

Welcome to the Gabriel Method

Case Study Action Steps

Lesson No. 2



Action Steps

- ▶ Make an appointment to speak to a cellular release coach (if applicable)
- ▶ Take a daily GM Break
- ▶ Find a Mind-Body Practice



Ongoing Steps

- ▶ Speak with your GM coach
- ▶ Listen to evening visualization each night before bed
- ▶ Listen to morning visualization suggested by your coach
- ▶ Take morning probiotic supplement
- ▶ Drink a glass of water before each meal and every hour in the evening



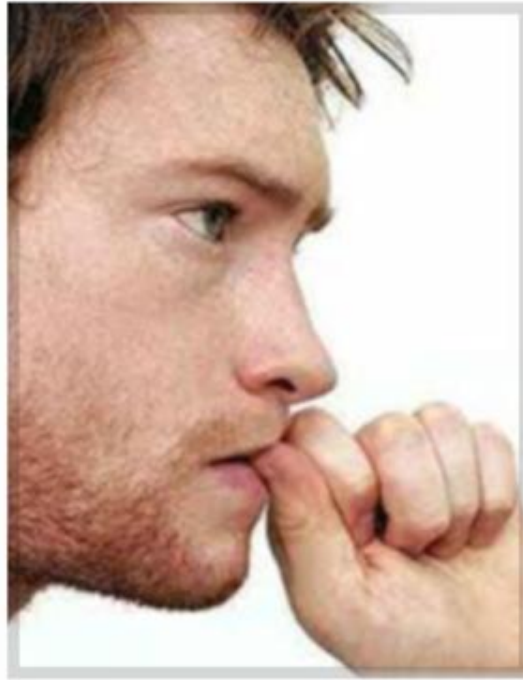
How mental and emotional stress affects your weight biologically



FAT PROGRAMS



Physical
stress



Mental
stress



Emotional
stress

Physical Stress

We've got chronic yo-yo dieting, nutritional famine digestion issues, toxins, certain medications, sleep apnea



Mental Stress

Chronic Stress
making ends meet,
daily grind



Emotional Stress
traumas, relationship
issues



Stress Activates the FAT Programs

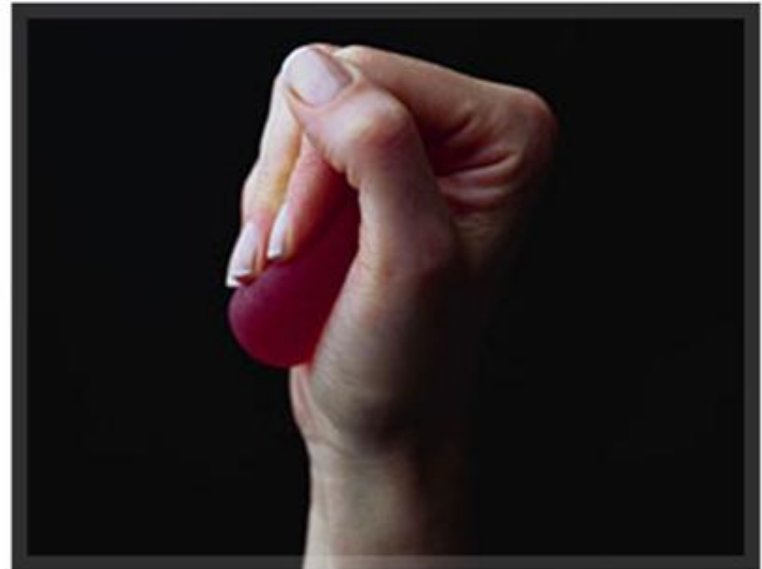
FAT Programs were used to protect us against famines and cold weather thousands of years ago



Fat is a form of
Protection



Cortisol is a
Stress Hormone



Get activated, Get elevated and Stay elevated

Cortisol levels activate, elevate, and stay elevated, causing a chronic elevation of cortisol and other hormones



FAT Programs cause chronic elevation of your cortisol levels



Our bodies are in a fat storage mode when we're **stressed out**

- ▶ Chronic stress is so similar to a famine - the hormonal changes within the body are identical in activating the FAT Programs
- ▶ It's crucial to address mental stress



Control Your FAT Programs

If mental and emotional stress are activating your FAT Programs, you need to learn how to deal with it



Dealing with stress is crucial for
sustainable weight loss



- ▶ If you don't deal with stress, then no amount of changes in your diet will solve the problem
- ▶ Dieting doesn't work for sustainable weight loss because it doesn't address the real issues



