



8-Week BLISS™ Body Makeover Program

PHASE Three: Nutrition and Lifestyle Package



Weeks 6,7 and 8
Re-Defining Your Eating Lifestyle
"Shifting your Eating Perspective"



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PHASE THREE: Shifting Your Perspective



Before we head into our final Phase, let's check in. How are you doing so far?

- Are you using your **FOCUS Cards** every morning? Are you envisioning them and *walking as if*?
- Are you keeping your protein up and eating it 3-5 times a day?
- Are you keeping the juice, soda and milk out of your diet?
- Are you eating in season and choosing local and / or organic?
- Are you eating in tune with your body's daily rhythms?
- Are you using the Bailey Hunger Scale to help you with your evening portions?
- Are you enjoying your fresh fruits and veggies, and eating healthy fats?
- Are you writing everything down and staying within your caloric needs?
- Are you staying open to *what is* and looking at your challenges as opportunities for renewed growth?
- Are you checking in and listening to your inner wisdom regarding any current choice or decision that needs to be made? When you think of it, does it make you feel expansive and open (good choice) or tight and closed down (bad choice)?

I know it's a lot to take in, but really, you've got a lifetime ahead of you, so you have lots of opportunity to practice! :)

In Phase Three, we replace our outdated **Canada Food Guide** with a real, workable food pyramid that we've been creating since starting on our journey with the **8-Week BLISS Body Makeover Program**. It's the **Clean Eating Pyramid** and it's what all successful, lean, healthy people are doing. Whole, nutritious, tasty, *real*. You ready?

We also look at tips on eating consciously, and I've got a list of healthy grocery store items you need to include in your shopping list.

And we look at some spiritual tips and tidbits to ensure you're pulling the marrow from the bones of life, so to speak. Life is to be lived with depth and clarity, and as we lean into the sharp points, our spirits endure and expand! Arms wide open....

Let's stay open to the possibilities and create something fresh. Let's continue to feed those amazing little cells of ours with quality movement, clean eating and empowering thoughts. Let's walk with *arms wide open*.



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Clean Eating and YOU! - a fresh perspective



OK. Let's summarize everything we've learned in the **BLISS Body Makeover Program** to date by using a snappy visual—the ***Clean Eating Pyramid***.

When I first show clients the Clean Eating Pyramid, they're overwhelmed and insist they can never eat that way. But guess what—it's everything we've been working towards in the last 5 weeks or so because it's a mainstay of the BLISS Body Makeover Program and my Healthy Living Program!

Voila! In just a few weeks, we've thrown out the outdated Canada Food Guide and replaced it with a workable, simple, energizing food pyramid that makes sense! And it doesn't matter if you're vegetarian, vegan, diabetic or a raw food-ist, it's the same for all of us—eating close to the earth, the way Mother Nature intended and the way our bodies are meant to live!

At the bottom of the pyramid is our most important element—**water!** Don't neglect this vital life-affirming ingredient! Two to three liters a day, ok? And if you have the time and energy to juice your own fresh juices, go for it (not store bought, please! They're not the same!).

Moving up the pyramid we have our main event—**fruits and veggies**—to alkaline our bodies, provide vital vitamins, antioxidants, minerals and fiber and they taste great! Remember to eat 3:1...three times as many veggies as fruit. Eat your colours!

Low fat local / organic animal protein is key to building a strong immune system and an able, strong body. Dairy products are a personal choice, so use organic at all cost, and if you can get it, raw milk is brilliant! And choose soft, aged cheeses for the health-building bacteria. Yum!

Eat your beans, legumes, lentils and whole grains, nuts and seeds (notice how they are in the upper part of the pyramid..the CFG recommends 5-10 servings wjocj os way too much if we want to stay slim, and most commercial grains are a mere shadow of their former selves—over processed and exposed to light, heat and air, so choose whole, un-denatured grains. Try soy, oat or rice flour instead of wheat, or gaza bean flour for a change.

