super Foods are foods high in wonderful nutrients. They are those foods like wheatgrass, barley grass and chia seeds to name a few. Super Foods contain all the nutrients your body needs to feel fully nourished and satisfied. They are also so low in calories that no matter how much you add to your eating you never overdo the calories. So you never have to worry about gaining weight by eating Super Foods.

How do Super Foods work?

The Super Foods work with the intrinsic intelligence of your body to ignite and build a magnificent look and feel from the inside out. The more Super Foods you have, the more your body can lose its dependence on normal, everyday food and rely on the Super Foods for its nourishment. Then, step-by-step, you can let go of those foods that are causing you to look and feel terrible without having to worry about feeling starved.

So how do you get started introducing the right blend and combination of Super Foods into your eating to get the best results for you? Firstly, get some help



from a nutrition expert. A good nutritionist, naturopath or your local health food store will help you to decide what blends, combinations and amounts are best for you.

Secondly, make sure you commit to having your Super Foods three times a day before meals. This gives your body the best possible chance of having all the nutrients



10 Super Foods to keep you looking fab

1. Wheatgrass
2. Barley grass
3. Chia seeds
4. Acai berries
5. Goji berries
6. Raw cacao
7. Spirulina
8. Rye grass
9. Oat grass
10. Raw macca

it needs to feel and look the best. Your body feels more and more nourished and more relaxed. A relaxed and happy body does not crave rubbish food nor does it drive you to overeat. Therefore, it makes it much easier for you to eat only the amount of food that is right for you. The Super Foods will also keep you so nourished that between

meals you won't feel like snacking. So the mid-afternoon munchies disappear! Perfect!

Finally, make sure you stick with your new plan of eating for a good three months. Give your body a chance to adjust to the influx of super nutrition as it creates its new masterpiece – you. Just as Rome wasn't built in a day, neither will your new “super” body. But super meal by super meal and you are well on your way to living your ultimate weight loss success for once and for all.

The more you nourish and sustain your body without adding excess calories (and

before you start to cut out certain foods) then the more easily you will be able to lose weight successfully. And you'll be on the path to building yourself a look and feel that you've never before experienced. The old adage is true, you are what you eat, so eat in a super way and you will never need to hide away behind those winter layers again.

Joanne M Prior
'Think Yourself ... Successful'