Positive and Negative Spirals



Chronic state of stress

Positive and Negative Spirals



Stress is causing chemistry which is activating
your FAT Programs

Positive and Negative Spirals



You crave more junk food and put
on more weight

Positive and Negative Spirals



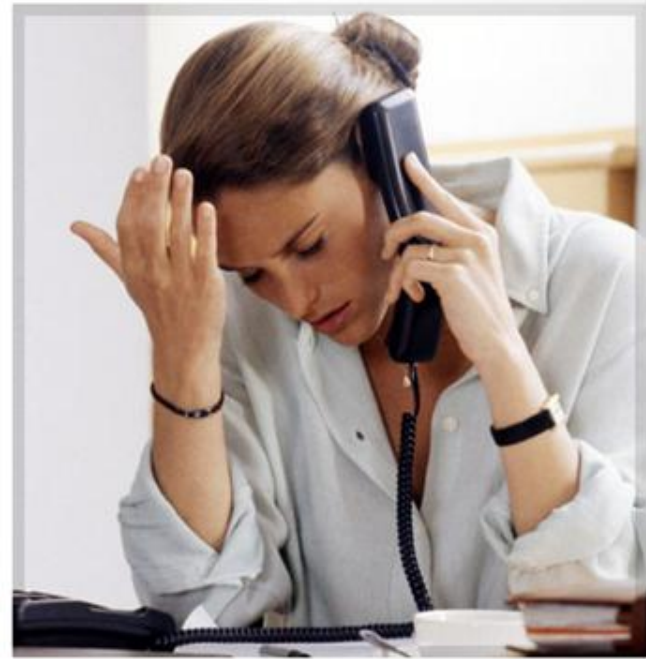
Weight gain causes more stress
and the cycle continues

Positive and Negative Spirals

- ▶ Get more tired
- ▶ Gain more weight
- ▶ Become more stressed out
- ▶ Have more negative thoughts
- ▶ Cycle spirals and gets worse and worse

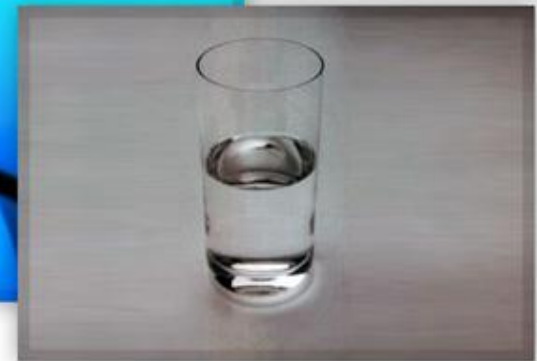
Power Of Positive Thinking

Studies show that people in high-stress job are more likely to be overweight



What to do About the Stress?

Learn how to reprogram your thoughts so that they're more positive





You can reduce stress on a
daily basis



Visualization techniques help create the habit of positive thinking and help reduce stress

Visualization for Stress

- ▶ It can program your thoughts to be more positive and to let go of negative feelings and thoughts
- ▶ Use visualization if you're angry or upset with colleagues or other people in your life
- ▶ We use visualization to help reduce stress, and if practiced on a daily basis, it will actually inhibit the signals to a part of your brain that's the seed of fear and aggression



Benefits of Visualization

- ▶ If you would normally react to someone yelling at you and that's not happening anymore, it's simply because you're rewiring your brain chemistry through the daily practice of visualization
- ▶ We can use visualization to change and reprogram our thinking



Turning Off the **FAT** Programs

- ▶ Insulin is the fat storage hormone, so whenever your insulin levels are elevated, you're in a perpetual fat storage mode, where you lose the ability to burn fat and you lose the ability to regulate your blood sugar and you have frequent junk food cravings

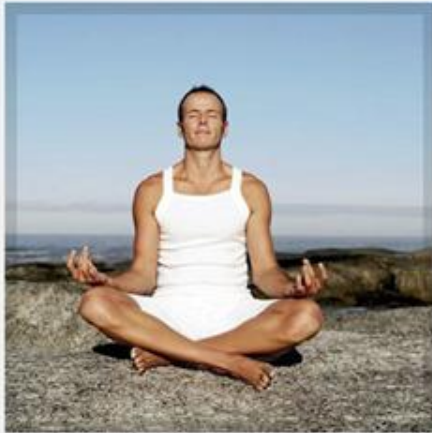


Turning Off the **FAT Programs**



It's a beautiful kind of dynamic that happens when you deal with stress, and it's just so crucial

When Your FAT Programs Are Off



Calmer



Less Reactive



More Focused



Clearer



More Confident

The **First** Changes

- ▶ You won't be as hungry when you walk by a bakery
- ▶ You'll feel calmer and crave less food
- ▶ You'll have so much energy that you'll be ready to start exercising

When You Deal With Stress...