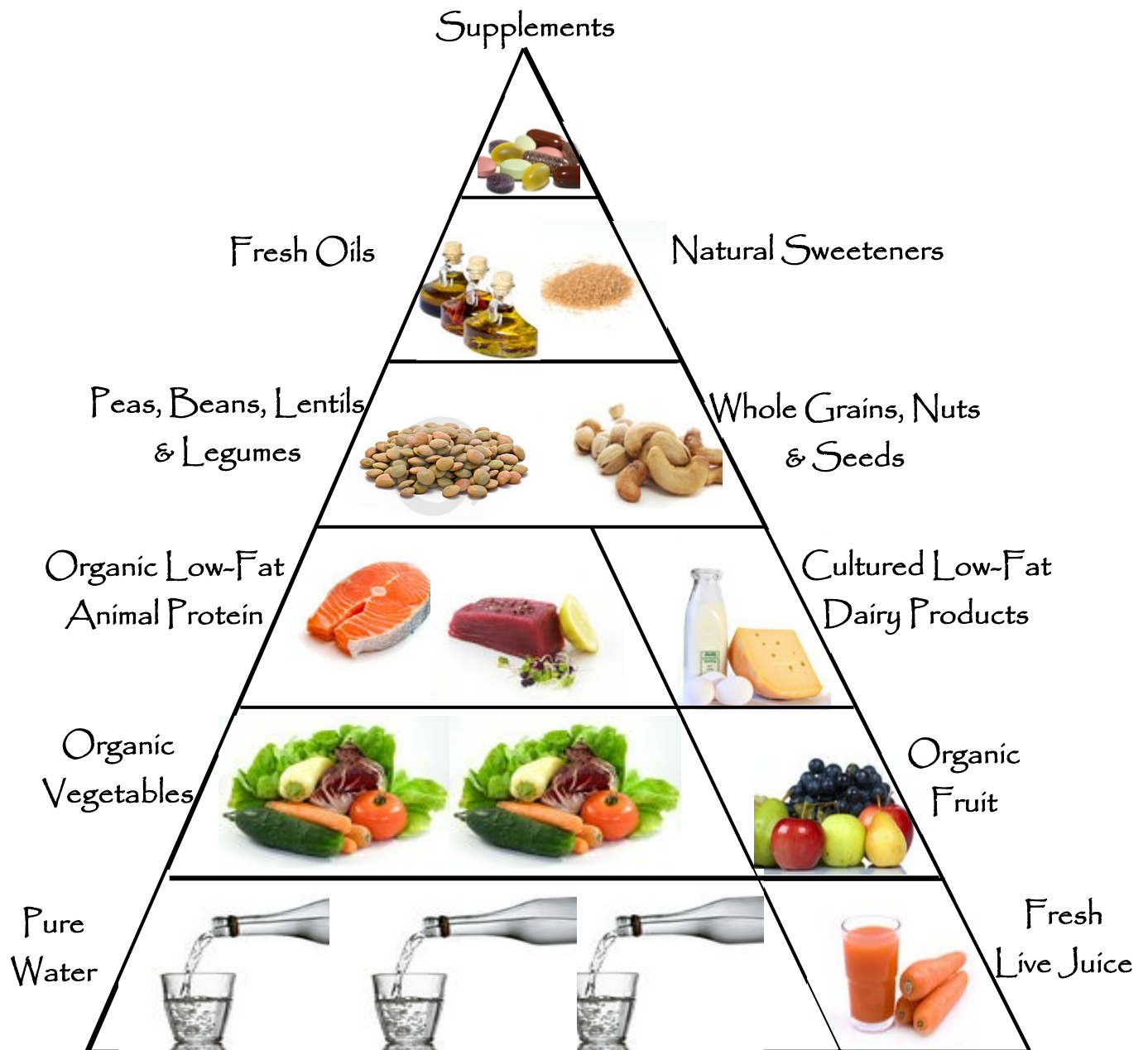
Use your fresh oils like flax, avocado, virgin olive oil, sesame oil, Udo's oil and coconut oil. They'll do your body good. Natural sweeteners like honey, molasses, stevia and raw sugar are nice alternatives and will not degrade your body in any way.

