

THE
**GABRIEL
METHOD™**



**-How to support your mind & body when
you plateau?**

Gabriel Method Nutrition

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How to support your mind & body when you plateau

1. What to do when you are feeling great and then the momentum stops?
2. How to fuel your body during a plateau.
3. How to support your mental and emotional awareness when you feel frustrated.

Fluctu-Weight~ Anyone fluctuate? I do!

- Stress
- Dehydration
- Malnutrition & Processed foods
- Eating our emotions
- Medications
- Poor sleeping habits
- Digestive issues
- HORMONES:) Which shift every 7 years!
- High simple carbohydrate meals
- Food allergies
- Thyroid and Immune System Issues

Water weight (Edema)

When you eat carbohydrates, many are converted into glucose (sugar) and used to provide energy for the cells. The leftovers are then converted into glycogen, which is stored in the liver and muscle cells. If you need more energy later and there's no glucose available, these glycogen stores can be quickly broken down and turned into glucose for fuel.

Glycogen holds on to a lot of water. In fact, for each gram of glycogen in storage, there are three grams of water attached to it.

If you've ever started a new diet or exercise routine and found that the you lose weight early and then it slows down to a screeching halt a few days later, this is because what you've lost initially was water weight.

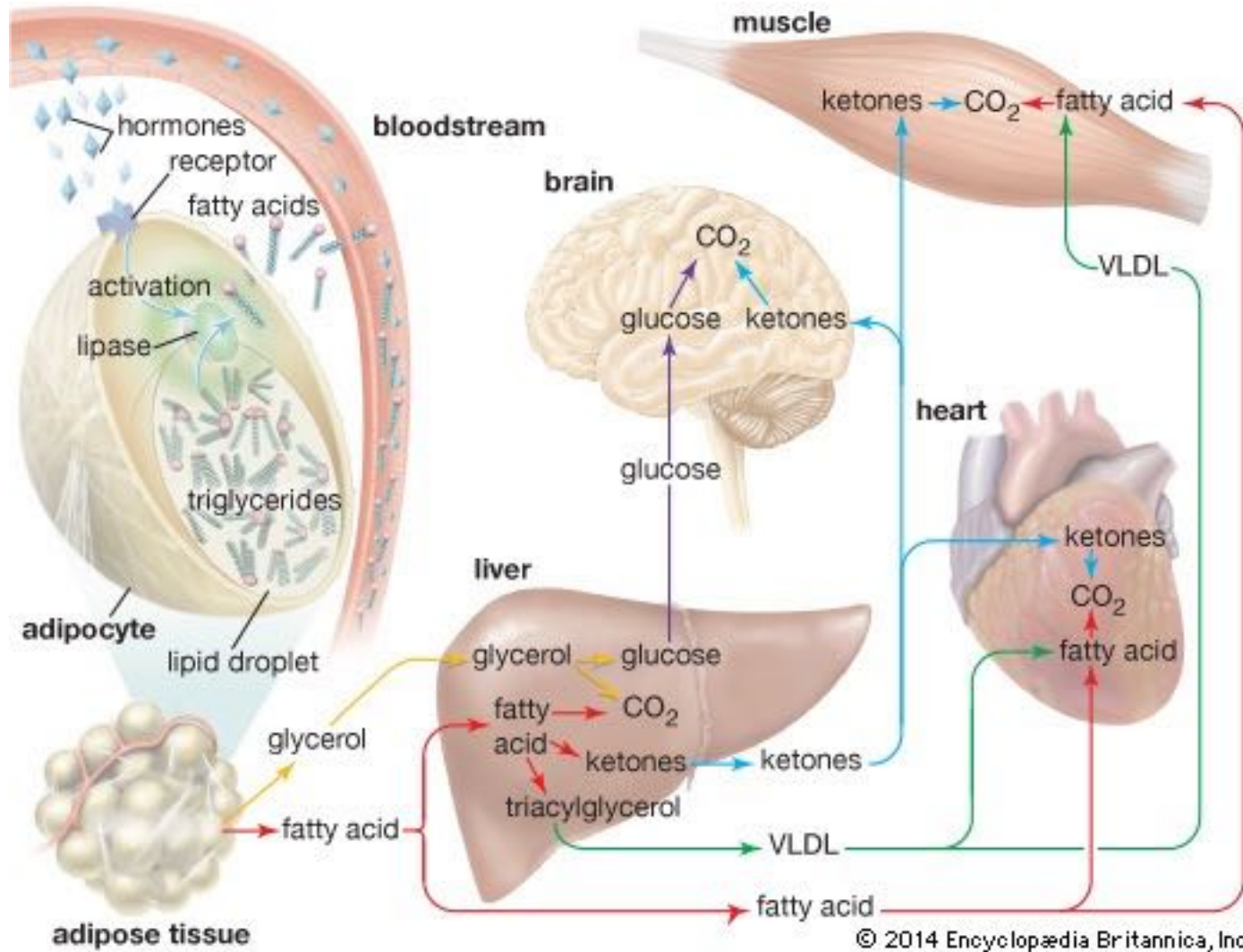
Dieting or increasing your exercise routine creates an energy deficit, and when there's not enough glucose available, your body has to pull from those glycogen stores for extra energy.

