

Welcome to the Gabriel Method

Case Study Action Steps

Lesson No. 1



Action Steps

- ◆ Speak with your coach
 - ◆ Arrange a doctor's visit for a health checkup
 - ◆ Schedule a health checkup with your GM doctor
 - ◆ Listen to the evening visualization each night before bed
 - ◆ Listen to the morning visualization suggested by your coach
 - ◆ Take a probiotic supplement with two glasses of water each morning
- ◆ Drink a glass of water before each meal and one glass of water every hour in the evening
 - ◆ Visit your local health food store, food or grower's co-op, and farmer's markets
 - ◆ Nourish your body throughout the day by eating frequent meals that include protein, omega-3's and live food

Jon Gabriel



Fat Programs

FAT Programs are a primitive survival mechanism our bodies use to protect us against certain environmental threats such as famines and cold weather. Thousands of years ago, we would:



Eat → Store fat → Use fat for protection

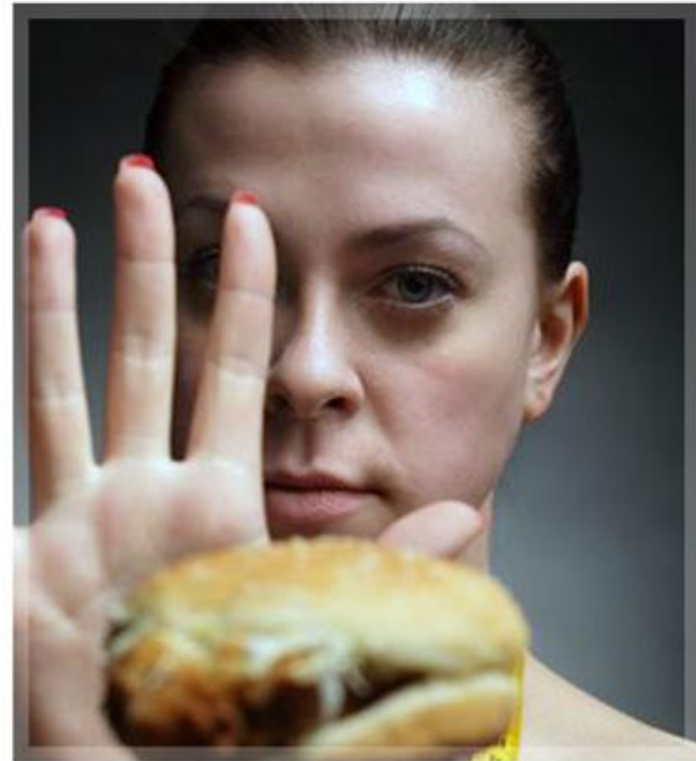
Fat is a Form of Protection



Activated FAT Programs

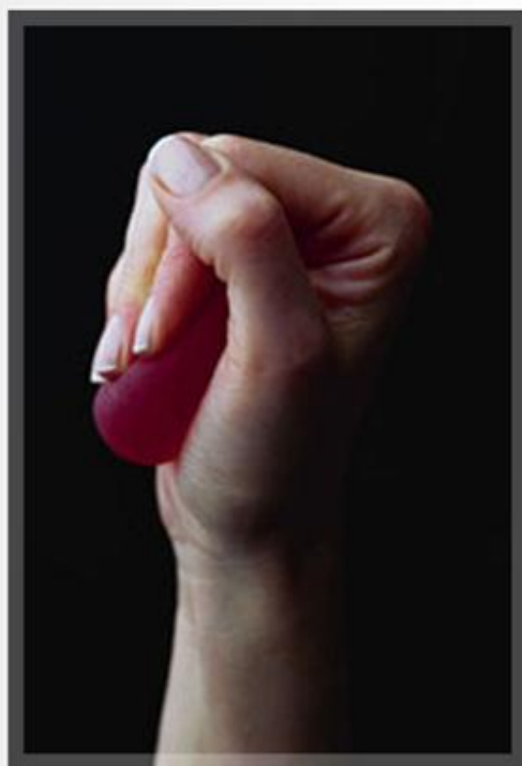


You become hungrier and
crave fattening foods



We cannot beat cravings
through willpower

Fat Making Mode



Can fight your body
in the short term



Can't fight your body
in the long term



Your body can fight
you all the time

Modern Stress



Mental



Energetic



Emotional



Physical

Famine Response



Your cortisol levels
get elevated



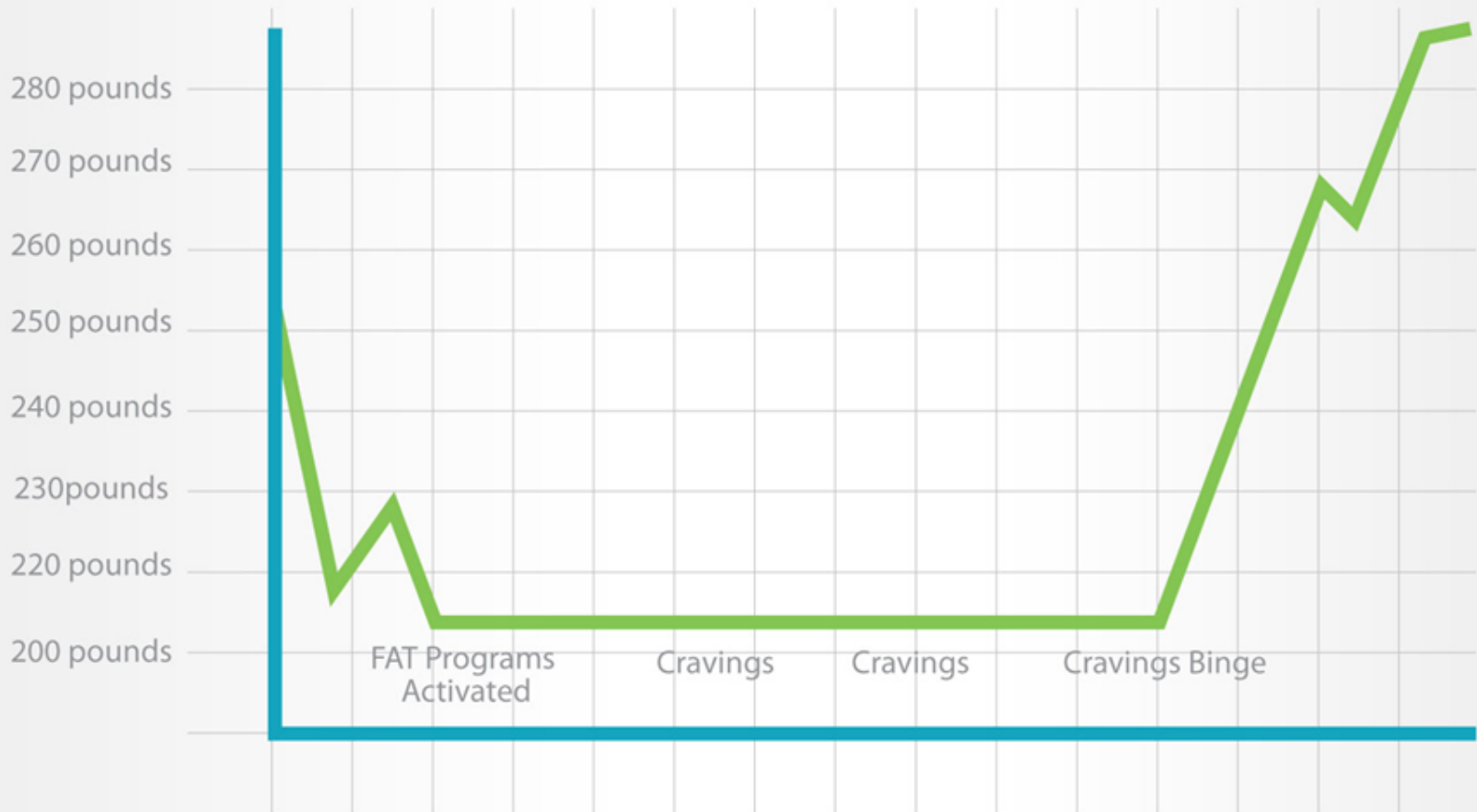
Your body becomes
insulin resistant



Certain pro-inflammatory hormones get elevated

WHY
a Holistic Approach
is the Only Real Solution

Typical Diet



Why Dieting Doesn't Work

- ◆ Uses unsustainable behavior modification
- ◆ Activates willpower and force stresses
- ◆ Activates your FAT Programs
- ◆ Chronic dieters will be heavier in the future