And as for supplements, I've got a no nonsense supplement regime outlined in your Training Package, so please take a look. I've been using them for years with great success!

Really, it's all about choosing natural, earthy foods that our bodies recognize as such. It's simple really: eat clean and you'll live a long, healthy life!

Clean Eating Pyramid

~ A New Paradigm in Healthy Eating



Clean Eating Shopping

As you learn to eat 'clean', you will inevitably experience the shopping dilemma – your trips to the grocery store become increasingly more frustrating. You may hear yourself say, “Now that I’ve learned about better food choices, where do I shop for all of this stuff? Where do I buy buffalo meat? What is spelt bread? What condiments are good choices? Where do I buy my greens drink? What about healthy snacks?”

Why is this happening? The answer is simple – *if you’ve changed your eating habits, you have to change your shopping habits.* Now that you’re eating clean, you need to start shopping with ‘fresh eyes’. Choose humanely raised meats, and clean fruits and veggies. It’s the decent thing to do!

Traditional Grocery Stores (*Safeway, Thrifty Foods, Great Canadian Superstore, Save on Foods*). As you start eating clean and healthy, you’ll find your choices in the traditional shopping store changes – *you’ll be purchasing less, your cart will be half empty!* This is a good thing, and the first sign that you’re starting to eat a healthier diet. It means you’re moving away from the conventional, unhealthy eating style and encompassing a healthier way of eating. That’s because traditional/commercial stores do not offer an abundance of healthy foods, but if you learn a few rules, you can navigate your way through safely:

→ **Stick to the outer aisles of the store**, where you find the meats, eggs, fruits and veggies and dairy, your most plentiful purchases (remember, ‘live’ foods are where it’s at!). Your trips through the inner aisles will start to diminish, because they are mostly filled with processed and packaged products – cereals, crackers, soups, condiments, pastas, puddings, snacks etc. (Remember, if it has a label, it’s not a whole food.)

→ **Learn Your Labels** – get educated on healthy labels. More healthy foods are creeping into traditional stores like Safeway and Thrifty Foods every day. In my foray through the aisles, this is what I found. The following is a list of healthy brand names you can trust. (PS You’ll also find most of these foods in health Food stores, so don’t forget to check them out there!).

Healthy (Clean Eating) Foods:

- **Frozen Fruits and Veggies** – Earth’s Best (the fruit is great for smoothies!)
- **Frozen Ready-Made Dinners** – none
- **Frozen Pasta** – 3-Cheese macaroni cheese from O (Safeway organic) brand
- **Juices** (can or jar) – Knudsen, Santa Cruz, Ceres, Blue Sky
- **Juices (tetra boxes)** – Sun Rype 100% apple juice (no added sugars or concentrates, doesn’t apply to any other Sun Rype juices).
- **Soups** – Amy’s, Imagine, Campbell’s organic broths, Wolfgang Puck canned soups
- **Salads** – Earthbound Farm, Organic Girl
- **Rice** – Lundberg Rice – wild, jasmine, brown
- **Dressing** – Annie’s, Newman’s Own
- **Honey** – Babe’s Honey (made in Victoria)
- **Sauces** – Patak’s – chutneys, curry pastes, and stir fry sauces
- **Syrup** – Camp Pure Maple Syrup (remember, Aunt Jemima syrup has NO maple syrup in it at all!)
- **Sugar and Sugar Alternatives** – no natural alternatives yet, Roger’s Organic Sugar, Raw Plantation
- **Pasta** – Mrs. Leeper’s Pastas – wheat free, gluten-free corn spaghetti and rotelli
- **Milk** – none to date that is organic (sometimes Thrifty’s has it)
- **Milk alternatives** – Soy nice, Silk, Ryza (brown rice milk), Almond Breeze, Goat’s Milk (sometimes).
- **Cereals** – Kashi, Nature’s Path
- **Crackers** – Rice Crisps, Lavash, Margaret’s Artisans, Wasa all-rye



