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**The 7 Secrets of
Naturally Slim Women**



Contents

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- Secret no. 1 They eat regular meals
- Secret no. 2 They enjoy every mouthful
- Secret no. 3 They've tamed their inner critic
- Secret no. 4 They acknowledge they have a need for pleasure
- Secret no. 5 They sleep well
- Secret no. 6 They don't have food rules
- Secret no. 7 Their blood-sugar doesn't yo-yo up and down

The 7 Secrets of Naturally Slim Women

I'm sure that you, like me, know the struggles of emotional eating eating only too well. But what is the opposite – let's call it natural eating – like?

There are some people who seem to have already found the secret of natural eating.

We all know at least one friend who just seems to have an enviably easy relationship with food. They're completely carefree about it all. They can eat whatever they want, whenever they want... and yet the really astonishing thing is that *they rarely put on a pound of excess weight*.

I started researching *The 7 Secrets of Naturally Slim Women* after many years of yo-yo dieting because I was so interested in people who appear to remain enviably healthy, slim and full of vitality without any struggle at all – not because they rigidly control everything that passes their lips, or because they count every gram and calorie, but quite naturally, effortlessly and easily.

Are they aliens? Robots? What?

No, they are Naturally Slim Women. Women who have such a great relationship with food, with their bodies, and with their natural, healthy instincts that they don't even have to think about it anymore.

They'll enjoy a meal, even enjoy cake or a biscuit, then put it out of their mind completely. And if they do put on a few pounds – over Christmas or on holiday, say – they don't need to worry, because they know their natural nutritional eco-system will right itself over the next few weeks without them having to do very much about it consciously at all.

So, do they have different genes from the rest of us? Do they have faster metabolisms? Are their hormones different from ours?

No – the answer isn't in their genes or their metabolisms, it's in their minds. They simple think differently about food and eating.

If they seem relaxed about what they eat, that's because they actually *are* more relaxed about it.

And that is the secret key to their success.

Because those of us who struggle with our weight tend to be much more preoccupied with food – and it's not that we're preoccupied with food and dieting *because* we're overweight. It turns out that it's the exact opposite - we're overweight precisely because we're preoccupied with food and dieting.

We focus constantly on how much we eat or don't eat, how often we eat, whether we've eaten 'good' foods or 'bad' foods, whether we 'deserve' certain foods. In short, while Naturally Slim Women don't give food much conscious thought at all. We, in contrast, *never stop* thinking about it!

What's going on? How are Naturally Slim Women doing it? And can we do it too?

Read on to find out what the 7 secrets of Naturally Slim Women are, and how you can adopt them for yourself and integrate them into your life and start thinking and feeling like a Naturally Slim Woman.

Secret No 1: They eat regular meals



They eat regular, scheduled meals – whether it's five small meals or three regular-sized ones of breakfast, lunch and dinner, it's planned and expected.

They don't think about it, they just do it. Which means that their blood-sugar levels and hunger-hormones are always on an even keel – gradually and gently declining between meals in a tolerable way, and not swooping up and down on a roller-coaster hunger ride.

It also means that when they do feel hungry, it comes on gradually, not urgently, and they can live with it comfortably because they know a good meal is not that far off.

They don't:

- Skip breakfast then eat biscuits and cake mid-morning because they're hungry
- Binge, and then skip meals to make up for it
- Get so famished that they eat too quickly for their hunger-hormones to be satisfied and consequently over-eat
- Skip meals to 'be good' – then pick all afternoon
- Unconsciously eat more at a meal because they aren't sure when the next one will be

You can do it too:

- Plan your meals ahead of time so you know when and what you're going to eat
- Shop for healthy, nourishing food and keep the fridge and larder well stocked so there's always something healthy to hand
- Eat breakfast – foods high in protein such as eggs and natural yoghurt keep blood-sugar level better than carb-heavy or sugary foods such as cereals or toast
- If you snack, just re-set and have your next meal as normal – your body may take a bit of time to trust that a meal *is always* on the way
- If you feel really hungry, eat an apple. If you don't fancy an apple, you're not hungry – you're eating for some other reason, possibly an emotional one.

Freedom from Emotional Eating hypnotherapy puts you back in touch with your own hunger and appetite, so that you can naturally self-regulate your eating patterns - without ever needing to overeat.

Secret No 2: They enjoy every mouthful



Far from being indifferent to food, Naturally Slim Women really enjoy their food. Some of them are even total foodies.

That's the point, though – they eat mindfully, savouring the flavour, texture, appearance and fragrance so that a meal is a fully satisfying experience. They enjoy the more subtle things too, like the ambiance and social interaction of a shared meal.

