



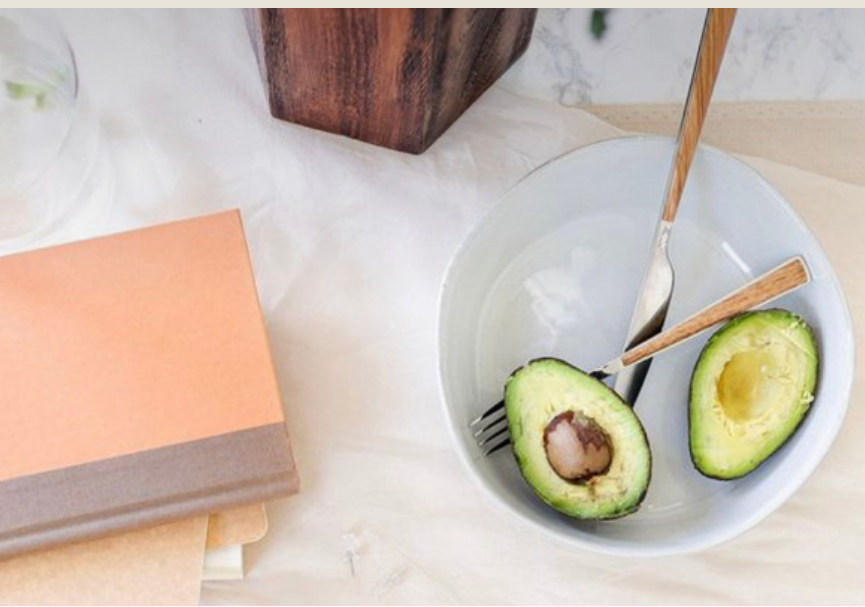
HEAL TO GROW



HOLISTIC

Weight Loss

GUIDE



NEED *to* LOSE WEIGHT?

Have you tried all the fad diets in the market and you still weren't able to keep the weight off? Do you feel your weight is stuck even after putting so much effort? Do you feel shame and guilt for not trying harder?



Well, I'm here to tell you that you've been misled and taught wrongly that the secret to weight loss is to eat less and exercise more. **NEWS FLASH** – our bodies are **NOT** a calories-in-calories-out math equation. However, human biology and metabolism are far more complex than that!



HOLISTIC WEIGHT LOSS *what?*

It's an approach that takes into consideration the many factors that can cause a person to carry around extra weight – physical, mental, emotional and spiritual aspects that play a huge role in reaching and maintaining a healthy weight. Successful—and most importantly, sustainable—weight loss occurs when we address the ROOT issues causing the body to store excess fat. Resolving underlying causes of blood sugar and hormone imbalance, inflammation, gut health, liver function, and micronutrient deficiencies is essential to helping the body release extra weight and keep it off. Real weight loss comes when you're not at war with your body—no more restriction and deprivation. Instead, you will be lovingly convincing your body the war is over and gently encouraging it to burn fat naturally and effortlessly.

CORE PRINCIPLES

for weight loss



Did you ever just get a feeling—maybe something in your body that tells you something is wrong or just not right? Or maybe it gives you hints of unending happiness, joy, and earth shattering love?

If we would stop giving so much power to the mind, the ego, and just sit still and tap into our body's wisdom, we'd experience a healing power so great that it could prevent or reverse illness, disease, hate, self-loathing, and perfectionism.

In order to achieve and manage proper weight loss, you must trust yourself and your body to get you through. The core principles for weight loss are essential in understanding that your body is a vehicle taking you on a journey to achieving greater health and happiness.





01. YOUR BODY IS A MIRACLE

Your body is the miracle that can heal itself if given half a chance. You have to be ready and willing to give your body the chance to heal otherwise there's nothing you can do to achieve the change. Just as you trust your body to heal a skin wound or a bruise, trust it to heal you from the inside out.

02. YOUR BODY HAS AN INTELLIGENCE

Your body has an intelligence that allows it to grow. You've grown from a fetus to a baby to a child and to being an adult. The heart beats on its own, the lungs fill you up with air. You are what you eat including the food you eat, the drinks you drink, the air you breathe and the thoughts you think.



03. YOU HAVE POWER IN YOUR CHOICES

You have the building blocks you need to take the power back from doctors, prescription pills and into your own hands. Health is a choice, healthy weight loss is a choice and the only person that can really save you is **YOU**. No one can eat, feel, or do your exercise for you. It is up to you to choose the choices that are good for you. It is a bio individual matter so tune in and listen to your body.