- **Margarine** – Becel (non-hydrogenated, so safe to eat.)
- **Oils** – Filippo Berio organic Extra-virgin Olive Oil, Spectrum Naturals (sesame, canola, safflower))
- **Breads and wraps** – I eat little, but when I do, I enjoy Ezekiel wraps & Kinnikinnick and Mana breads.
- **Eggs** – look for free range and/or Omega 3 eggs.
- **Yogurt** – Saugeen, Astro, Fraser Meadows. Don't buy fruit-filled yogurt. Add your own fruit.
- **Granola bars** – Kashi Chewy granola bars, Nature's Path granola bars
- **Fruit cups** – Motts Fruitsations (unsweetened brand only)
- **Puddings** – none to date.
- **Nuts and seeds** – no organic to date
- **Spices** – none to date (are all irradiated).
- **Crispy snacks** – Barbara's Cheese puffs, Kettle Chips
- **Nut butters** – Adams Peanut butter, Nuts 2 You, Maranatha
- **Cleaners** – Seventh Generation, Ecco
- **Laundry detergent, dish soap, air fresheners** – none to date
- **Cosmetics, antiperspirants etc** – none to date
- **Toothpaste** – Tom's
- **Body Care** – Avalon, Burt's Bees
- **Feminine care** – none to date. Lots of alternatives in your local health food store.



A word about Safeway O Organic brand – Safeway now has over 300 brand name items that are USDA-certified organic. This includes sauces, condiments, spreads, pastas, milk, baby foods and more. While Canadian stores carry many of these items, there are many that are not yet here, as I was told during my interview that it is based on supply and demand. So, when we demand (more of) it, they'll supply it!

Health Food Stores

We are blessed to now have numerous Health Food Stores to choose from, but many people are too intimidated to go inside. Don't be. This is your first defence to health eating. Here you'll find healthy breads, alternative grains, healthy cereals, unique nut butters, non-processed snacks, live juices, organic fruits, veggies, eggs and meats, and wholesome sauces, dips and condiments. Ask the staff what to buy, and how they use them. Most staff are there because they live the life, so they're an untapped wealth of information. Use them to help expand your repertoire of healthy eating.

Local farms and markets

Local farmers markets are great for picking up quality fruits and vegetables (and some sell meat and dairy as well), at usually a fraction of the cost. And they also remind us to eat in season, one of the most important aspects to healthy eating, because eating in season keeps us healthy and in tune with nature, and keeps our digestion and immune system healthy and strong.

While many local farms are not certified organic, buying local is often healthier than buying strictly organic.

For example, if all you purchase is organic, then purchasing that organic strawberry from California has a carrying cost to the environment (4,000 km in gas and chewing up our roads). It also takes from your local community, and doesn't support your body's seasonal food needs. With local farms, we have the privilege of having a direct relationship with the farmer, and we can learn about their growing and farming methods.

A Final Word: Learn to shop at several stores - you won't be able to buy all your food at one store (sad, but true). **Personally, I shop at 4 or 5 different stores.** It works for me, and now that I've learned how, shopping's a breeze!

Tips on Eating Consciously.

We are a nation plagued by unconscious eating.

Most of the time we just don't know. But a lot of the time we don't want to know.



Being a healthy eater requires several things, diligence, awareness and courage. It also means *you need to take responsibility for your life*. Yikes!

Like last week, I had a lady email me to ask for my help in aiding her 220 pound sister. "She does all the right things. She eats only organic and she exercises, but something's just not working. Can you help her?"

Well, I told her two things: first, why isn't her sister emailing me if she wants help? And second, you don't just get to be 220 pounds overnight and not know what's going on. Really. I told this well-meaning woman that her sister knows exactly what's going on, and where the added weight is coming from, and that her overweight sister is not being real. She's wanting her sister – and me – to do it for her. So I said if her sister wants to email me, great. But until then, there's nothing I could do for her.

