

natura)(yslim®

The
**SECRET
SAUCE**
of Naturally Slim

For the first time ever, we're giving away some of our best tips to help you come out of social distancing healthier than before.



Binge-watching your favorite streaming service, floating through rows of cookies, organizing your digital photos—these are all ways you could pass the time as you shelter in place.

But our team got to thinking, what if there was a way to help people come out of this isolation period as healthier versions of themselves?

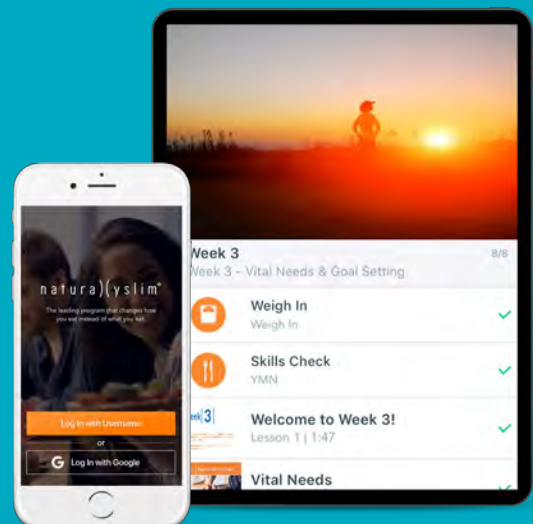
It IS possible. And for the first time ever, we're sharing a few of the secrets behind the Naturally Slim® program to help you get there. Naturally Slim has helped thousands of people lose weight, improve their health, and better their quality of life. We're talking about long-term, sustainable weight loss, more energy, excellent (and consistent) sleep, reduced risk for serious health conditions like diabetes and high blood pressure, and more.

Yes, these things are all possible, even in times of social distancing and shelter in place. In fact, now is the perfect time to double down on improving your health.



About the Naturally Slim Program

Naturally Slim is a digital health improvement program that teaches you how to eat the foods you love in a way that allows you to lose weight and improve your health. The program is presented in three phases, which include skill building, reinforcement, and maintenance. Even though it's a 52-week experience, the most important skills are taught within the first ten weeks (and you should see results within the first few weeks). It's impossible to give you the same experience in just one article, but hopefully you'll take away at least a few nuggets that will get you headed in the right direction.



Weight loss 101

Food is fuel. Just as gasoline powers (most of) our cars, food is what powers us. If we eat more fuel than we burn, we will gain weight. On the other hand, if we consume less fuel than we burn, then we lose weight. You already knew that. It's not a novel concept. The key though, is to find a way to consume less fuel and *still be satisfied!*

Is this possible? Absolutely!

The reason diets don't work long term really boils down to satisfaction. We can all do something for a short period of time that produces results. But if you're not satisfied, it will be unsustainable. Losing weight is the easy part. Keeping the weight off, without even thinking about it, is the key. And that boils down to changing our behavior around food and how we eat.

It's not what you eat, it's *when* and *how* you eat that will help you

experience (and enjoy) sustainable weight loss. *Please read the previous sentence again.*

This is where most people start shaking their head in disbelief. That's understandable. We've somehow come to think that we have to eat certain foods, or food-like substances (e.g. shakes, bars, pre-packaged products), in order to lose weight. However, science doesn't support this concept. You absolutely can eat the foods you love and still lose weight. You just need to learn to eat those foods a little differently.

Again, the objective is to find a way to eat less and *still be satisfied*. Let's talk about how to do that.



This is your brain.

This is your brain on food.

Your brain is the “control tower” for virtually everything that happens in your body. Hunger, cravings, satisfaction, “fullness”—these are all managed by your brain. We all have certain likes and dislikes when it comes to food. Think about your top three favorite foods. If you were told you could never eat those three choices ever again, you would most likely be upset. What if instead you were told you could absolutely eat those three things, but you just need to eat them a bit differently? That’s an entirely different conversation, yes?

So, here’s an important part of Naturally Slim’s Secret Sauce... there are two areas of the brain that **MUST** be accounted for in order for you to be satisfied during a meal. They are the “taste center” and the “fullness center.”



The Taste Center. You have approximately 10,000 taste buds that all reside in your mouth. There are **NO** taste buds in your stomach! Taste buds allow you to truly savor the foods you are looking forward to and enjoy most. It could be pizza, a hamburger, sushi, tacos, you name it. Whatever it is that you’re looking forward to, eat it, but make sure you “experience it” through your taste buds. That’s why you have them. Take your time to truly taste and savor each and every bite. Don’t save your “favorite food” for last, eat it first. Until your taste center is satisfied, your brain will tell you to keep eating.



