



DR DEB
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THINNER Peace
... IN MENOPAUSE & BEYOND

Podcast Companion Guide



This program has been developed for use
as an audio series supporting you
on your weight loss journey.

This session is presented with a companion
workbook, offering tools and homework
assignments, allowing you to work
at your own pace.

It is my hope that this is the beginning of
your transformation — finally!

Dr. Deb

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Table of Contents





PHASE 1: RE-THINK.....	7
Hunger	
Eating	
Creating Joy	
Exercise	
Thoughts	
Wasting Food	



Your body is going through “changes” — but so is your mind.
Once your mind is clear, helping the body is so much easier.

There's an underlying reason why you eat when you're not hungry,
and this is the phase where you will learn your truth
and the courage to change for good.

In this phase you'll learn to . . .

-  Change your thoughts and beliefs about food, exercise and yourself
-  Gain confidence in your body, and never have to go on another diet again!
-  Know which of your thoughts are leading you to what you want and which thoughts are not (toxic thoughts)
-  Stop punishing yourself and start channeling your beautiful energy into changing your beliefs and thoughts about food, exercise and you


Notes to self...


SESSION ONE

TODAY'S DISCUSSION: HUNGER



Learn to recognize the difference between emotional and physical hunger.

 Discuss The Emotional Hunger Scale — compare Physical Hunger with Emotional Hunger in your body and learn to identify where you are with a number from a “-10” (the WORST you can feel) to a “+10” (the BEST you can feel).

 Discuss body sensations of physical hunger — learn to pay attention to you!

 Review pre-work

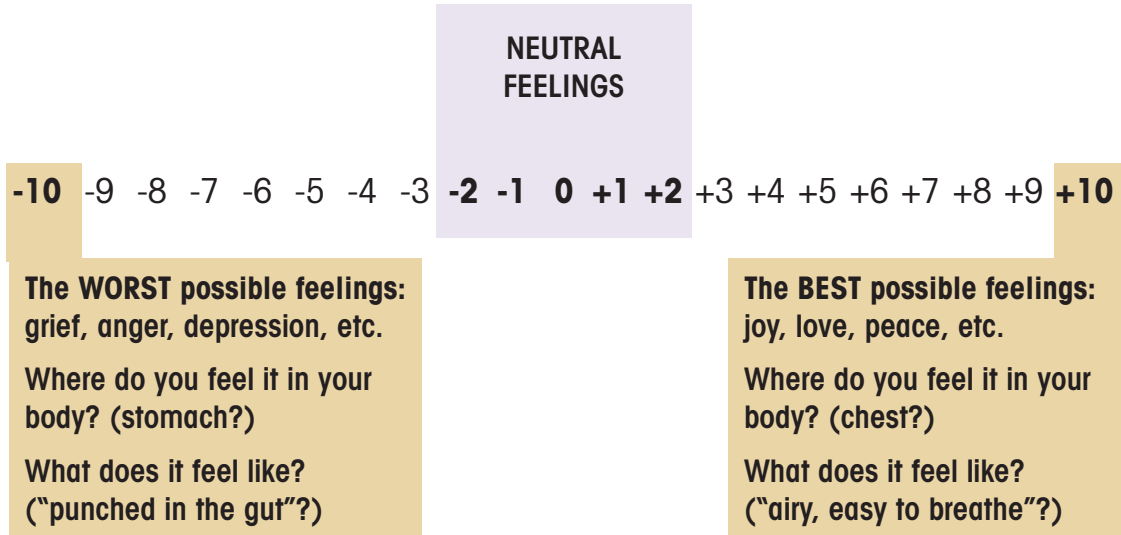
TOOL: Emotional Hunger Scale

TOOL: Physical Hunger Scale

HOMEWORK: Observing yourself for the week



SESSION ONE TOOL EMOTIONAL HUNGER SCALE (EHS)



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Describe the EMOTIONAL need/feelings that might make you feel hungry or the need to eat below:*

1. **ANGER:** "I want to use food to stuff down my fury." (EHS -10)
2. **LONELINESS:** "I am comforted by warm, yummy food when alone." (EHS -5)
3. **HAPPINESS:** "I enjoy food when I am with my friends." (EHS +5)
4. **BOREDOM:** "I am looking for food to entertain me, so I don't have to entertain myself." (EHS -5)
- 5.
- 6.
- 7.