04. YOUR CELLS ARE LISTENING

Your intelligence cells are you eavesdropping on you all the time. Fearful stress cells behave differently than healthy happy cells. Truly feeling healthy and happy could have cells behave in a kind manner to you. You have to come from self-love not self-loathing. Love yourself enough to live healthy lifestyle.



05. FOCUS ON WHAT YOU WANT

Focus forward and don't get stuck in the past. Focus on what's working and stop complaining; find something to appreciate such as your hair, your nails, your heart beating. Don't compare and despair; you can't judge your journey to anyone else's because you don't know all the truth but it's OK to be inspired. All the power is in your **NOW**.

06. EASE INTO IT

Be easy about it and take baby steps in the right direction. Appreciate your body and allow that to grow. Focus on what you can do listen to your body and let it teach you how to be good for you.



07. WHEN YOU KNOW BETTER

When you know better, **YOU CAN DO BETTER.**

When you shift our identity, it becomes sustainable and you avoid self-sabotage. It's not about being perfect. Progress always over perfection. The people who have successfully lost weight have gained a lot more in the process.

Progress
over
perfection



TIPS FOR HOLSITIC WEIGHT LOSS

Drink Water

Hunger is often confused with dehydration. Next time you feel like a snack, have a glass of water. Even mild dehydration can alter your body's metabolism. Adding a lemon squeeze or apple cider vinegar to your water before meals can also aid digestion. Studies show people who drink two glasses of water before meals feel fuller and eat less.

Eat Real Carbs

Replace refined carbohydrates like white bread, pasta, bagels with complex carbohydrates from fruits, vegetables, whole grains, nuts, seeds, and legumes. Fruits and vegetables are high in fiber which slows digestion and promotes stable blood sugar levels. They're also packed with antioxidants which help reduce inflammation in the body.



Aim for 8 glasses of water per day.

Limit soda, caffeine and alcohol consumption.

Always choose whole grains over refined grains.



Choose Healthy Fats

A common misconception is that fats should be completely eliminated. In reality, we couldn't live without fat. The body utilizes dietary fat for energy, hair, skin and nail health, vitamin absorption, and every bodily function. Good fats protect against heart disease, cancer, Alzheimer's, and depression, reduce blood pressure, and lower cholesterol. Choose nuts, seeds, fish, avocado, and extra virgin olive oil.

Emphasize Lean Proteins

Our bodies require protein for cell growth and renewal, blood sugar stabilization, and energy. We're literally made out of the amino acids that make up protein. Many foods contain protein, but the richest sources are animal products like meat, dairy, eggs, and fish, and plant sources like beans, nuts, and seeds.



**Try to choose grass-fed
bee and range free
chicken.**

**Organic yogurts and cage
free eggs.**

**Vegan options include
tofu and tempeh.**



Eat Breakfast

By eating a hearty breakfast, you'll jumpstart your metabolism and reduce cravings. When we skip breakfast, by mid-morning we're hungry and more likely to overeat. Studies repeatedly show eating breakfast is associated with maintaining a healthy weight. If you're not ready for breakfast first thing in the morning, listen to your body and eat as soon as you can.

Exercise Your Body and Mind

Exercise leads to decreased body weight, smaller waist circumference, lower resting heart rate, healthy blood pressure, and improved mood. Aim to be active at least 30 minutes every day to help keep your body stay strong and lean. It doesn't have to be expensive – any movement is better than none.



Take the stairs instead of elevator.

Walk with a friend or the dog or even run around the kids.



**Strive for 7–8 hours of sleep per night!
You will tend to eat and weigh less when you do that!**

Get Proper Sleep

Research suggests that those who sleep five hours or less weigh five pounds more than those getting at least seven hours of shut eye per night. Lack of sleep disrupts circadian rhythms and can lead to fatigue, low metabolism, and overactive appetite. Abnormal leptin and ghrelin levels – hormones that tell your body “I’m full, stop eating” – can go awry with too little sleep.

Stress Less

Stress may cause weight to increase in two ways. First, when stress hormones are triggered, the body becomes more effective at storing fat. The second way is emotional – stress tends to cause people to seek comfort, often in the form of food. In fact, the more stressed you are, the more you may be drawn to fatty, sugary foods. So not only are you more drawn to nutrient-poor foods when stressed, but your body is also more efficient at turning them into fat.



