

FREE EBOOK ON BODY IMAGE & WEIGHT LOSS

EMBRACING HEALTHY HABITS FOR WEIGHT LOSS & REWRITING THE
NARRATIVE



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In a world that often promotes unrealistic beauty standards, it's easy to feel overwhelmed by body image and weight struggles.

However, by developing a stronger sense of self and understanding the factors influencing our experiences, we can pursue a healthier body image and sustainable weight loss.

In this guide, we'll explore three key areas to help you achieve balance, peace, and lasting weight loss success:

1. Body Image
2. Mind-Body Connection
3. Balancing Blood Sugar



Book your FREE 1-hour consultation now!

My personalised approach combines transformative coaching with dietary changes. To schedule your FREE 1-hour coaching call, click below.

Let's begin a journey to uncover conditioned patterns and limiting beliefs that hinder your progress. We'll also delve into your health concerns and eating habits.

During our free consultation, I'll provide you with valuable insights and top tips, along with straightforward and effective changes you can begin implementing right away.

Becc x

CLICK HERE



STEP 1- UNDERSTANDING NEGATIVE BODY IMAGE

Negative self-body image refers to the perception and evaluation of one's own body in a critical and often unfavourable way. This distorted perception can have profound effects on our experiences and overall quality of life. When we view ourselves through the lens of negative self-body image, it becomes challenging to see beyond our physical appearance. Our thoughts become consumed by self-judgement and comparison, leading to feelings of inadequacy and low self-esteem.



To overcome negative self-body image, it's crucial to recognise that our experience of ourselves and the world is shaped by layers and layers of conditioning, thought patterns, beliefs, and behaviours. By becoming aware of these influences, we can begin to separate our identity from societal expectations and cultivate a more authentic and accepting relationship with our bodies.



Rediscovering your true self goes beyond physical attributes. It is about connecting with the qualities that make you who you are, such as presence, ease, joy, and wisdom. By focusing on these aspects, you can develop a healthier body image based on self-acceptance, self-care, and self-love.

STEP 2 -UNDERSTANDING THE MIND-BODY CONNECTION

Understanding the Mind-Body Connection and Emotional Eating.

The mind-body connection refers to the intricate relationship between our thoughts, emotions, and physical well-being.

When it comes to weight management, understanding this connection is crucial for long-term success. Emotional eating, in particular, can significantly impact our eating habits and body weight.

Emotional eating occurs when we turn to food as a way to cope with our emotions, rather than in response to physical hunger.

Stress, anxiety, boredom, loneliness, and other emotional triggers can lead to mindless eating and over-consumption of unhealthy foods. By becoming aware of our emotional eating patterns, we can develop alternative coping mechanisms and adopt healthier strategies for managing our emotions.



"The body's symptoms are messengers trying to tell us something important about our emotional state."

GABOR MATE



THE MIND-CONNECTION CONTINUED...

To overcome emotional eating, it's important to:

- Recognise emotional triggers: Pay attention to the situations, emotions, or thoughts that tend to trigger your emotional eating. Keeping a food diary or an emotional journal can help you identify patterns and gain insight into your triggers.
- Find alternative coping mechanisms: Instead of turning to food for comfort, explore other ways to manage your emotions. Engage in activities that bring you joy and help you relax, such as practicing yoga, going for a walk, journalling, or talking to a supportive friend or therapist.
- Develop a healthier relationship with food and emotions: Cultivate a mindful and intuitive approach to eating. Listen to your body's hunger and fullness cues, and eat for nourishment rather than emotional fulfillment. Recognise that food serves multiple purposes in our lives, including survival, comfort, socialisation, and emotional support. Finding a balance that honours both your physical and emotional needs is key.



"Resilient strength is the opposite of helplessness. The tree is made strong and resilient by its grounded root system."

PETER LE



BALANCING BLOOD SUGAR FOR WEIGHT LOSS

Balanced blood sugar is a key factor in achieving sustainable weight loss. When our blood sugar levels fluctuate wildly, it can lead to cravings, weight gain, energy crashes, and overeating. By maintaining stable blood sugar levels throughout the day, we can promote a more consistent energy supply, reduce cravings, and support weight management. Here are three top tips for balancing blood sugar:

Tip 1: Incorporating low glycemic load carbohydrates into your diet: Low glycemic load foods are digested and absorbed more slowly, resulting in a gradual rise in blood sugar levels. Examples of low glycemic load carbs include; butternut squash, beetroot, carrot, quinoa, lentils, beans, brown rice & wholemeal bread.