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SESSION ONE TOOL

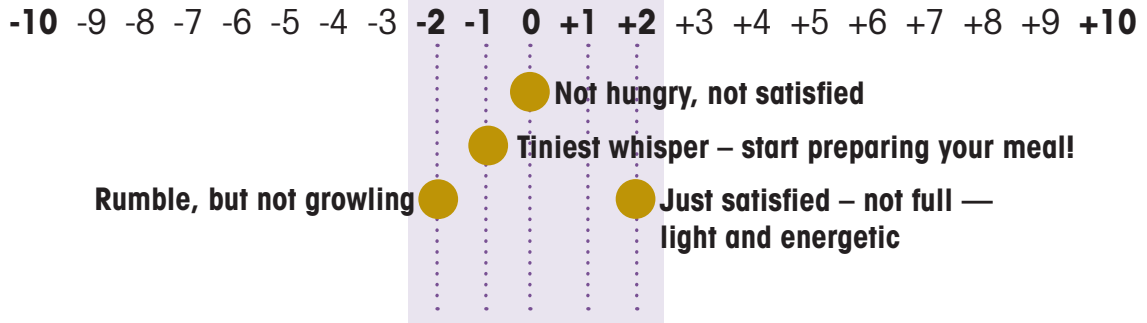
PHYSICAL HUNGER SCALE (PHS)



It is important to identify what each level on the scale feels like in your own unique body.

**HAPPY,
ENERGETIC &
FUELED BODY**

When eating and using the Hunger Scale, most people are hungry every 2-3 hours.



Describe your PHYSICAL sensation of hunger below:

1. "My stomach feels empty and makes noises." (PHS -4)
2. "My mouth gets wet." (PHS -3)
3. "I feel weak." (PHS -10)
- 4.
- 5.
- 6.
- 7.

Notes to self...

SESSION ONE HOMEWORK



As you watch yourself this week, write down three ways you eat when you are not physically hungry*:

1.

2.

3.

*Please show compassion for yourself.


Notes to self...


SESSION TWO

TODAY'S DISCUSSION: EATING



*Reintroduce yourself to your mind-body connection;
learn to . . .*

 Recognize the different TYPES OF EATING
so you can learn more about why you eat

 Combine your TYPE OF EATING with
your HUNGER SCALE

Using compassion and curiosity

TOOL: Four Types of Eating: FUEL, JOY, FOG, STORM

TOOL: Fuel FOOD Choices

TOOL: Fuel SNACK Choices

HOMEWORK: Food Journals (complete 3 for the week)



SESSION TWO TOOL FOUR TYPES OF EATING

In my program, there are four types of eating: Fog Eating, Storm Eating, Fuel Eating and Joy Eating. Sometimes a specific eating experience will combine two types or lead from one to another, but anytime you eat you can classify your eating into one of these four categories.

FUEL EATING is when we are eating food that provides our body with high-grade fuel to perform. It is a decision we consciously make to put fuel in our bodies that will give us energy and nourishment to perform physically. Most Fuel Eating requires planning and forethought. You want to Fuel Eat 90% of the time. Fuel Eating is done in accordance with the hunger scale.

JOY EATING is when we eat anything we love to eat and actually taste it. Paying careful attention to eating usually accompanies joyful eating – try moaning and slowly chewing to really get the full enjoyment from your food. You want to Joy Eat 10% of the time. This is usually one small treat a day or two joy meals per week. The rule with Joy Eating is that you must enjoy each bite.

