

Becoming the Healthiest Version of You



INTRODUCTION



Be honest with yourself.

How long have you been dieting or obsessing about food and your body? 10, 20, maybe 30 years?

For too long, we've been taught all wrong about what it takes to reach our goals. It's time to stop dieting and start living. In this guide, you'll learn a proven, guaranteed blueprint for finally succeeding for the long term.

The Airplane Analogy

Ever walk onto a plane and think: "Thank goodness I don't have to fly this thing"? Then you take your seat, get comfortable, and enjoy the ride.

Now, think of your body like that airplane. You've been the **passenger**, not the **pilot**—lacking a clear understanding of what your body truly needs. You've used willpower, motivation, and guilt. You've been last on your own priority list. No wonder you keep landing somewhere you don't want to be.

That ends today. It's time to learn how to fly your plane.

ASK YOURSELF...



The 3 Questions to Ask Yourself Before Any Nutrition Approach:

1

Is it based in science designed for your body to thrive?

- Most diets fail because they deprive your body. Tell me—what thrives in a deficit? Nothing.
- Weight gain is a symptom of health and hormone imbalance—not the root cause.

2

Would you let your kids do it?

- If you wouldn't let your kids follow the plan, why are you doing it?
- Your habits model beliefs about food, body image, and worth.

3

Can you do it for the rest of your life?

- Consistency—not perfection—is what builds trust with your body.

Your approach must be sustainable, because how you lose weight is how you maintain it.

BLOOD SUGAR



The Real BS: Blood Sugar

The Science Behind It

You are a “refuel-as-you-go” machine. Your body’s top priority is blood sugar stabilization. It will do this either:

- With your help (through food), or
- On its own (with stress hormones like cortisol)

Symptoms of Dysregulated Blood Sugar:

- Bloating, cravings, poor sleep, mood swings, weight gain, low energy, anxiety, menopausal symptoms

The Solution: PFC Every 3

- Eat a Protein, Fat, and Carb every 3 hours
- Why it works:
 - Protein builds muscle
 - Fat slows digestion and supports hormone production
 - Carbs fuel your body and brain

Food Isn't Good or Bad

- Some food serves your body, some your soul. You need both.
- Mess up? No guilt. Just get back on track with your next meal in 3 hours.

THE 6 SPINNING PLATES



Nutrition

Foundation. PFC every 3.



Exercise

Move your body to preserve muscle and metabolic health.



Hydration

Not just water, but **electrolyte-rich** hydration.



Stress Management

Stress spikes blood sugar even without food.



Sleep

One night of sleep deprivation = Type 2 diabetes insulin resistance.



Supplements

Not required, but can support gaps (e.g., Vitamin D, magnesium, omega-3s).



BEHAVIORAL SCIENCE



The Other BS: Behavioral Science

"I know what to do, I just don't do it." You've said it. So why not?

Because willpower is weak. Awareness is powerful.

Start with **Morning Time**:

- Spend 5–10 minutes reflecting.
- Ask yourself: What happened yesterday? What can I do 1% better today?

Morning time builds:

- **Consistency**
- **Confidence**
- **Connection to yourself**



BELIEF SYSTEMS



The Most Powerful BS of all: Belief Systems

Your identity has been shaped by diet culture.

And your **beliefs** will always win over your intentions. That's why we must rewire them:

Old Belief

I need to lose weight to be healthy
I've failed so many times—it's just who I am
I don't have time for myself
I'm either all in or I fall off
I can't trust my body
If I mess up, I'll start over Monday
I'll be happy when I lose weight
It's selfish to invest in myself
Healthy = small

New Belief

When I focus on getting healthy, my body finds its natural weight
Each attempt brought me closer to what works
When I care for myself, I'm better for everything else
Progress over perfection builds consistency
My body isn't the problem—it's the solution
I can reset at my next meal
I create joy and pride in myself right now
When I pour into me, I have more to give
Healthy = strong, energized, and at peace

Ask yourself: Which beliefs am I ready to release?

YOUR NEXT STEP



You don't need another diet. You need a new **approach**—one based on:

- **Blood Sugar**
- **Behavioral Science**
- **Belief Systems**

It's time to become the healthiest version of YOU.

Let's go fly your plane.



[CLICK HERE](#) or scan the QR code to book a call with a coach to develop a personalized plan JUST for YOU!

