

## Getting Started on Dietary Changes: Seven Things To Remember

*If you're getting ready to begin the dietary changes suggested on your Conscious Health Reading, print out the following reminders. Hang them on your refrigerator next to the list of acid/alkaline foods and your foods to change. When you feel like you've forgotten the key elements and goals of balancing your diet, take a quick glance to refresh your memory.*



1. This diet is based on your body's desire to return to balance. The focus is selecting the right foods to allow this to happen. You are supported in this process through prayer work and your "checking in" with the facilitator.
2. If you only give half measures you will only receive half measures. Give your full attention to these changes for 4-5 weeks and see the results. Even after 1-2 weeks you will be seeing some results in your mental clarity, symptoms and energy level.
3. Your Inner Guidance is flexible on how you fix your meals and knows that you are creative to bring about fun meals. This is your opportunity to explore and discover ingredients to suit your tastes and needs.
4. You can't lose in a day what it took years to put on. Permanent weight loss is a slow process. However, eliminating the foods, esp. the carbs that cause cravings makes weight loss easier.
5. Occasionally you might fall off the wagon – that's OK as long as you get right back on. It's not OK to use that as an excuse to continue eating the foods that are causing the problems.
6. This lifestyle change is not just another diet. As it continues you will be able to reintroduce foods as your body becomes balanced... each retesting will shape the program in an ongoing manner. Once balanced you can sustain sound eating practices for the rest of your life.
7. Weight loss is only one of the numerous benefits of balancing the diet based on your Inner Body Wisdom. Your thinking will become clearer and it will assist you in leading a healthier life.

Most of all remember.... You came from a perfect mind, a perfect God and a perfect idea and everything you need to express this perfection is now available to you.

Blessed Be!