FOG EATING is when you eat without awareness. You are munching on chips without even tasting them, you are picking at your kids' dinner while you talk to them, you have a bag of candy and next thing you know you have eaten the whole bag and you don't even remember what it tasted like. Fog Eating is not enjoyable or purposeful; it is an unconscious munch that we aren't even aware we are doing. Try to never Fog Eat. Stop the minute you catch yourself eating behind your own back.

STORM EATING is binge eating or out of control eating. It is anytime you can't stop yourself. You are aware you are eating, you want to stop, you feel as if you cannot stop and cannot control your own impulses. Sometimes this happens when we let ourselves get too hungry and we are starving or it happens when we have an overwhelming emotion we don't want to feel. Storm Eating is usually followed by regret and shame. Many times Storm Eating is done in private and in hiding. Many tools later in this program will help eliminate all Storm Eating from your life.

SESSION TWO TOOL SAMPLE FUEL FOOD CHOICES



PROTEINS	CARBS	VEGGIES	FATS
Chicken Breast	Baked Potato	Broccoli	Avocado
Turkey Breast	Sweet Potato	Asparagus	Sunflower Seeds
Lean Ground Turkey	Yams	Lettuce	Pumpkin Seeds
Orange Roughy	Squash	Carrots	Cold-Water Fish
Haddock	Steamed Brown Rice	Cauliflower	Natural Peanut Butter
Salmon	Steamed Wild Rice	Green Beans	Cottage Cheese
Tuna	Brown Pasta	Green Peppers	Olives
Crab	Oatmeal	Mushrooms	Olive Oil
Lobster	Barley	Spinach	Safflower Oil
Shrimp	Beans	Tomato	Canola Oil
Top Round Steak	Kidney Beans	Peas	Sunflower Oil
Top Sirloin Steak	Corn	Brussel Sprouts	Flax Seed Oils
Lean Ground Beef	Strawberries	Artichokes	
Lean Ham	Melon	Cabbage	
Egg Whites/ Eggs	Apple	Celery	
Trout	Orange	Zucchini	
Cottage Cheese	Fat-Free Yogurt	Cucumber	
Wild Game Meat	Whole-Grain Bread	Onion	
Tofu Soy Foods	High-Fiber Cereal		
Veggie Burgers	Whole-Wheat Tortilla		
Peanut Butter	Whole Grains		
Nuts	Peanut Butter		
Edamame	Nuts		
	Edamame		



SESSION TWO TOOL FUEL SNACK FOOD OPTIONS

- 1 Lavosh Cracker with Tuna Salad
- 1T organic, sugar-free peanut butter with 1/2 small apple
- 1 whole-grain cracker with herring and sour cream
- 1/2 serving tofu “egg salad” with raw carrot sticks
- 1/4c walnuts with 1/2c strawberries
- 1/2c blueberries with unsweetened whipping cream and Camembert cheese
- 2 Ak-Mak Crackers with egg salad
- 1/2c edamame beans (shelled)
- 1/4 cup sunflower seeds
- 1-1/2t cashews
- 1/3c almonds
- 3T organic, sugar-free peanut butter on celery sticks
- 3T hummus with raw carrots, bell pepper, celery sticks
- 1-1/2T organic cashew butter on celery sticks
- 2 low-carb whole grain crackers with mozzarella cheese
- 1/2c cottage cheese with raw carrot sticks
- 1/2 small apple with string cheese or goat cheese
- 1 small fig with Swiss cheese
- 1/2c strawberries with 1/4c cottage cheese
- 2T almond butter on celery sticks
- 1/2 pear with string cheese or goat cheese
- 1/2c blueberries with mozzarella cheese
- 1/2 small banana and 1T organic-sugar-free peanut butter
- 4 dried apricot halves with goat cheese
- 1 small kiwi and 1/4c walnuts
- 1 small apple and 1T organic, sugar-free peanut butter
- 12 cherries with mozzarella cheese
- 1T raisins and 1/2c pumpkin seeds
- 1/4c unsweetened applesauce and 1/4c cottage cheese
- 1/2c whole-milk yogurt and 1/2c strawberries
- 1/2 mango and marinated organic tofu
- 1-1/4c strawberries and mozzarella cheese
- 1 corn tortilla, tomatoes and queso fresco cheese

