

|| CHANGES ||

Making CHANGES => is Never Easy.

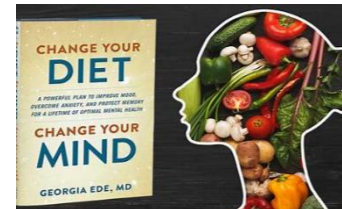
And Changing Our **DIET => can be Very SCARY!**



Here's The Thing - For many people, far worse than the *fear of public speaking* - or the *fear of dying from a dreaded disease* - is the *fear of **CHANGING THEIR DIET***. They think ... "Life will be worse ... I'm not sure how, but I know it will be worse. - My social life will be ruined - I'll never get to enjoy my favorite foods again - the preparation of these new menus will make me a slave to the kitchen." We know that "*breaking long held, regular HABITS*" - is plain tough.

Such "fear" of making a DIET Change likely arises from not being willing to imagine - "how the **NEW** way might bring us GREATER PLEASURE - MORE COMFORT - even BETTER HEALTH, than we've had with our **OLD** (CURRENT) eating habits, over all these previous years". Hmmm.

MINDSET - The first step to successfully **changing** is to "admit" that, sure, it will most likely be *troublesome* - and that, yes, we will have to devote considerable *effort* to make it happen. BUT, isn't this "exactly" what happens with almost every new endeavor? If we do not engage in some SELF TALK - and "make" that effort - we will NOT benefit.



W-H-Y Change my **DIET**? - In preparing for such change, we should *list all the reasons W-H-Y we want to improve the quality of our LIFE - by improving our DIET*. Motivations could be: ... "I want to *look better*, and *feel better* ... I'm tired of *indigestion*, *diarrhea*, *gas*, *constipation*, and/or daily *laxatives* - they must no longer be a part of my life ... frequent *headaches* must mean that something is wrong - and they've got to stop ... I'm too young to have painful *arthritis* ... *breast cancer* is a horrible, and slow, way to die - it's not for me - and I would "love" to STOP taking all those *toxic Pills*, and *DRUGS*, from BIG PHARMA! ... since my early childhood, I've always felt that something was wrong with the idea of "*eating the flesh of cows, and lambs, and piglets, and chickens*" ... and deep inside, I "knew" I was devouring far too many "processed" JUNK FOODS - and that I needed to have many more *healthy fruits / veggies / salads / soups* in my DIET."



What About SALT and SUGAR in my DIET? >>> [Click HERE](#).

Every "positive experience" we can have - with **SAFER EATING habits** - is *critical*, in getting us to the day when we DO decide that we ARE worth *the FULL effort* to finally make that CHANGE.

Taking a *PART-way* approach can set us up to actually suffer slow *withdrawal symptoms* - and *inevitable disappointment* in our results. We shouldn't expect to gain dramatic improvements in our health and appearance. When given no "other" choice, we will adjust to the new tastes, and methods, of food preparation - within three or four days. YES.

CHALLENGES in Changing a **DIET** - First, we need to truly “accept” that we ARE up to the challenge of changing (improving) our **DIET** - as daunting as it might be, in the beginning [with such possible “objects” as ... an ‘unaccustomed’ taste palate ... ‘resistance’ from friends and family ... meal planning & preparation ... a new shopping plan -vs- our old shopping habits ... different cooking techniques ... the “seasoning” of food in our new DIET ... etc]. **H-O-W-E-V-E-R** - - -



We do “have” the POWER “within” us - each one of us! We are UP to the “challenge”! Let’s **GO**!

↓ **CLICK** ↓



Yes - We Can DO This!