You'll start to make more money as you'll have more energy and creativity, which happens when you're not overly stressed out

WHEN YOU DEAL WITH STRESS...



- ▶ Getting sunlight, being active, and doing creative projects puts you into SMART Mode
- ▶ SMART Mode is the alpha and the theta brainwave that will put you into a state of lower stress

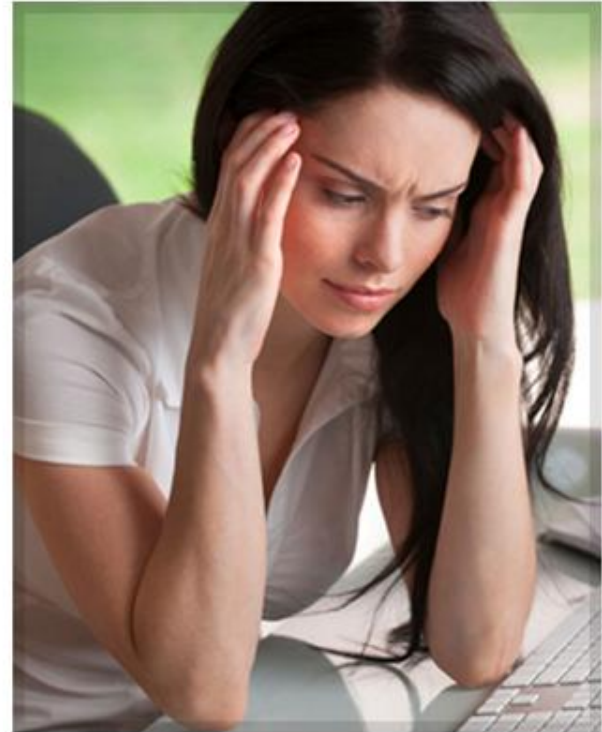
Stress for Weight Loss

- ▶ Just like some stresses cause you to gain weight, other stress will cause you to lose weight
- ▶ Thin people activate a different stress response and there's a certain way you can do this
- ▶ You can trick your body into activating that stress response instead of the one that's causing a famine

Stress for Weight Loss

When you're feeling stressed, just move really quickly and you can activate the get thin stress

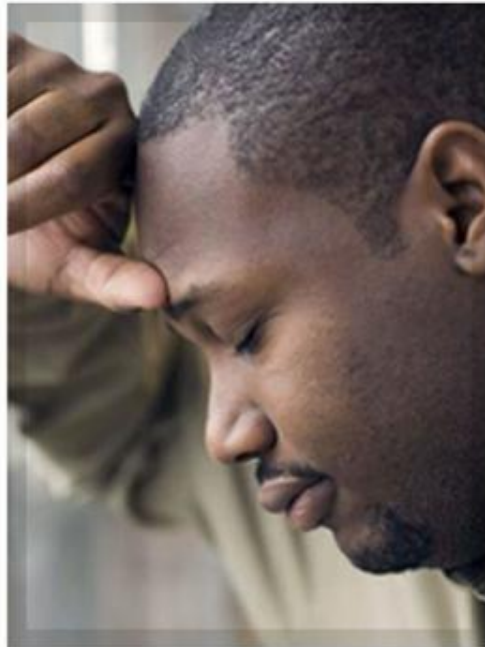
Stress for Weight Loss



We use specific visualizations to reprogram our bodies so that the stress we experience results in getting thin instead of gaining weight

Other Forms of Stress

Emotions and emotional trauma can cause weight gain



For some people, emotional stress can actually make your body want to hold onto weight as a form of protection

Emotional Obesity



Sometimes your body's reaction to emotions is to gain weight because you end up feeling safer