PHASE 1 FOOD JOURNAL



NAME _____ DATE _____

Time of Day	WHAT I Ate	WHY I Ate (<i>Storm, Fog, Fuel, Joy</i>)	Hunger Scale Before Eating (GOAL > -2)	Hunger Scale After Eating (GOAL < +2)	Record your thoughts and feelings around this food experience — before, during and after.
6pm	baked fish baked potato broccoli	Fuel	-4	+4	I was too hungry when I started eating. I felt like I couldn't stop — it tasted too good.



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Notes to self...

SESSION THREE

TODAY'S DISCUSSION: CREATING JOY



Learn to . . .



Find your true joy
(hint: it's not in the refrigerator)



Understand more about yourself through
food journals



Recognize why you eat the way you eat

TOOL: JOY Barometer; identify what % of joy you get from food vs. life

TOOL: JOY Worksheet

HOMEWORK:

1. Tedious Powerful Worksheet (JOY eating!)

SESSION THREE TOOL JOY WORKSHEET



What are your top five sources of joy?

- 1.
- 2.
- 3.
- 4.
- 5.

How do you feel about this list?

Do you need to diversify your JOY more?

What would you like your top source of JOY to be?

In what ways can you create JOY internally? Give two examples.



SESSION THREE TOOL TEDIOUS POWERFUL WORKSHEET

This worksheet is to be used as often as you can handle. It is very tedious and time-consuming, but the results are amazing. Sit down with this one before you eat and document in detail. Pick a Joy or Fuel food you really like.

Name of food:

Quantity you want to eat:

Where are you on the hunger scale?

Describe the food in detail (look, smell, texture, color, etc.):

Your feeling before eating the food:

Describe each bite and stop to write in-between bites. Stop eating the food when you stop enjoying it.

Describe bite 1 in detail:

Describe bite 2 in detail:

Describe bite 3 in detail:

Describe bite 4 in detail:

Describe bite 5 in detail:

Describe bite 6 in detail:

Describe bite 7 in detail:

SESSION THREE TOOL TEDIOUS POWERFUL WORKSHEET



Describe bite 8 in detail:

Describe bite 9 in detail:

Describe bite 10 in detail:

Do all the bites taste the same? Yes or No (Circle one)

Does it start to taste less pleasurable or more pleasurable as you add bites?

More or Less (circle one)

What is your feeling after eating this food?

How much did you eat before feeling satisfied?

When did you stop eating?

Where are you on the Hunger Scale after eating this food?

How does this food feel in your body?



SESSION THREE TOOL TEDIOUS POWERFUL WORKSHEET

After you have completed the worksheet, answer these following questions:

Did you overeat more when you were below -2 on the hunger scale?

Were you able to get more satisfied when you paid more attention to each bite?

How did your feelings affect the quantity of food you ate?

Were your before and after feelings the same or different?

Did you ever stop at bite one (1) because you realized it was not something you wanted to eat?

PHASE 1 FOOD JOURNAL



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Notes to self...

EXERCISE

+ JOY

= PLAY

SESSION FOUR

TODAY'S DISCUSSION: EXERCISE



Now for that 8-letter word . . . EXERCISE.

Now for that 3-letter word . . . **JOY**.

When children exercise it's called **PLAY** . . .



Re-think "EXERCISE" into the 4-letter word "PLAY".



Re-learn how to get back to that childlike mind



Explore exercise minimums



Review Powerful Tedious Worksheet

TOOL: How much will you move?

