

Session #7 Outline

Use this template and the attached client handout to help your client RELAX.

1. What's Going Well

Continue the ritual of beginning your sessions by focusing on what's going well.

2. Challenges/Coaching Around Obstacles

Coach on challenges if necessary.

Optional Coaching Question Sequence:

1. "What do you want?" or "What would you like?"
2. "What will having that do for you?" or "What's important about that?"
3. "Where, when, and with whom do you want it?"
4. "How will we know when you have it? What will I or others see looking from the outside? What will we notice you doing that's different that what you are doing now?"
5. What stops you or slows you down from having that?"
6. "Who else might be affected if you follow through?"

3. New Information: Secrets to Burning More Fat

COACH: Are you ready for something new? Today we're going to talk about how to relax. Why is this important? Digestive stress is about 25% what you eat, and 75% who we are being.

Who are you being when you eat or when you are healing? Are you moving at warp speed? Constantly eating on the go? Multi-tasking during the meal? Engaging in gossip? These are all ways in which we feed the stress response.

Eating under stress is not only commonplace, it's socially acceptable and often a prerequisite for managing a job, a family or having a life.

Stress is the opposite of relaxation. When do we feel stressed? Mostly when we are moving too fast.

If you've worked for a stronger metabolism (or been trying to heal xx) but have not achieved success there's one basic reason. YOU ARE MOVING TOO FAST!

When moving through life too fast we inevitably eat fast, which destroys our metabolism and creates digestive upset. It results in meals eaten under a physiologic stress- response, which diminishes our calorie-burning power.

The slower you eat the faster you metabolize. The more relaxed you are throughout your day then the more energy you will have.

So that 3:00 PM slump, that 4:00 PM slump that happens is because we're sprinting throughout the day and then we have to rest and recuperate, so we get this like sleepy, foggy brain. Can't do any more, uggghhh, and that's when we end up binging or turning to something that will provide us with pleasure because we're not getting enough pleasure throughout the day. We're just stressing.

You can eat the healthiest meal on the planet, but if you eat it in a stressed out, anxious state, your digestion is dramatically diminished.

How does that work from a scientific perspective?

- Salivary enzyme content in the mouth is reduced
- The breakdown of protein, fat, and carbs in the stomach is impaired
- Blood flow to the small intestines is decreases as much as fourfold, which translates into decreased assimilation of vitamins, minerals, and other nutrients

Have you ever had the experience of eating a full meal and still being hungry, like you just can't get satiated?

CLIENT: (responds)

COACH: So this is a good sign that the stress response is on and your body isn't assimilating nutrients.

So, let's talk about the connection between stress and metabolism.

The autonomic nervous system is responsible for digestive activity. There are two branches: The Parasympathetic and the Sympathetic.

The Parasympathetic is also known as the rest and digest response. This is the optimal state for digestion. When the parasympathetic is activated our metabolic power goes up.

The Sympathetic is also known as fight or flight. This is our stress response. When we are stressed out our digestion shuts down. The classic textbook example is that if a lion was chasing you after lunch you wouldn't be concerned about digestion your sandwich. The sympathetic nervous system would act effectively to shut down digestion, direct blood flow away from the belly and out to your arms and legs for quick moving and up to your brain for quick thinking.

This is a brilliant mechanism in place for our survival. While most of us do not have to confront lions on our lunch hour, we do encounter stress. On a physiological level your body doesn't differentiate between a lion chasing you and your boss yelling at you or getting tense in a traffic jam. One is life threatening the other is not, but guess what...on a physiological level they are the same, they both trigger the body to shut off digestion and store fat. This decreases our metabolic power.

You may have heard of a hormone called cortisol. This is the hormone that is released when we are stressed out. Studies show that increased cortisol in the system leads to fat accumulation.

People who tend to gain weight primarily around the belly, likely experience chronic low level stress, as excess cortisol production has this strange effect of fattening up the belly. Make sense?

CLIENT: (responds)

COACH: So cortisol goes up, tends to create fat accumulation in the belly. So you see people who may have skinny legs or skinny arms and they tend to gain all their weight in the belly - I'm actually one of those people - stress.

What are 3 common stressors you experience and how does your body respond to stress?

If the body is in even a low level stress state most of the time then you may lose a few pounds here and there but ultimately no amount of calorie counting or treadmilling will get you where you want to go.

Your task is to do something of great difficulty: RELAX!

Some people use anxiety and stress to motivate themselves to lose weight. For example, if I don't lose 8 lbs. I'm not going to the reunion. If I don't go to the gym 4 days this week then I'm not going to get a massage. Does this work? No!

It might work once or twice, but it doesn't really work. It's not sustainable

The point is, worrying and stressing about weight loss (or healing xx) is totally counterproductive.

To boost metabolism, you must RELAX and stop producing so much cortisol.

So now we've become aware of what your stressors are. What are the relaxers? I'm curious what are you top three relaxers, things that have you feel relaxed? There's no wrong answer here. I just want you to become aware of how you intuitively relax already. Then I'll share some specific action steps around this so you can stop producing so much cortisol and fire up your metabolism. So your top three relaxers are...