Different Stresses Cause Weight Gain

- ◆ Low-level chronic stress
- ◆ Traumatic stress
- ◆ Mental stress
- ◆ Emotional stress
- ◆ Physical stress

Physical Stresses



Nutritional Famine



Toxins

Mental and Emotional Stresses



Overworked



Financial



Feeling
disconnected



Traumas

- ◆ Abuse
- ◆ Divorce
- ◆ Death
- ◆ Job loss

Lose “Protective” Weight

- Nourish your body
- Eliminate toxins
- Manage stress
- Deal with trauma
- Make your body think that thin is safe

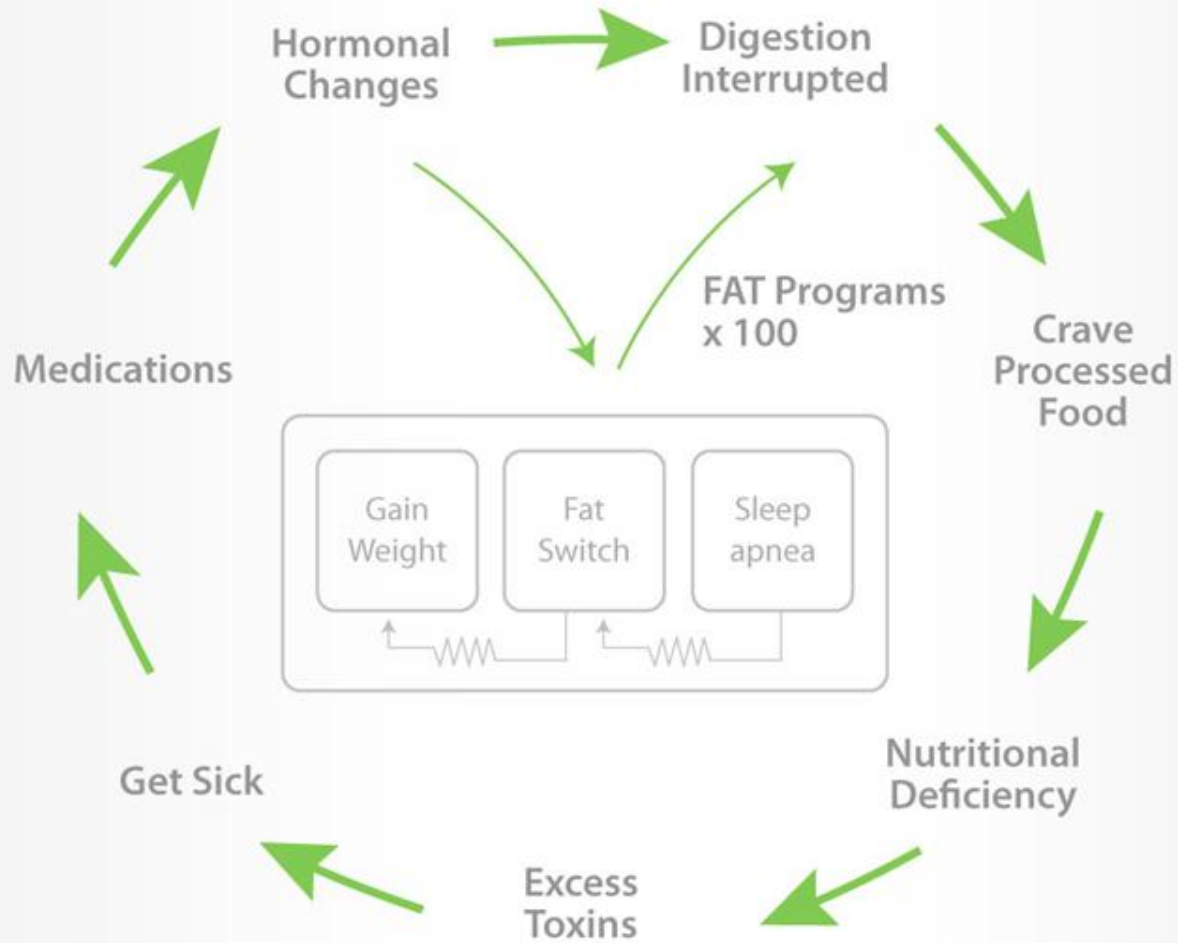
When Your FAT Programs Are Off

- Not as hungry
- Become naturally thin
- Metabolism speeds up
- More efficient at burning fat
- Body functions properly

