

 **Homemade Method™**

Week 2: A New Mindset for Eating

Mindset is your secret weapon for long term success

Mindset is possibly the most important piece in achieving long term success in your health goals. Without the right Mindset, any changes you make to your cooking or eating habits are going to be temporary.

The 'Homemade Mindset' is based on nourishment & satisfaction

Homemade Cooking will introduce you to a new way of eating based on nourishment and satisfaction. This way of eating will enable you to achieve and maintain your optimum weight and health for life. It is empowering, satisfying and sustainable.

Dieting Mindset is based on deprivation & willpower

This is totally different to the old 'dieting' mindset which is based on deprivation, restriction, counting calories and relies on self-discipline. Dieting is always temporary.

90% of Dieters gain the weight back within a year, 30% gain more

Over 90% of dieters regain the weight they lost within a year, and of those 30% gain more weight than they originally lost. The 'dieting mindset' results in cycles of weight loss followed by weight gain, and is often accompanied by binge eating, guilt and feelings of personal failure and isolation.

The Medical world is shifting to the Homemade Mindset

Dieting focuses on numbers. The Homemade Mindset focuses on health and wellness. The medical industry is starting to realize that diets don't work for most people, and has shifted towards better nutrition and wellness. For example, Stanford Hospitals, the National Kidney Foundation and 7 Bay Area Medical Clinics have partnered with Homemade and referred their patients and members to us.

How has the old dieting mindset played out in your life?

To assist you in taking up the Homemade Mindset and to let go of old mindsets and patterns of thinking that don't serve you, think about how your eating habits and dieting have played out in your life?

Ask yourself the following questions:

- 1) Have I achieved and maintained my optimum weight and health with my eating habits or dieting?
- 2) Have I kept the weight off once the diet ended?
- 3) Has my way of eating or dieting made me happy and enabled me to live a fulfilling life from day to day?
- 4) Is my way of eating or dieting easy, fun and social?

If you answered 'no' to any of the above, are you ready to try something new?

Changing your mindset is hard... but worth it!

Taking on the new Homemade Mindset requires you to let go of many of your assumptions about eating, weight loss and challenges some common misconceptions. It requires you to learn to trust your body and listen to your hunger. This can be scary after we have spent so many years trying to fight our appetite or believing something is 'wrong with us'. However, the feeling of achieving and maintaining your optimum weight and health for life makes it worth it!

We will teach you to start thinking of food in terms of the Homemade Mindset: It's all about eating for **Nourishment & Satisfaction™**