Harsh? Not at all. We all need to take responsibility for our life, and until we do, we can't fix it. We can't fix anything *out there*, it has to be brought into our personal sphere.

And the other issue: stop enabling others. Her sister was well-meaning, but she should have been the one to lay it on the line with her overweight sister and tell her like it is, not me.

And finally, stop trying to fix others anyway. If they come forward and ask for support, that's great. But if not, leave them alone. They have their journey and you have yours. No one likes to be preached to anyway, and don't you have enough on your plate in trying to live your best life?

The best thing you can do for anyone is to live the healthiest, happiest life, and people will eventually come to you and want some of what you have! I guarantee it! Let them come to you. It's the best way to help anyone, and also instills in them that you believe in them enough to trust them with their own life and choices.

I always say: **live by example!**



Other helpful tips:

On percentages of food: Use the 40/40/20 rule: Protein, carbs and fat. So if you're eating 1600 calories, eat 640 calories in protein, 640 calories in carbs, and 320 calories in fat. Don't know how many grams each of these are? Grab your calorie counter, learn the basics, and pretty soon you'll be able to eye-ball any plate set down in front of you and you'll know what you're eating...you'll be eating consciously.

On the 80/20 rule: Change it to 90/10 (if you haven't read my article called the 90/10 rule, please do so.) If we eat 80% well and leave the other 20% to enjoy what we want, most people will ruin all their weight-loss efforts! Apply the 90/10 for real fat loss!

On stocking your fridge and cupboards: if you don't want to wear it, don't buy it. Don't store what you don't want to eat. Clean out the chips, cheese (yep!), crackers, cookies, bagels.....never mind if your family protests. You're not living as 2 families under one roof, you are one united (healthy) family.

And never mind the usual *my family likes to eat it*. Well, if you're strong enough to not reach for that bag of chips, ok then. But healthy eating should be a family affair. Do your family a favour and get rid of the crap. If you want a snack, drive out to the store to get it. Make it a real treat instead of something that is readily accessible 2 feet away. Change how you think, and you'll change how you live (and look!) I had one client who actually put a lock on the snack cupboard...come on, get real, get rid of the lock and the offending foods. No one wants to live under lock and key!

On terminology: don't call it 'snacking', call every time you eat a 'meal'. Snacking denotes unconscious munching on non-nutritious stuff. Eating denotes being conscious and eating real, whole food.

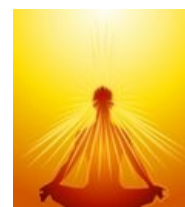
Can you overeat on whole foods? Yep! Some people, think that because it's healthy food, they can eat unencumbered. Don't fall into the belief that because you're only eating whole foods, you won't get fat. I've seen it too many times! Food is food, calories are calories. Be curious enough to want to learn the values of different foods.

Hold the reins: remember, this is what responsible adults do!



Holding the Reins (the Oprah Lesson)

OK. So this isn't really a Universal Law, but it's a way of living that can create great success in your life. And it means practicing what I call Holding the Reins. Let's take a look at one prime example, the amazing Oprah Winfrey!



A few years back, we all heard the news about Oprah's coming-out confession regarding her recent 40-pound weight gain...again!

So what's going on? It's simple. It just goes to show that even billionaires aren't exempt from the trivialities of life. Eating is an emotional issue, and as we know, emotions are tough things to manoeuvre through at the best of times. And even the world's most powerful woman is a victim to the inner landscape of uncontrolled eating.

For years, we heard Oprah proudly talk about overcoming her weight issue – but in the long run, all the weight came back. What happened?

In a recent interview with Larry King, Bob Greene (her trainer) touched on one important factor that led to her downfall – Oprah is a strong woman who goes after her goals with more fervour than the average person, but she viewed losing weight as another *goal to attain*.



And therein lays the catch. Successful weight management *never* has an end. This short-term perspective to *losing* the weight needs to be followed with a long-term and sustainable approach to *keeping* it off.

