THE MISSING INGREDIENT: WHY YOUR DIET ISN'T WORKING
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Ask yourself if this sounds familiar: You followed a diet or health program — maybe even one of mine — got great results ... and then failed to keep it going. Worse yet, you beat yourself up about it.

If this resonates with you, you’re not alone. And there’s a way to get off this merry-go-round.

I can tell you what and how much to eat. I can even tell you the best time of day to eat certain foods and who to eat with to increase your metabolic rate. I can share tried-and-true, scientifically proven eating behaviors that work for weight loss. And I have. You can read all about it in my bestseller, The Blood Sugar Solution. This book is special to me and 500,000 readers because it reveals the secrets to lasting health and vitality. Readers have not only achieved health. They’ve lost stubborn weight, toned weakened muscles and felt alive and sexy in their bodies again — some for the first time in decades, if not their entire lives!

I’m kicking this groundbreaking science up a notch in my new book, The Blood Sugar Solution 10-Day Detox. This book is your guide to understanding the right foods to balance your hormones, reset your brain chemistry and generate healing and weight loss — all in 10 short, fabulous days. You’ll also learn about common foods you’re eating every day that hijack your hormones, brain chemistry and metabolism, which drives food addiction and weight gain. It’s a goof-proof plan to overcome food addiction, obesity and weight frustrations, and get healthy forever.

Yet, even with the knowledge about what, when and how to eat, so many people still struggle to make their weight-loss dreams a reality. And while I provide a step-by-step guide to healing yourself with Functional Medicine — getting to the root cause of health and weight struggles — many of you still haven’t yet figured out why you can’t lose weight and keep it off, or why you can’t get healthy.

WILLPOWER ISN’T ENOUGH

You aren’t struggling because you have a lack of willpower. Willpower alone can’t overcome the lure of addictive, processed foods full of sugar and flour that have been scientifically proven to cause uncontrollable cravings. These foods have hijacked our taste buds, our brain chemistry and our metabolism.

That’s why I wrote my new book, The Blood Sugar Solution 10-Day Detox Diet. With this plan, you will know exactly what to do to end that vicious cycle of food addiction forever. You don’t need willpower because you have science power!

But there is one more nagging problem: You have to decide to do it. You have to make a choice, you have to get out of your own way. And that, my friends, is not about food. It’s about fears, beliefs, theories and generally negative ideas that run our thinking and our lives.

I’ve been slowly introducing you to the secret ingredient that’s part of my functional approach to creating health. It has to do with connection, community and the help of others. And the most powerful way to get support and get out of your own way is life coaching. Working with a coach helps you get underneath and through any obstacles that prevent you from being fully who you are, vibrantly alive and healthy. Coaching teaches you that you are the author of your life and have the power to design your ultimate success. If something isn’t working, it’s your job to redesign your life.

Here’s a one-two punch that can help you achieve your dreams by connecting body and mind.
FIRST STEP TO SUCCESS: 10 TIPS FROM THE DOCTOR

Start with these 10 tips for getting a running start on my upcoming book, *The Blood Sugar Solution 10-Day Detox Diet*:

1. Detox your kitchen. Sort through your pantry, freezer and refrigerator, and remove or set aside any foods that are made in a factory, not from the Earth. Example: toss blueberry juice, keep the berries. Toss the granola bars, keep the nuts.

2. Go on a mini elimination diet from the two most pro-inflammatory foods. See how your body reacts to a gluten and dairy vacation. Remove all wheat, rye, spelt, oats, triticale and barley. Even in their whole-kernel form. Avoid cheese, milk, yogurt, sour cream, and yes, even kefir.

3. Start reading labels. Instead of focusing on the nutrition facts and worrying about how many calories there are, scrutinize the ingredients and only buy foods that have whole foods in them. Remember: A whole food has the greatest resemblance to its form in nature because little alteration has been made after harvesting. It should have the shortest distance from field to fork. Make sure you recognize the ingredients, too. If you can’t pronounce any of the ingredients, don’t eat the food.

4. Remove all sugar from your diet. Anything that has sugar is manufactured with one sole purpose in mind: to hijack your brain and make you a food addict. Beware of the pseudonyms sucrose, fructose, high fructose corn syrup, malt, glucose, cane sugar, caramel, sucanat, stevia, agave, honey, lactose and galactose.