The loss of all the water attached to the glycogen causes quick weight loss followed by a plateau once your glycogen stores have been depleted.

How do we utilize fat for energy?

- The Mayo Clinic states this on How your Body releases body fat....
- To understand the answer, it helps to remember that fat is basically stored energy. Your body converts fat to usable energy for your muscles and other tissues through a series of complex metabolic processes. This causes your fat cells to shrink.
- These metabolic activities also generate heat, which helps maintain your body temperature, and waste products. These waste products — water and carbon dioxide — are excreted in your urine and sweat or exhaled from your lungs.

The Metabolic Process



Breaking Down Fat

When you are not eating, your body is not absorbing food. If your body is not absorbing food, there is little insulin in the blood. However, your body is always using energy; and if you're not absorbing food, this energy must come from internal stores of complex carbohydrates, fats and proteins. Under these conditions, various organs in your body secrete hormones:

- pancreas - glucagon
- pituitary gland - growth hormone
- pituitary gland - ACTH (adrenocorticotrophic hormone)
- adrenal gland - epinephrine (adrenaline)
- thyroid gland - thyroid hormone

These hormones act on cells of the liver, muscle and fat tissue, and have the opposite effects of insulin.

When you are not eating, or you are exercising, your body must draw on its internal energy stores. Your body's prime source of energy is glucose. In fact, some cells in your body, such as brain cells, can get energy only from glucose.

Set Points

- Set point is the weight range in which your body is programmed to weigh and will fight to maintain that weight to create Homeostasis. AND good news it CAN change!
- At your ideal “set point weight,” fat cells produce a given amount of leptin, (Leptin interacts with areas of the brain that control hunger and eating behavior) which maintains the internal energy balance needed for necessary cellular function and proper weight management.
- In most healthy adults, changes in body weight will trigger changes in leptin, causing appetite to either increase when body fat falls or decrease when body fat rises — although in some susceptible individuals this energy-balance system seems to malfunction.

How to change your Set Point

- EAT MORE for a couple of days. Like saturating your skin with oil to hydrate it.
- AND then try to eat when you are hungry.
- Initially after eating more you will balance your blood sugar and support your body by turning off the famine switch.

How to get over a plateau

- Increase your water intake
- Add in extra Potassium and Magnesium
- Add in stretching or a new movement routine (Ask Brian's)
- Decrease your sodium intake: The most recent Dietary Guidelines for Americans recommend limiting your daily sodium intake to less than 2,300 milligrams per day, which is equal to about one teaspoon or six grams.
- Add in new supplements at different times than you have been taking them.
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How to support your mental and emotional awareness when you feel frustrated.

- Add in MORE visualizations. Do them when you are the most frustrated and observe what thoughts arise.
- Gratitude for your body. Your body knows best and there is a reason it is holding on.
- Throw in a curve ball.
- Shift your consciousness. When in your life did you change the way you approached something to achieve a different result?
- Jon's story on the Jersey turnpike.

Nutrition 101

- There are 3 **Macronutrients**
 1. Protein
 2. Carbohydrates—Live Food
 3. Fat—Omega 3's.

There has been every diet under the sun that has tried to manage these, usually by % or Calorie restriction.