The Fullness Center. It takes 20-30 minutes for your stomach to tell your brain that it’s full. So, slow down! Out of habit, many of us are eating so fast that we eat far more than we need or even want. One of the key principles of Naturally Slim is what we call 10-5-10.

It goes like this. Eat slowly and enjoy your food for 10 minutes. Be sure to put your fork or spoon down between bites. If you’re eating a sandwich or hamburger, cut it into quarters and set it back on the plate between bites. After 10 minutes are up, take a five-minute break... have a conversation, read an article or book, make a phone call, etc. After five minutes have passed, and if you’re still hungry, continue eating slowly for another 10 minutes.

For many, this will be *extremely* challenging, but what you’ll most likely find is that you’ll be completely satisfied on far less food than you’re accustomed to. Instead of the normal two hamburgers, you’ll find that one is plenty. Two pieces of pizza, when eaten intentionally and slowly, will give you the same satisfaction as four or six pieces eaten at a breakneck speed.

The importance of “Level 3”

Let's talk about hunger. Hunger lives on a spectrum. In other words, it's not simply “I'm hungry” or “I'm not hungry.” Hunger is a continuum. Think of it as a wide range between two extremes.

At one end of the continuum you are “so full you couldn't eat another bite!” This is the feeling experienced after the second piece of pie following three full plates at Thanksgiving. You might even have trouble breathing and need to loosen your belt. We call this stage of hunger, Level 1. Basically, you're not hungry at all.



The other end of the continuum is when you're “starving.” You are so ravenous you'd eat just about anything you could get your hands on, even if it's something you'd normally not even consider! Some might use the word “hangry” to describe this state. This is Level 4.

Now divide that continuum into quarters... levels 1, 2, 3 and 4. (Spoiler alert... here comes arguably the most important ingredient of the NS Secret Sauce.)

If you want to lose weight, and keep it off, you need to ignore the clock and eat only at a Level 3. In other words, don't eat *too soon*. Eating at a Level 1 or 2 will cause you to store the extra fuel (as additional weight).

You also don't want to eat *too late* because if you reach Level 4 it will be almost impossible to eat slowly and enjoy each and every bite of your meal. Your brain will have lost the ability to be mindful of your eating experience and you'll devour far more fuel than your body actually needs. The best way to think about this is to eat when you're hungry, not when you're not.

This sounds simple, but it takes quite a bit of practice. We have found that many people eat breakfast out of routine, not because they are truly hungry. Everyone is unique and you need to really focus on your particular hunger patterns. If you are at a Level 3, then eat. If not, wait until you are, then eat the food you really want. This sometimes takes several weeks and lots of practice to master. That said, it can make all the difference in managing your weight. Take just a minute to ask yourself, “Am I truly at a Level 3, or am I eating for reasons other than hunger?” Especially in challenging times like today, we find that emotions are often driving eating behaviors rather than our body's need for fuel. Be mindful of this.

The exception to the rule: sugar

Now, when we say you can eat your favorite foods and still lose weight, we mean it. However, you have to keep a watchful eye on sugar. As you probably know, sugar is a huge part of the Standard American Diet, and it's not just in the sugar bowl, ice cream, or soft drinks. Large food companies are brilliant at adding sugars and sweeteners to their products to make them more appealing (i.e. craveable: having qualities that create an intense desire for more). That's good for sales, but it's a huge barrier to successful weight loss. Naturally Slim helps you recognize all the hidden sugars that are out there and develop simple strategies to cut back. A great place to start is to pay close attention to food labels and make a conscious effort to reduce your sugar intake.



What about alcohol?

Another key ingredient of our Secret Sauce is proper hydration. While staying hydrated is a key to helping you lose weight, you must remember that not all beverages are created equal. This is particularly true for alcohol. Especially now, during times of high stress, be mindful of your alcohol consumption and try to limit the sweet, sugary adult beverages. Remember, moderation is key.

Your timing is perfect!

If you are currently an NS participant, log in to www.naturallyslim.com/login from your smartphone or computer to watch this week's lessons.

Are you an employer and want to offer this to your employees? Send us a message at learnmore@naturallyslim.com.

Not a Naturally Slim participant? Visit our blog at www.naturallyslim.com/the-skinny for more tips and resources.