For successful weight loss, we need to start each and every day with a re-instatement of our eating goals. We need to mentally go over our game plan regarding how we'll eat that day. What will I have for breakfast? What do I need to buy for dinner? When will I be exercising? We need to always stay on top and in control of this thought process at every moment. It's a confirmation of our promise to ourselves.

Every day is a new day, and successful weight loss and subsequent weight maintenance requires a *constant holding of the reins*. But many people whine at the suggestion. '*Do I always have to monitor my food? It seems so tedious. I just want to enjoy it!*' It's like you're sentencing them to death because you're telling them to stay in control and aware of their eating habits.

But let me ask you this – is there any area in your life where you *don't* practice some kind of restraint? I don't think so.

We have to be disciplined in life, or we'd be in real trouble, and food is just one of many areas. For example, we can't go out and spend all our money on whatever we want, or we couldn't pay the mortgage. We can't just blurt out whatever is on our mind, or we would be without friends in a real hurry! Likewise, we can't just eat with abandon, anything we want, or we would all be 500 pounds!

So yes, we have to hold the reins on our eating, along with every other area of our life, and practice discipline. In the end, when we get the hang of it, the disciplined approach helps us to feel confident, and allows us to live a fuller, richer life, much like the discipline of watching our money carefully, so we can pay our bills and go on holiday once in awhile.



And that's what responsible adults do.

Phase THREE: Nutrition and Lifestyle Cheat Sheet



To summarize our BLISS™ Body Makeover Program, let's highlight the main points we've learned in our time together....

- Kick-start your day with a glass of room temperature water and a **protein** breakfast!
- Eat from the **Clean Eating Pyramid** and eat close to the earth and mother nature.
- Remember to supplement with quality vitamins, minerals and training supplements...your body requires more of you now.
- Eat in cycles with the day and with the seasons—this is paramount to building a strong, healthy body (and life!)
- Don't over-eat (ever) and don't go to bed full. Remember Bailey..... respect yourself enough to not over-indulge in any way. It's not health building!
- Keep hold of your snacking at night...better yet, turn off the TV. Snacking and TV (or other unhealthy codependent habits) get 'linked' together in the brain. Change one habit and the 'chain' is broken enough that you can create a new habit.
- Carve back your carb eating after 4 pm, especially heavy carbs. What's a heavy carb? You do know the answer to this one! Just think about how it feels in your body.
- Know your caloric load and abide by it! Don't be obsessive about it, but do respect it.
- If you get mystified by your sudden weight gain, go back to writing everything down...you'll find the holes in your eating sooner or later.
- Read labels, and know what you're eating. If you can't pronounce it or don't know what it is, why are you putting it in your precious body?
- Let other people live their lives and make their own choices. Let go.
- Dare to question things and challenge the status quo. Traditional is not always best. It's just been around longer.
- Remember, healthy lean people think and *see* differently: food is *fuel*, and exercise is *energizing*. Change your thinking, *change your glasses*, change your life!
- Are you understanding that the best gift you can give anyone is the gift of *choice*?

Remember to use your **FOCUS CARDS** every night, and change them as your goals are fulfilled or you need or want to alter them (as we grow, we need assess our goals to see if they've changed too. It's ok if this happens...it's supposed to. It's called evolving!)

Eat clean, train hard, sleep well and expect success!

FILL IN YOUR BLISS™ Training and Nutrition TRACKING SHEET!



Living with Arms Wide Open

As children we're taught to move away from whatever is threatening our safety and security. We naturally pull back from the stove's element because it could burn us. While this is the most natural and safe decision to make, unfortunately, we are taught to avoid *all* pain. This shuts us down and hampers our growth in all ways. And so we continue to live just under the surface of our life. We walk around without the fullness of spirit, and we anesthetize ourselves with drugs, alcohol, exercise (yes, exercise), affairs, work, the Internet, shopping...