So what's the #1 way to stop producing so much cortisol? The answer is to **slow down:**

- If you eat breakfast in five minutes, make it 10. If you normally take 10 min, bump it up to 15.
- Aim to give yourself at least 20 minutes for lunch and dinner ("The 20-Minute Meal")
- Optimize your home and work schedules as best as you can to provide yourself with more time. Commit to providing yourself the gift of more time at each meal.

- As best you can, enroll your family, co-workers, and boss in creating more time and relaxation with meals.

Remember in session #2, where we practiced chewing? Notice when you chew your food you automatically slow down.

CLIENT: But what if I don't have time to do that!

COACH: The good news is that it takes less than two minutes to de-stress the body and move it into a maximum nutritional metabolism. So you can eat stress-free anywhere at any time and tap into your metabolic power instantly.

How do you do this? We're going to trick your central nervous system. The shortcut to turn off stress and activate a physiologic relaxation response is conscious breathing.

When we are in a stressful state, if we consciously adopt the deep and rhythmic breathing pattern characteristic of the relaxed state we fool the Central Nervous System. The brain says something like, "Hey, I thought I was a nervous wreck but I'm breathing like a relaxed person, I must be relaxed!" The result is a shift from a state of low digestive activity to full digestive force.

I've watched many people cure heartburn, IBS, constipation, fatigue etc. by regularly using this simple technique.

At every meal or snack, any time food is about to pass across your lips ask yourself, "Am I about to eat under stress?" If the answer is yes, pause. Then take 10 long slow deep breaths.

4. Experiential Exercise Related To Content: The "5-5-7 Breath"

COACH: Let's try this now: This is what I call the 5-5-7 breath. You'll inhale for 5, hold for 5 and exhale for 7. So the exhale is a bit longer than the inhale.

Sit in a comfortable position, spine straight, and feet flat on the floor. Eyes can be opened or closed. Inhale for 1, 2, 3, 4, 5 filling your lungs to 2/3 capacity. Hold for 5... Exhale for 7, 6, 5, 4, 3, 2, 1... As you continue this conscious breathing, steady rhythm, scan the senses. The scent of the air in your nose, the red and oranges of your eyelids, your taste buds, the feeling of your butt on the chair and your feet spread wide on the earth, the sound of my voice. Inhale... hold... and exhale. Keep breathing and scanning, tuning into a heightened awareness. Repeat 10x.

How does that feel?

CLIENT: (responds)

COACH: This is 2 minutes to relaxation. You can do this anywhere anytime and I love it because it's free.

Breathing before and during meals is a great way to help you become a relaxed eater and boost your metabolic power. You can also do this in your car, at work, before bed. Even when there's chaos going on throughout your day, pay attention to who you are being. Can you relax into the chaos? Some people say but if I'm relaxed I won't get as much done. Relaxing isn't necessarily about non-doing, it's about who you are being. So practice using conscious breath throughout the day and working in the rhythm of relaxation. You'll find that you are more focused, more productive and more energized. It's very exhausting to be in that stressed state all the time. You're using up a lot of energy and still storing a lot of fat.

What is this experience like for you?

CLIENT: (responds)

COACH: So we've been talking about how breathing increases metabolic power and there's one more really cool piece that I'd like to share with you about this.

Metabolism is really about heating the body. That's what burning calories is. When we eat the right foods we feed the furnace. The breath helps with the burn because it warms the body. Breathe in more oxygen and you burn food more fully. So simply by relaxing the breath, conscious breathing, your capacity for burning calories or burning fat goes up. Pretty cool, right?

5. Action Steps: Practice Slowing Down

- Take 10 deep conscious breaths before every meal.
- Engage the senses as you eat. Smell the food, enjoy the visual aesthetics of it, feel the texture in your mouth, savor the flavors. Slow down.
 - What are the senses? You're gonna smell the food, enjoy the visual aesthetics of it, feel the texture in your mouth, savor the flavors, slow down. You might practice with them engaging and heightening the senses. Here's how:
 - If they're looking out the window on the tree and the texture and the shape of the bark. And as they're looking at the wall, what is the shape and texture of that, like really heightened sight, sense of sight, really engaging the eyes, and in the smell and smelling the food before you actually eat it.
 - **COACH:** When you get all of your senses involved, it feels like a more complete experience. That means that you're going to be satiated or satisfied sooner. You're not going to have to eat as much because your whole body is participating in the experience, which sends the message to the brain that the eating activity has been satisfied and is complete, and we can stop the eating activity and move onto the next thing. It shuts down the appetite mechanism once the brain has been signaled.
- If you eat breakfast in five minutes, make it 10. If you normally take 10 min, bump it up to 15.
- Give yourself at least 20 minutes for lunch and dinner.
 - Lunch is the highest fat-burning time of the day when the sun is highest in the sky, right. That's when our own body temperature goes up, so

you're stoking the furnace. So if you slow down and eat then your largest meal, you're going to assimilate the nutrients really, really well.

- Arrange your home and work schedules as best as you can to provide yourself with more time. Commit to providing yourself the gift of more time at each meal.
- As best you can, enroll your family, co-workers, and boss in creating more time and relaxation with meals.
- Relax into the chaos throughout the day. Move in the zone. You do this by engaging the senses.

6. Aha's, Appreciations, Insights About This Session

Remind the client that session #8 is next week.