Boundary Stress



Emotional Issues



80 percent of people
who are trying to lose weight are
affected by stress

Abusive Situation



Specific
Counselling



Use
Visualization



Positive
Momentum



“Once the issue is gone, you naturally crave healthier foods. Your digestion improves and everything creates a positive momentum”

Visualization

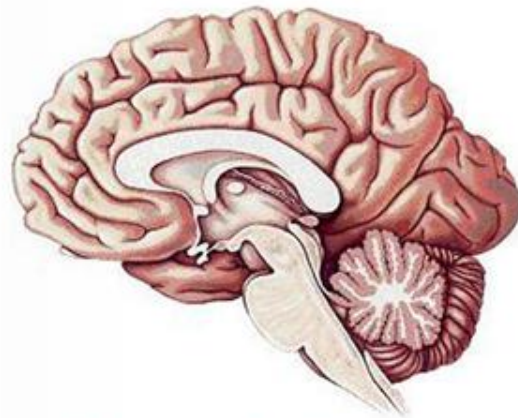
Effective way to communicate
with your body using symbols

Visualization library

Animal Brain (Hypothalamus)



Mental Cerebal

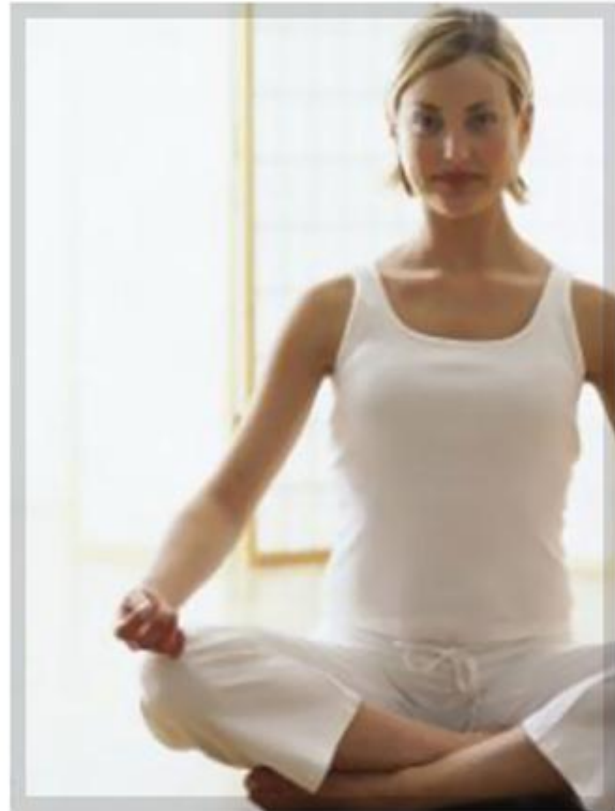


Hypothalamus



Power of Visualization

- ◆ Relieves Stress
- ◆ Reprograms associations with weight and protection
- ◆ Rewires brain chemistry
- ◆ Easy to do
- ◆ Can be used in all areas of life



“ There’s no substitute for visualization, and I can tell you, years down the road for me, my brain is wired so differently than it used to be, that the stresses that I had before, they just don’t play up anymore...”

This Month's Action Steps

- ◆ Make an appointment to speak with your coach
- ◆ Schedule a checkup with your doctor
- ◆ Get tested for sleep apnea
- ◆ Listen to evening visualization

Action Steps continued...

- ◆ Listen to morning visualization
- ◆ Take a Probiotic supplement
- ◆ Drink water throughout the day
 - ◆ Before each meal
 - ◆ Each hour in the evening
 - ◆ Do not let yourself become thirsty

Long Term Action Steps

- ◆ Shop at healthier places (farmer's markets, grower's co-ops)
- ◆ Check out the Case Study recipe picks for Month 1
- ◆ Stabilize blood sugar with, GM breakfast and nourish your body with meals rich in protein, live food and omega-3's
- ◆ Focus on eating during the day rather than at night

Additional Tools

- ◆ Talk with me on my call-in days
- ◆ Work with your personal coach
- ◆ Download your Action Steps Checklist



Visualization