No where is this dampening down of life more visible than in the area of psychological pain. In my experience with my son's journey, I learned that modern psychology is ill suited to helping us maneuver through perhaps the most profound and deepening experiences of our life, the ones that call on real reserve, endurance and growth, the ones that help create in us more compassion and deep shifts and lessons for living a more rich, full life—the *Dark Night of the Soul*. Sadly, in these instances, the focus is on removing the pain as quickly as possible, to restore you to normalcy again. Medication is often prescribed, but in many instances, it candy-coats the situation and it dulls our ability to see and feel what is really going on, and we can never really move into the fullness of our spirit.

The Skyscraper and the Cocoon: In Thomas Moore's book *Dark Nights of the Soul*, he uses this analogy to describe our current model of healing. "Linear thinking, so much a part of modern life, affects the way we understand our very lives. We evolve and develop, but we don't transform. We imagine growing like a skyscraper under construction, reaching to the sky, not like a caterpillar turning into a butterfly" (p. 24). Choose to be the cocoon and appreciate the metamorphosis of the self into something more grand than you ever could have imagined.



What is your intention? So often, I see people trade up one dysfunction for another. For me, I trained for many years as a way to build the perfect body and to get the love I felt I was missing, but this only lessened my spirit and intensified my anxiety. In my son's journey and watching his body break down, I came to a new and healthier way of viewing my body, and training became a way of honouring myself and him. The intention behind the action was now one based in health and healing. If it's based on silencing or denying, it will end up lessening your spirit and making your world smaller.

Arms Wide Open: Whenever you feel challenged beyond your capabilities, stand up, open your arms wide, lift up to the sky and ask "Now What?". See yourself as fluid and open, moving like the ebb and flow of the ocean's tides...back and forth, expanding and contracting, in and out.... This is how spirit moves. Honour it. And if you're wondering if you are making the right choice, check in: if you feel constricted and tight, it's going against spirit. If you feel expansive and exhilarated, it's the right choice for you!

The dark night is painful, but if given breadth, it is life changing. If you've recently gone through a tough time and you've returned to normal, it wasn't a dark night, it was just a hard time. Know the difference. The dark night stretches you beyond what you ever thought possible. It changes you forever. You're never normal again, and that's one of the many gifts of the Dark Night.

Trust in the process. This is your journey into wholeness. Honour it. One step at a time. One rep at a time.

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A Personal Message from Karen

As we come to the end of our journey together, I'm always amazed to see who shows up. I've got women from my own neighbourhood, and women from overseas. Women email me from tour duty in Saudi Arabia and from their quiet little homes in Southern California.

Regardless of our different geographies, it's a consistent, collective desire to live a better life. And what may seemingly start as a quest to lose weight and look better, that's not really at the heart of the search. It's deeper than that.

As humans, we all have a desire for more....more love, more acceptance, more community, more peace. But often we don't know, or don't listen to, the inner rumblings of our spirit. But they're there, in all of us.

As you continue to follow the principals in my BLISS™ Body Makeover Program, remember to honour that inner voice of yours. As you consume your clean food, shape and tone your muscles and continue to grow and expand your healthy eating lifestyle, remember that our inner world is just as important as our outer world.

Often we go to work to improve our outer world and assume our inner world will naturally shape up as well. But this isn't the case. It's relatively easy to lift a dumbbell. It's hard to understand our mix of emotions—yearning, misgivings, regrets, passions—all stewing about in one unconscious soup in our brain. Take the time to listen, really listen, and allow those feelings some space. Incubate, don't anesthetize. Pull it in, don't push it away, or you'll continue to live a one dimensional life. Live in the full vibrancy of your soul's colour!

I you want to continue our important work together, please check out my [16-Week Mastery Lifestyle for 40+ Women](#)...food, movement and mindset practices to get you into the best shape of YOUR life after 40! Yes you can!

It's all about ageing well, with strength, vitality, confidence and beauty, in a body that we can be proud of.... AND nourishing that amazing spirit of ours!

Thank you for taking the time to join my program and for loving yourself enough to tend to *you* and your needs. Until we meet again, embrace your journey, no matter how hard. Move your body often, eat clean food, nurture your spirit and *love* yourself into health. You're worth it!

Blessings,




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