- Reading books
- Connecting with others
- Creating art
- Deep breathing
- Exercise
- Journaling
- Meditation • Yoga
- Music • Time in nature



Love More

Sex makes your skin glow better, Oxytocin is released during sex which is an antioxidant and an anti-obesity hormone that's why being in a good relationship is healthy. You can easily burn 200 calories during 30 minutes of sex. Oxytocin is also released when you cuddle or hug someone you love, so give out free hugs to your loved ones too.

Nurture Yourself

Take time for yourself and do something special for YOU. This has shown to have emotional and physical benefits. For example, massage bubble bath, manicure, sauna, facial etc. You need to take care of yourself daily to be able to take care of everyone around you.

do it for you
not them

TRUST THE PROCESS

get the outcome



Progress
over
Perfection



Trust your body

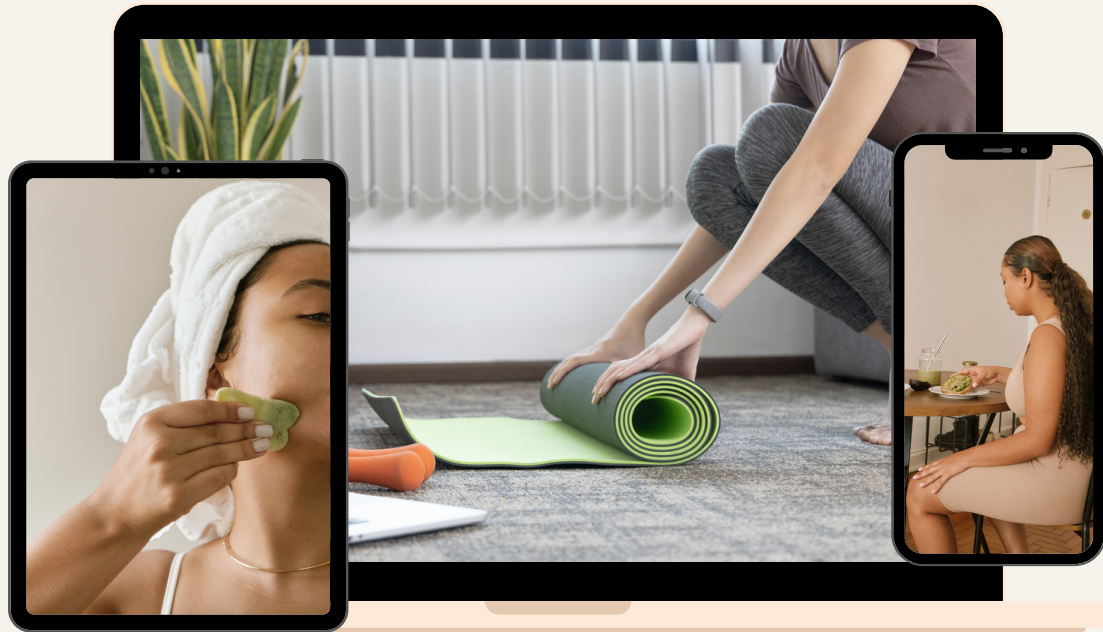


*Health is a
journey NOT a
destination*



*Eat well, sleep
right, stress less
and lose weight!*





JOIN MY 12 WEEK *Wellness Program*

Are you ready to trust your body and make long lasting change? Do you feel empowered enough to take control of your lifestyle choices? If you're still hesitant to answer, I've got you!

I know that information is not transformation and that's why I'm here to help you out. In my 12 week wellness program, I will be guiding and supporting you to make the right choices for greater health and happiness!

SIGNUP NOW





Hi There!

I'M LAMA

I'm a certified Integrative Nutrition Hormone, Health and Wellness Coach and founder of Heal to Grow.

A few years ago, I was diagnosed with Hashimoto's Thyroiditis, IBS and I was suffering from an array of debilitating symptoms.

I didn't feel like myself. I was lost, depressed, anxious and had no energy to mother my new born daughter.

I became passionate about searching for the root cause of all my health issues and realized that my body was struggling to go back to balance.

I learned how to nourish my body, how to move and exercise in a more mindful way, and how to manage stress. Slowly, I was able to put all my health issues into remission. And now I want to help you do the same!

Follow me on [Instagram](#) for free content, daily tips and ways to optimize your hormone and gut health. Visit my [website](http://www.healtogrow.net) www.healtogrow.net to learn more about my work and programs.