



HealthyBodyHealthyLife  
with Melissa Koerner

### 21-Day Belly Fat Detox Coaching and Q&A Call #4

With Nutrition & Fitness Coach Melissa Koerner

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### Here's the Plan

- Share your **wins** from the week
- How to **transition** so you don't **RETOX** after you detox!
  - How and why to "test" your reactions to foods you've removed
  - How to develop healthy, long-term relationship with food
  - How to get your family on board with healthy eating
- **Q&A**

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### Share Your Wins!

*Your Key to Success...*

**Focus on the GAINS not the GAPS**

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### After the 21-Day Detox

- Once you've **completed** your 21 days on the detox, you'll begin to reintroduce foods back into your diet to **one at a time** to "test" your reaction.
- For example, grains, dairy, eggs, nuts, beans, legumes, meat etc. (whatever foods you **choose**).
- If any of these foods cause a **reaction**, you may need to eliminate them for a longer period of time before eating them as a regular part of your diet.

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### A Word About Grains and Legumes

If you have a goal of **weight loss** or if you suffer from **digestive issues** such as heartburn, IBS, colitis, Crohn's, constipation, diarrhea, or frequent bloating...

I recommend that you **limit or avoid grains** and **legumes** due to their **inflammatory** effects on the digestive tract.

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### General Rules for Testing Foods

- You'll want to keep a **Food/Symptom Diary** of the foods you're testing in a given day, and you'll make note of any negative body signals you experience.
- Make sure to add foods **one at a time** and wait **72 hours** between foods.
- Eat the test food at least **twice** a day and in a fairly large amount.

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### General Rules for Testing Foods

- Eat that food in its **purest** form on an empty stomach.
- For **example**, test milk or cheese or wheat, but not macaroni and cheese that contains milk, cheese and wheat.
- It is very **IMPORTANT** that you **do not mix foods** you've eliminated and that you **wait 72 hours** in between foods so you'll have a clear indication which food you're reacting to.

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### General Rules for Testing Foods

- Often an offending food can provoke symptoms quickly (within **10 minutes**) or it can take **a few hours** or even up to a **couple of days**.
  - Many food sensitivity responses can take up to **48 hours** to manifest.
- If you don't **immediately** react, notice how you feel the **following** day and the **day after** that.

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### Signs to Look for..

- |  |                              |
|--|------------------------------|
| • Skin issues (i.e. acne, rashes, itching) | • Constipation               |
| • Headaches                                | • Indigestion                |
| • Bloating and gas                         | • Anal itching               |
| • Nausea                                   | • Feeling sleepy after meals |
| • Dizziness                                | • Flushing                   |
| • Fatigue                                  | • Rapid heartbeat            |
| • Diarrhea                                 | • Disrupted sleep etc.       |
|  | • Mood changes               |
- \* **Pay attention to any negative or abnormal response.**

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### Re-Testing Foods

- If you're **unsure** you had a reaction to a particular food, take the food back out of your diet for **at least one week** and try it again.
- If you **DO** notice a **negative** response, I also recommend **re-testing** the food.
- I like to test foods the elicit a negative response **at least three** times to confirm the same response.
  - Negative symptoms can be related to **something else**.

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### How to Develop a Healthy, Long-term Relationship with Food

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### 7 Sabotaging Behaviors That Derail You

- **Attaching to an unhealthy dietary dogma:** *I refuse to eat fat, or I refuse to eliminate gluten, dairy etc. from my diet!*
- **Being unwilling to invest in good quality foods:** *Organic food is too expensive!*
- **Dieting:** Counting calories, trying different extreme diets or "eating clean" for a week or so and going back to old habits.
- **Perfectionism and unrealistic expectations:** *It's all or nothing! I'm "good" for a while then I fall off track and can't get back on, so I give up!*
- **Accepting poor dietary choices as part of their identity:** *I have a weakness for sweets. I struggle with sugar cravings. I have a hard time saying "no" to desserts.*
- **Paralysis by analysis:** Doing lots of research but taking NO action.
- **Social isolation:** Not creating a strong support system.

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### Live By the "80/20 Rule"

- Let go of the **all-or-nothing** perfectionist mentality.
  - You **MUST** build slip-ups into your plan to make it **sustainable**.
  - Be **100%** committed to the **80/20 Rule**.
- **AFTER** you've Completed the 21-Day Whole Foods Detox and you've targeted foods you're sensitive to, aim to eat at least **80%** of your meals with clean, whole foods.
- This allows **20%** for "**non-ideal foods**" – or example:
  - 3 meals per day = 21 meals per week
  - 80% of 21 is about 17 meals to include clean foods
  - That leaves 4 (20%) meals or snacks for non-ideal foods

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### Important to Note...

- Food sensitivities do **NOT** apply to the 80/20 Rule.
- Continuing to eat these foods creates **chronic inflammation**, which leads to weight gain, sickness and disease.
- Keep **all** foods you're sensitive too out of your diet completely.
  - If this seems hard, remember the **Pleasure Pain Principle**.