They don't:

- Eat secretly, hurriedly or guiltily
- Pretend to themselves that 'it doesn't count'
- Eat a whole packet of biscuits mindlessly without even noticing they're doing it (this is my own guilty confession here, btw!)

You can do it too:

- Slow down and really experience what you're eating – look, touch and smell as well as taste
- Experiment and seek out new things - expand the range of foods you can enjoy
- Relax – whatever you're eating, take time to enjoy it
- If you're having a biscuit, take one from the packet, put the packet away, eat the biscuit with full appreciation. If you want another one, do the same thing again. Don't leave things where you can just dip into them mindlessly

Freedom from Emotional Eating hypnotherapy puts you back in touch with the natural, healthy pleasure of eating - so that you can eat mindfully, without cravings or binges.

Secret No 3: They've tamed their inner critic



They don't have that inner voice that tells them that they're greedy, weak-willed, a failure... they just *don't have it*.

They don't feel guilty or ashamed if they eat chocolate or cake or crisps. Naturally Slim Women know that they aren't always saints, but so what?

At most, they may acknowledge that it wasn't the healthiest choice, but they enjoyed it (see Secret No.2, above) and don't feel they need to beat themselves up over it – and they don't feel that they've 'blown the diet', so may as well eat even *more* chocolate or cake

They don't:

- Punish themselves
- Feel so bad that they need more comfort food to help themselves feel better
- Judge their self-worth by what they eat
- Feel shame about enjoying a treat – however 'unhealthy'
- Turn the odd indulgence into a great excuse to binge-eat

You can do it too:

- Stop labelling food as 'bad' or 'good' (see Secret No 6, below)
- When your inner critic starts up, take a mental step away from it and say, 'I don't agree.'
Just that – don't try and argue or reason with it, just say, 'I don't agree.'
- Practice being kind to yourself at every opportunity

Freedom from Emotional Eating hypnotherapy will quieten that nagging, critical voice, so you can relax and enjoy food again – naturally and effortlessly, without ever feeling weak-willed or a failure.

Secret No 4: They acknowledge that they have a need for comfort and pleasure



Far from beating themselves up, Naturally Slim Women acknowledge that there are times when, like all of us, they need a little comfort or pleasure. It's just that they don't automatically rely on food to provide it, and when they do, they make sure they focus fully on the enjoyment and don't feel guilty about it (see Secret No 2, above).

They don't:

- See the desire for comfort as a sign of weakness
- Deliberately deprive themselves of pleasure in order to 'be good'
- Expect a single pleasure, ie chocolate, to be the cure for everything

You can do it too:

- Expand your range of comforts and pleasures as widely as possible – make a list
- Indulge yourself when you need to – without feeling guilty
- Deliberately plan regular pleasures into your life – look forward to them and enjoy them fully
- Have go-to comforts that don't depend on food – escape into a good book, nap on a cosy blanket, enjoy a hot, scented bath, go out and smell the roses

Freedom from Emotional Eating hypnotherapy helps you to relax and enjoy life again and find real, lasting pleasure – without guilt or shame.

Secret No 5: They sleep well



Naturally Slim Women make sure they usually get a good night's sleep, so their hormones aren't all over the place. Good quality sleep means that they have increased levels of appetite-suppressing hormones like leptin, and lower levels of the appetite-boosting hormone ghrelin.

They don't:

- Put up with poor sleep
- Use sugary snacks to give themselves an energy boost

You can do it too:

- Make your sleep a priority - there is plenty of advice about good practices that can help you to sleep better
- Avoid high-sugar foods and alcohol near bed-time - both can interfere with sleep patterns
- Over-eating late in the evening can make you feel uncomfortable and disrupt sleep, too
- If you do feel tired, don't use sugar to give you an energy spike – drink a glass of water, get some fresh air or go for a short walk to clear your head instead

Freedom from Emotional Eating hypnotherapy includes a bonus sleep recording to send you off to dreamland while subliminal affirmations continue to motivate and inspire you – freeing you from those hormonal highs and lows.

Secret No 6: They don't have food rules



You know the sort of thing – no carbs, no dairy, only green vegetables, low-fat or no-fat, chew everything forty times, no eating after seven pm...

Food rules mean that you're always having to think about food – always having to judge what you eat, decide if it's 'good' or 'bad', 'sinful' or 'allowed'.

In contrast, Naturally Slim Women listen to their bodies, rather than reading the latest diet manual. They naturally tend to eat when they're hungry, have what they like, and stop when their hunger is satisfied, without needing to have any set rules about any of it.

