



## **Week 4:**

### **Decoding Body Messages: Be in Tune.**

#### **You are a human BEING, not a human DOING**

If you haven't noticed, over this past week I have been inviting you to become aware of what is. Sitting with what is present in your eating habits. Sometimes this can be super uncomfortable. It brings up lots of other emotions and patterns that, more often than not, we totally ignore.

Life now a days is so go go go, moving from one thing to the next that we forget to sit with that is. Instead, it's easier for us to just shove it under the rug and forget about it. Well, it really isn't that simple. If you haven't noticed already, when you ignore things and shove them under the rug hoping they will just go away, they get bigger and louder, until you stop and pay attention to them! Start listening to your body more. Listening to what your body is trying to tell you creates a level of trust between you and your body that will never lead you in the wrong direction. You may think, "I listen to my body. I'm in tune with my body," but are you really being honest? Do you pay attention to how you feel in your body when you are mad? Sad? Happy? Anxious? This is some serious valuable information. This one skill could mean the difference in health and disease. Taking control over your health means to be fully aware of how you feel in your body all the time. It takes practice. I will show you how, but it's ultimately up to you to use your body as a guide. Today's go, go, go lifestyle takes us out of our bodies so much. Being plugged in all the time to social media, emails, etc. takes us out of our body 100%. Think about that the next time you can't leave your cell phone or email for 30 minutes to give yourself a break and enjoy the moment right in front of you.

So, what's happening in your body? It's probably been trying to tell you something for a long time, but didn't feel heard. Now is your chance to give your body a chance to be heard. Don't be afraid of what she has to say... As Janet Jackson sings "it's all for you", ha! For real though.

So when we shove things under the rug and don't deal with feelings of sadness, pain, stomach aches, etc., it gets stored somewhere in your body. Whether that be a muscle, organ, eye ball, etc., it stays with you creating dis-ease until those feelings, experiences, etc., are allowed to be let go. One of those ways is to hear your body, be in your body and just feel and breathe. Your body communicates messages via feelings, signs and symptoms.

When I was starting this program, I was using the word symptom a lot, so I decided to look it up and see what the dictionary defined as a symptom. What is this word symptom that we all use all the time?

Here is what I found:

Symptom:

- a. [noun] Something that indicates disorder in the body. A reaction of sort, discomfort.
- b. Something that indicates the existence of something else.
- c. Example: Inner turmoil, inner dis-ease.



So really, symptoms are helping us! They are signs of communication! Tools! They help us! Many people, including myself, have always viewed symptoms as something negative, but they are actually there to help us, wake us up and make us pay attention!

Symptoms are our body's way of our inner self trying to communicate to our outer self. I gather that the reason we have looked at these signs as negative for so long is because our bodies end up screaming at us because we simply shove things under the rug. Then we get sick, we get chronic body pain, bloated, bad gas, headaches, etc. This is all COMMUNICATION.

**Let's start paying attention:**

**How is YOUR body communicating? What and when is it trying to say?**

Sit with your guide and food log from Week 2.

Take a deep breath and give yourself permission to be fully present right now!

What is your body screaming at you? List below the symptoms that have been showing up on your food log.

What time of day do they start talking??

Maybe it talks all day? When do you feel a sensation/ message start? Maybe certain signs show up at different times of the day? Maybe different body aches show up when you eat certain foods?

Maybe certain symptoms show up when you have a certain behavior (emotional eating, stress, anger)

**Note: Emotions are symptoms! It doesn't have to be physically felt, it can be a reaction mentally or emotionally when you eat certain foods.**

Below list the symptoms and the times of day they start talking:

Morning:

Afternoon:

Evening:

Anything else coming up for you?

So now that you have figured out the timing and the signs that your body is given you, YAY! Move your body!!! Celebrate; you just had a breakthrough in awareness! See, it didn't hurt.

This is going to be the best tool for you in the future to figure out what your body is screaming for.

How do you manage these signs and symptoms so you can allow your body to heal?

Great Question! You're halfway there!

Starting point- YOUR GUT

**1. Are you taking a good quality PROBIOTIC?**

- ACTIVIA AND YOGURT don't count. They are great, however, they don't work for rebalancing gut bacteria.
- Here is a secret, if you have an imbalance of gut bacteria that could be why you cannot lose weight. –More on this later.
- You need a good quality, clean, probiotic to start to correct the imbalance. I highly recommend these: [Ultra Flora Spectrum](#) Use practitioner code: CMCCarthy

**2. Drink More Water! Supplement with Mineral Water.**

- Mountain Valley Spring Water is the Bomb.... Kroger, Whole Foods, possibly Publix(don't take my word for it on Publix) have it. It's in a green glass bottle.

**3. Move that BODY of yours!**

- Movement is the BEST way to get things flowing inside the body. Whatever that movement may be for you- move yourself a few times a day.
- Some examples: Yoga, Running, Walking the dog, playing with your kids (physically, not sitting down) and my favorite: dance parties in the kitchen!

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- Whatever it is for you- **MOVE IT!** When in doubt, move your body. Clarity and healing come from moving. (Really, I didn't make that up.)
  - Pay attention to how you feel when you are around certain people, how does your body feel?
  - How does your body feel after you've moved it? Do you feel mentally clear? Relaxed?

**4. Cut the artificial sweeteners and processed sugar:**

- Remember when I asked how much sugar you were eating? Yeah, this is why. You can't cut it out until you are aware of the items that contain these ingredients.
- This means: Aspartame, Equal, Sweet n Low, Agave Nectar, Sorbitol, Polysorbate80, polysorbate 60, any other "no calorie" sweetener that makes it onto your shelf or fridge.

**5. Cut the soda:**

- For real, If you are craving a soda, please grab one with cane sugar in it and not the other crap.
- Diet Coke, Diet Pepsi, Diet Dr. Pepper, Diet.... Blah blah, blah, are **WORSE, YES I SAID WORSE FOR YOU THAN THE REAL THING.**
- These cause bloating, gas and oh yeah, cancer.

**6. Be easy with yourself:**

- Don't push so hard to be everything or everyone. This drains your energy. Especially if you aren't putting yourself first! We'll leave that one for next week!

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- The logo for Colleen McCarthy, featuring a green circular emblem with four interlocking loops and the name 'COLLEEN MCCARTHY' in orange text.
- Listen to your gut. If it says that doesn't make me feel good, please don't do it again or eat it again, or whatever it is again.

**Now go and celebrate, MOVE THAT BODY! Be good to yourself!**

**You are doing a great job!**

**Now share with us on facebook, what your celebrations and breakthroughs were this week—also let us know if you are struggling anywhere. That's what we're here for!!!**

**Xo  
Cheers!!!!**