*1/4 protein (eggs, fish, lean meat, fish, tofu)
1/4 slow releasing carbohydrates
1/2 plate of green veg*

BALANCING BLOOD SUGAR

Tip 2: Understanding portion control and meal timing: Aim for three main meals and two to three healthy snacks to maintain a steady supply of energy and avoid extreme hunger or overeating.

1/4 Protein

1/4 Slow releasing carbohydrate

1/2 Green Veg



Tip 3: Including protein, healthy fats, and fibre in your meals these play an important role in blood sugar regulation and satiety. Including sources of these nutrients in each meal can help slow down digestion, stabilise blood sugar levels, and keep you feeling full and satisfied for longer. Good sources of protein include eggs, lean meats, poultry, fish, tofu, nuts/seeds and legumes. Healthy fats can be found in avocados, nuts, seeds, and olive oil. Fiber-rich foods include fruits, vegetables, whole grains, and legumes.

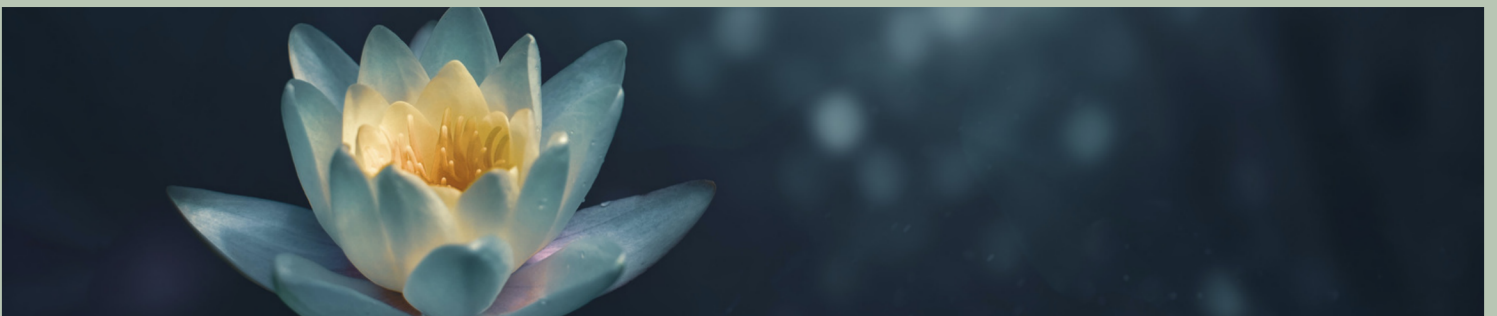
Stick to 80/20 principles. 80 % of the time you are healthy & 20% of the time you allow yourself what you want.

JOURNALLING IS A GREAT WAY TO PROCESS YOUR EMOTIONS

Be kind to yourself throughout your weight loss journey. Remember that change takes time, and setbacks are a natural part of the process. Treat yourself with compassion and practice self-care activities that promote overall well-being, such as getting enough sleep, engaging in regular physical activity, and nurturing positive relationships.

Here are some important questions to ask yourself.

- Is your focus based on insecurity about your body weight? or from a healthy place?
- What triggers your to over-eat, restrict food? (loneliness, boredom, stress, social anxiety)
- Can you start to allow yourself to connect to your body, feeling any sensations or discomfort?
- Write three positive things you like about your body?



Congratulations ! You completed the Ebook. By adopting a more grounded sense of self, understanding the principles of balanced blood sugar, and exploring the mind-body connection, you are taking important steps toward achieving a healthier body image and sustainable weight loss.

CLICK BELOW TO BOOK YOUR FREE 1 HOUR CONSULTATION.

DO YOU FEEL LIKE YOU ARE RUNNING ON EMPTY, STRESSED & ANXIOUS?

ARE YOU STRUGGLING WITH HORMONAL ISSUES AND FINDING IT HARD TO LOSE WEIGHT?

I want to empower you to regain confidence and vitality through diet and coaching. I will make nutrition approachable, fun and not based on deprivation. It is important that you are still able to enjoy life and I am here to support you. We will look at a nourishing diet, close to nature, to uplift mind and body.

CLICK HERE



"The reality is you are enough; more than enough right now, in this moment, regardless of anything and everything else"

Thank you

Mood

DAILY JOURNAL

YOUR THOUGHTS

WHAT DO YOU WANT TO
LET GO OF

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INTENTIONS MOVING
FORWARD

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