HOMEWORK:

1. Do your minimums for 1 week
2. Recheck your Emotional Hunger Scale (EHS) before- and after-exercise

Notes to self...

SESSION FOUR TOOL MOVEMENT



I like to move my body by:

i.e.: walking my dog, dancing, bicycling, etc.

Hint: it doesn't always mean going to the gym!

1.

2.

3.

4.

5.

6.

7.

8.

9.

Commitment to SELF:

***For the next week, I will _____ (play),
_____ (#) of days per week, for _____ (#) amount of time.***

_____ ***(signature)***



SESSION FOUR

HOMEWORK: EXERCISE MINIMUMS

DATE	TYPE OF MOVEMENT/ PLAY	TIME SPENT PLAYING	EHS* BEFORE PLAYING	EHS* AFTER PLAYING	THOUGHTS

*EHS = Emotional Hunger Scale

PHASE 1 FOOD JOURNAL



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Notes to self...

SESSION FIVE
TODAY'S DISCUSSION: THOUGHTS



Learn to . . .



Recognize what you are thinking



Recognize how your thoughts create your feelings and your results

TOOL: The Self-Coaching Model — the only way to get the results you really want.

HOMEWORK: Complete two Self-Coaching Models

HOMEWORK: Complete 3 Food Journals



CIRCUMSTANCES *can trigger*

EVIDENCE

THOUGHTS

cause

FEELINGS

cause

ACTIONS

cause

RESULTS

SESSION FIVE HOMEWORK
SAMPLE: SELF-COACHING MODEL



What are you thinking this week?

C = “It’s raining outside.”

→ **T** = “I can’t work out.”

F = “Tired.”

A = “Watching TV.”

R = “I didn’t work out today.”



SESSION FIVE HOMEWORK YOUR SELF-COACHING MODEL

Now it's YOUR turn . . .

C =

T =

F =

A =

R =

SESSION FIVE HOMEWORK

YOUR SELF-COACHING MODEL



Now it's YOUR turn . . .

C =

T =

F =

A =

R =

Notes to self...

PHASE 1 FOOD JOURNAL



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SESSION FIVE

FOOD JOURNAL #3

NAME _____ DATE _____

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PHASE 1 FOOD JOURNAL



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Notes to self...

SESSION SIX
TODAY'S DISCUSSION: WASTING FOOD



Learn to . . .



Leave food on your plate



Recognize how you feel about leaving food

Tool: Discuss your Waste Food Worksheet

Homework: Joy food throw-away



SESSION SIX TOOL WASTE FOOD WORKSHEET

Imagine the following circumstances and comment on how you would feel about each one and why:

At an expensive restaurant, your meal arrives and you are not hungry. You decide not to eat it because you are past 2. You cannot bring it with you. You must have the waiter take it away after only tasting it. How does this make you feel? What comes up for you?

Same situation as above, but you eat the food. How do you feel now? How do you feel compared to the first situation?

Do you believe wasting food is bad? Why or why not?

If you eat food that your body does not need for fuel, are you wasting it? Aren't you just carrying the waste with you on your body as fat?

Would you rather waste food in the garbage or on your body? Why?

In our large-portion society, in order to stay at your ideal weight you will have to waste some food. How does this make you feel?

Next time you eat and stop at 2 and there is still food on your plate, notice how it feels to waste it.

SESSION SIX HOMEWORK JOY FOOD THROW-AWAY



1. Buy one of your favorite JOY FOODS.
2. Take ONE bite and throw the rest away.
3. Complete a Self-Coaching Model (on the following page) based upon one of your predominant thoughts about throwing away your favorite food.

SAMPLE:

C = Throw the brownie away

T = Poor, starving children in Africa

F = Guilty

A = Eat the whole thing

R = Children are still starving in Africa



SESSION SIX HOMEWORK YOUR SELF-COACHING MODEL

Now it's YOUR turn . . .

C =

T =

F =

A =

R =

PHASE 1 FOOD JOURNAL



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