Causes of Emotional Obesity

Mental or emotional abuse



Physical abuse



Someone is or was very aggressive towards you



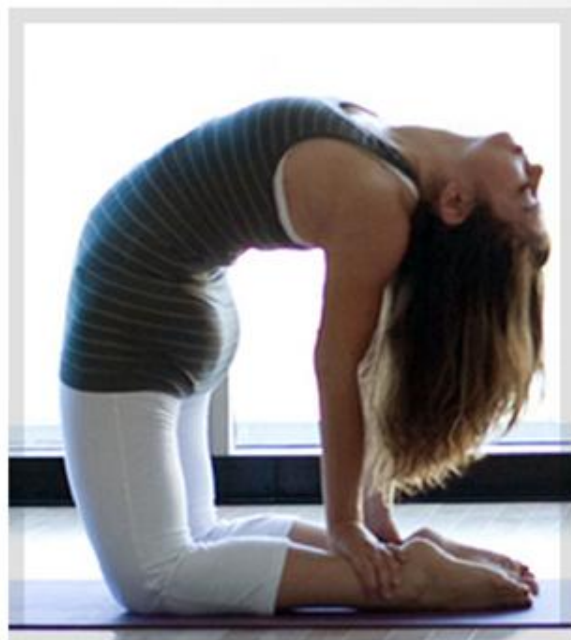
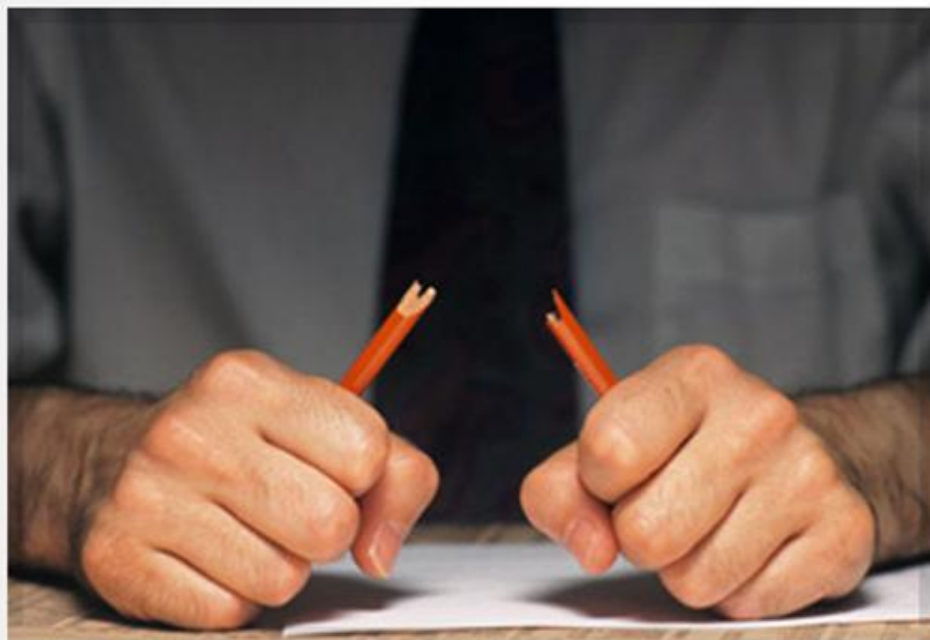
Visualization for Reprogramming

Visualization is like a column of light around your body, or even angel wings protecting you, surrounding you, so that it's a surrogate for the weight



Emotional Obesity

Our body holds trauma, and in order to solve the problem, you have to release the trauma on a cellular level



Emotional Obesity

The visualizations with the column of light and angel wings create a reprogrammed association where you don't need the weight anymore to feel safe



Emotional Obesity

The cellular release therapy goes back to the core issue that caused the problem in the first place and reprograms that, so that you don't even feel you need protection in the first place anyway



Stress Break

Go outside and sit in the sun for 10 minutes and play this stress visualization that I've created

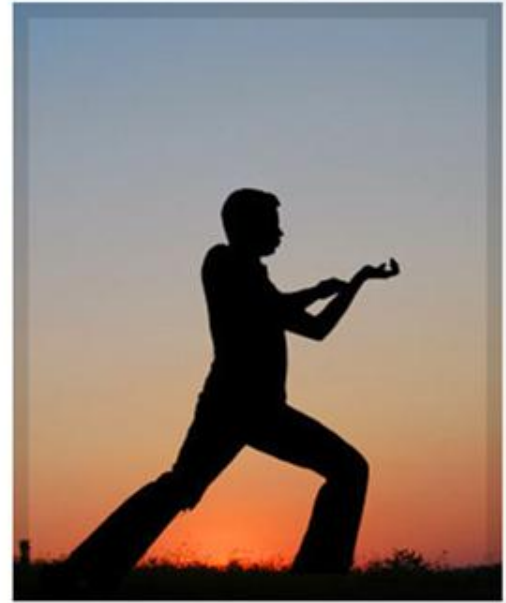


Go for a walk and have a good GM snack



This Month's Action Steps

You've got your morning and evening visualizations you're doing, which is really, really crucial



This Month's Action Steps

If there's any chance at all that you have emotional obesity, then you have to make an appointment with a cellular release therapist



It could have been something like a divorce, separation, marriage, moving, starting a new school or job, leaving a job or getting into an accident

Afternoon GM Stress Reduction Breaks

- ▶ Listen to special visualization
- ▶ Eat a healthy GM snack
- ▶ Try to sit in the sun
- ▶ Try to fit in yoga, tai chi or meditation

- ▶ Make an appointment with your GM coach
- ▶ Listen to the evening visualization before bed
- ▶ Listen to the morning visualization suggested by your GM coach



Visualization