However, it is all about implementing **quality!**

How do you know you are Eating Enough of the Big 3?

- Detoxification is happening: Quality Bowel Movements, Clear urine, Fat burning zone, Sugar is balanced, strong cravings are reduced, cells are oxygenated
- Nervous System is back to its **natural rhythm**. Sleeping through the night and waking up with energy. Noticing that your body is naturally hungry and you are not having blood sugar crashes.
- You should feel energetic, mental clarity, no bloating and calm, and NOT craving SUGAR, especially after meal times (this is success):)
- You are absorbing vitamins and minerals. If you do not break down your food properly in the stomach, it can ferment causing heartburn, gas, bloating, and other digestive issues.
- Your body is becoming less inflamed and your gut is healing.



If you crave Post Meals...

- Then your circadian rhythm and hormones are off
- You did not eat ENOUGH of the Big 3.
- You did not absorb nutrients properly
- Your Stress is High
- You are trying to out think it and may not feel safe to trust your body.
- Hormones and emotions are running a bit full on.

Proper Nutrient Combining

Certain foods just sound better together vs. other combinations.

EXPERIMENT & Try...

- Veggies & Fats (Omega 3's go with everything)
- Starches (Winter Squashes, Sweet Potato, Beans & Lentils) & Proteins Separate
- Fruit with healthy fat separate from meals
- Try Dairy with Proteins vs. Fruits, Starches & Raw Veggies.
- Have 1/2 raw and 1/2 cooked veggies as your digestion heals.

Before You Prepare a Meal...

- Step 1: Take 5 Deep breaths and put your hand on your heart. Relax your nervous system.
- Step 2: Tune in to your body: Are you craving hot or cold? Sweet or savory?
- Step 3: Use The Big 3 to make an amazing meal for you to nourish your body, mind and spirit



Typical Day in the Life of you

- Upon waking: Drink water with lemon & Probiotics; Visualization
- Within an hour of waking: 5 Deep Breaths; Ask your questions; Have a Big 3 Breakfast
- Pack the snacks that help you feel safe
- Try to body check every 2-4 hours to assess what your body needs: **Oxygen. Hydration. Nutrition**
- Try eating the Big 3 every 3-5 hours to build a solid foundation.
- Recommended supplements throughout the day
- Night time Visualization & Quality Sleep (no electronics)



Typical Month in the Life of You

- Some WEEKS you crave more meat
- Some days you want small meals and snacks
- Some days you want larger meals
- Your body will fluctuate and everyone is different.
- If you are craving low energy foods; incorporate more of the Big 3
- **RELEASE** eating “perfect” Monday thru Friday then feeling fulfilled on the weekends
- Nourish First **BEFORE** you cleanse and experiment
- Experiment & Try Eliminating foods for minimum 3 days to 3 weeks, then bringing them back one by one for 48 hours at a time to see **HOW YOU FEEL.**

Keep It Simple

- There's no such thing as "perfect"
- Don't overcomplicate your protein shake and meals.
- Do meal planning and grocery shopping when you're relaxed and have time—avoid adding stress to your life
- Ask yourself: Acceptance Mode: 5 deep breaths & "What do I need in the present moment to offer my body more balance & nourishment?" How do I adjust to the inflammation and hormone state my body is in?
- Make shopping, cooking, and eating a stress-relieving experience, one of joy and creativity



Grocery Shopping 101

- Go shopping frequently, and have fun at the grocery store
- Stock up on staple foods that help you feel safe, nourished & secure
- What are those healthy staple foods for you?
- Frequent shopping means fresher food and you can listen to your cravings in real time
- Get to know your local grocery, farmers, and butchers—this is a natural part of social life and makes food all the more enjoyable



Listen to Your Body

- Body check: “How does my body feel?”
Energized? bloated? stressed?
- Ask yourself: “What have or haven’t I done yet today?”
- Don’t beat yourself up over a brownie
- Give your body quality—you deserve it!



Learn to Trust Yourself

- Turn your knowledge into inner wisdom
- Enjoy new foods and learning what your body craves
- Learn how to **decipher** what **YOU** need
- Create a new relationship and freedom with food
- Create a loving journal to observe patterns and gather information.