There are no 'bad foods' or 'good foods' in their eyes, so they don't restrict food or food-groups and consequently don't have nutritional deficiencies that can lead to cravings.

They don't:

- Divide food into good/bad, allowed/forbidden categories
- Give much attention to food beyond whether they like it or not, or it makes them feel healthy
- Read diet books
- Follow dietary fads

You can do it too:

- Listen to your body
- Eat real food, not specially manufactured diet foods
- Eat as wide a range of food as you possibly can
- Search out and experience new foods as often as you like – find out what's *right* for you, rather than what's good or bad

Freedom from Emotional Eating hypnotherapy reconnects you to your own natural healthy-eating instincts for your complete health and wellbeing – physically, mentally and emotionally – so there are no complicated rules for you to fail at.

Secret No 7: Their blood-sugar doesn't yo-yo up and down



Naturally Slim Women don't have sugar cravings. It's not because of their genes, or their metabolism – it's because their blood-sugar is stable.

How do they do it?

One of the biggest problems with emotional eating and comfort eating is that it often includes high-sugar foods.

The trouble is, when we eat sugar (or highly processed carbohydrate) it doesn't need much digesting. It passes quickly and easily from the stomach into the blood-stream and our blood sugar rises very rapidly. The body produces insulin to lower it, but, because of the rapid rise, over-reacts and produces too much, causing our blood-sugar to become way too low. And guess what – because of that low blood-sugar we feel hungry and crave sugar and off we go all over again.

This roller-coaster of sugar highs and lows can leave us constantly craving sweet snacks with an intensity that can almost feel like an addiction. It make us obsessed with finding something sweet to eat, sometimes to the point where we have secret stashes of emergency sweets and chocolate because we fear suffering those cravings.

While Naturally Slim Women enjoy the odd sweet or chocolate, they wouldn't describe themselves as having a 'sweet tooth' because they seldom experience real sugar cravings.

They don't:

- Eat large amounts of sugar-rich foods in one go – whole bars of chocolate, whole packets of sweets or biscuits
- Treat sugar lows with more sugar
- Substitute sugary snacks for proper meals

You can do it too:

- Break the roller-coaster cycle if you fall into it – don't treat a sugar craving with more sugar, eat a piece of cheese, for example, instead
- Keep your blood-sugar stable with regular, healthy meals
- Enjoy chocolate only after you've had a good meal – digestion will be slower and the sugar-spike lower

Freedom from Emotional Eating hypnotherapy also gives you a bonus e-book with lots of hints and tips on natural, healthy eating, helping you to keep your blood-sugar stable - freeing you from those desperate cravings.

Start Your Seven Secrets Today

You too can begin to be a Naturally Slim Woman, starting today. Make small changes now that will lead naturally to greater changes over time. Pick one thing to make a start - add another, then another, until you are living your Naturally Slim Life naturally, effortlessly and instinctively:

- Eat regular meals
- Eat mindfully
- Choose real food from a wide range of options
- Be kind to yourself
- Get a good night's sleep
- Get off the sugar roller-coaster

Most of all, find room for lots of other pleasures in your life – not just food.

One More Secret – The Real Secret

Wouldn't it be wonderful to just **be** a Naturally Slim Woman? Without any effort or fuss?

Somehow, Naturally Slim Women have found the 7 Secrets to being a natural eater - and enjoying relaxed, pleasurable eating - all by themselves. But every one of us was born with natural instincts about what we need and how to look after ourselves. The **real** secret is that we are all naturally like this, and we can all have a calm, carefree, untroubled relationship with food and with eating.

It's absolutely true – deep down, underneath all the things we've been told, all the things we believe, and all the conditioning we've received about ourselves and about food and about how we should eat – we are all natural eaters and still have our own natural, healthy eating instincts. They're all still very much intact and ready to blossom. All they need is the right help and encouragement.

Underneath all the misinformation and uncomfortable conditioning

We are all Naturally Slim Women

Don't you deserve to be a natural eater and have the relaxed, confident, easy relationship with food, with your body, and with your life that you were born to enjoy?

Contact me today to find out how you can free yourself from emotional eating

hello@carolyntaylor.co.uk

You can be on your way to achieving the same great results as these clients:

"Food is no longer taking over my life!!! It's actually quite liberating. Every mouthful of food really does seem to have more satisfaction and enjoyment than before." G. B from Bristol

"I have lost 15kg without any conscious effort and I'm delighted by my changed responses to food. My GP had me in for a check-up and she's very happy with the changes I've been making." Y. L from North Somerset

Just imagine a life with NO MORE DIETING. They've done it, and now you can too.