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### Watch How You Talk About Food

- Black and white thinking about food - this is "**good**" this is "**bad**" is dangerous.
  - When you go "off" your meal plan it leads to feelings of **guilt** and shame, which triggers **binge eating**.
  - Instead of thinking of foods as being forbidden or "bad" think of them as **non ideal**.

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### Watch How You Talk About Food

- We always want what we think we “can’t” or “shouldn’t” have
  - Telling yourself you “can’t” or “shouldn’t” leads to wanting it **more**.
- You’re also **lying** to yourself when you say you can’t eat something.
  - The truth is, you **CAN** eat *whatever* you want!
  - Instead of saying “I *can’t* eat that” say, “I can eat whatever I want but I **CHOOSE** not to.”
  - **It’s a choice not a can’t.**

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### Watch How You Talk About Food

- Eating clean is NOT about “giving up” foods.
  - “Giving up” implies you’re **depriving** yourself of something or making a sacrifice for something of value.
  - You are giving something up, but it’s **not** what you think.
    - You’re giving up feeling **sick, fat and tired!**
    - And you’re **gaining** energy, better digestion, a healthy weight and long-lasting health.

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### Watch How You Talk About Food

- You’re not “cheating” when you go off your plan.
  - Cheating implies you did something **bad** or **wrong**.
  - Remember, slip ups are part of your **learning experience**.
  - **Instead** of saying “I cheated,” say “I made a choice, and I’m learning from my choices.”
  - **It’s a choice not a cheat.**

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### Stop Feeding Your Mind with Head Trash

- "I'm too busy to cook and plan meals."
- "I don't like to cook."
- "It's too much work to cook healthy meals."
- "It's boring to eat clean all the time."
- "It's too expensive to eat organic foods."
- "My husband and my family doesn't like to eat healthy."
- "My friends and family think eating organic, gluten-free is a fad."
- These are all **EXCUSES!**
- **What you think about you bring about!**

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### Hands-On Exercise

- What **stories** are you telling yourself about food?
- Observe your **thoughts** and **language** over the next week.
  - Be **honest** with yourself but **withhold** judgement!

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### Be Aware of How You Eat

- **Chew** your water and **drink** your food.
  - Chewing foods well ensures foods are **broken down** properly for healthy digestion, absorption and elimination, and **prevents** chances of parasitic-fungal infections.
  - Do a **chew test**: How many chews does it take to fully break down your food?
- Have a "**clean your plate**" mentality?
  - Eat off **smaller** plates.
- Eat **before** you get **ravenous** to prevent you from overeating.

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### Be Aware of How You Eat

- Eat your meals in **peace**.
  - Eating in front of stressful T.V. or on-the-run causes a **stress response**, which triggers **overeating** and **impairs** your digestion.
  - If you like to read or watch T.V. while you eat keep it **light**.
- Take your time to **enjoy** your meals.
  - Eating **slowly** helps you gauge when you've had enough and when it's time to stop eating.
  - Take **5-10 breaths** before your first bite.

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### How to Get Your Family on the Clean Eating Bandwagon

- Focus on making changes for **yourself** first.
  - You're an **example** of healthy living in how you live your life.
  - Want to **inspire** change in your spouse/partner and kids?
  - **Be the change** you wish to see in them.
  - They're likely to be so **inspired** be you they'll naturally want to get on board.

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### How to Get Your Family on the Clean Eating Bandwagon

- **Respect** your family's choice to join in as much (or as little) as they want.)
  - Don't try to **push it** on them.
  - You put **stress** on yourself and your relationships when you try to change someone else's habits—especially if they **don't** want to change.
  - We **cannot** control others; we only have control over ourselves.

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### Document Your Progress

- Weigh yourself again and re-measure the 7 areas on your body using a tape measure.
- Take your *after* pictures – front, back, side
- See “Directions for Taking Your Measurements and Before Photos.”

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### Quick Review

1. After you’ve completed the Detox, start testing your reactions to foods.
  - Read, print and use the *Food/Symptom Diary*.
2. Embrace the 80/20 Rule.
  - Remember, food sensitivities do NOT apply to the 80/20 Rule.
3. Watch how you talk about food!
  - What you say reveals how you think.
  - Without a healthy mindset about food, it’s impossible to maintain healthy eating habits.
  - Keep a thought journal.
4. Become more aware of how you eat.
  - This is just as important as what you eat.

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### I’d Love for You to Share Success Story!

Email me at [Melissa@healthybodyhealthylife.com](mailto:Melissa@healthybodyhealthylife.com) with the following:

1. Your before and after photos
2. Your before and after weight and measurements.
3. A brief description of your results. In a few sentences, describe the results you achieved. (Be as specific as possible.) For example:
  - Weight loss (how much?)
  - Reduced body fat (how much?) and pants/dress sizes (how many sizes?)
  - More confidence (about what?)
  - More energy and/or mental focus (to do what activities?)
  - Eliminated food cravings (for which foods?)
  - Improved sleep (by how many hours per night?)
  - Improved digestion (how?)

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