5. Get moving. If I could put exercise in a pill, people would be so healthy that I wouldn’t have anything else to write about! So get moving. Find a way to move your body that’s fun and pleasurable, and exercise will never feel like work again.

6. Find your pause button and push it often. Remember when you were a kid and you had to take naps? I bet you would give anything if your boss made nap time or relaxation a mandatory part of the job. Actively relaxing your nervous system by practicing deep breathing, meditating or spending time in nature improves your resiliency to life’s inevitable stressors.

7. Track your progress. Tracking your weight, food, mood and other important measurements promotes self-awareness and is a concrete method for logging your progress. It’s hard to troubleshoot an obstacle when you don’t have a record of your actions, and it’s easy to lie to yourself if you don’t write it down. Tracking gives you information about yourself so you can optimize your results.

8. Plan and then plan some more. Planning promotes alignment of your heart and mind by creating a channel for your intentions to flow through. Start with your goal, and then work backward by planning each step of the way. Example: Prepare a grocery list on Saturday for the week ahead, then shop and prep small dishes and vegetables before the weekend is over so you make your work week less chaotic. You’ll have the right foods on hand and you’ll feel calm and collected when dinnertime rolls around.

9. Author your life. When you realize that your dream of health and abundance is yours to design and have, amazing things start to happen. You become the hero of your life. You begin eating healthier; you exercise more and hang around with people who also want to live well. Become the author of your life – get your heart aligned with your mind and body and watch yourself heal and thrive!

10. Find your tribe. We all know people who connect us to our ultimate dream of living a life of beauty, health and happiness. Engage in that community if you aren’t already doing so, or introduce yourself to a new set of like-minded people. Connecting with others enriches the journey to wellness and helps us all live in harmony with our dreams.
SECOND STEP TO SUCCESS: SET YOUR MIND TO ACHIEVING YOUR DREAMS OF HEALTH, WEIGHT LOSS AND HAPPINESS

Getting healthy is a team sport. Working with The Handel Group has shown me just how important it is to connect with others. For years, I’ve benefited from the Handel Method® which, like Functional Medicine, helps people get to the root cause of obstacles preventing them from achieving their dreams. Coaching is what helped me align my heart with my intentions, thinking and actions. When I need someone in my corner to help me understand why I’m struggling with something — even though I think I have all the information I need — I get help from my coach.

I want you to succeed in whatever dreams you have for your healthy life. I provide the information, but maybe you’re like me and need a little help learning how to make your intentions a reality. You need to understand how your beliefs and theories about things can help or hurt your goals, and how to get yourself to do what you wish you would do. When health information is not enough, try some of these coaching tips from my colleagues at The Handel Group.

1. Notice You Don’t Dream. No offense, but most people don’t even know that they don’t dream or that they stopped dreaming. And many people have never even learned how to dream. Creating dreams in your life is something you can actually practice and learn. There is an art and a science to it and you owe it to yourself to create dreams in every area of your life. For starters, sit down and write your dream in the area of health. Make sure it’s juicy and something you really want for yourself. No clichés! Also write it in the present tense, like it’s happening now so you can feel it and it’s real to you. Lastly, make it a stretch but doable. It’s not a pie-in-the-sky hope but something you could actually achieve in your life, ultimately making you really proud.

Example: I feel vibrant and full of energy. I am happy in my skin. Easily, I choose eating healthy food and daily exercise, which makes me feel empowered and proud.

2. Manage Your Mind! Have you noticed that you have a little voice in your head that is constantly talking to you all the time about everything? And to make matters worse you listen to that voice like it’s the REAL you. It’s not. It’s your job to discern your thoughts and not listen to them like everything you are saying is real. Most likely, your thoughts about your health and body are a stream of complaints, excuses, worries and bad logic. In an area of your life where you are happy you would discover that your thoughts tend to be more positive. In any area of your life in which you are unhappy, it’s vital that you learn to manage your thoughts. You are the author of your life. Stop listening to the negative thoughts as the truth and start having thoughts that align with your dreams. We know this is not easy and will take a lot of practice.

Example: Count how many negative thoughts you have on a morning that feels hard. Start keeping track of how many thoughts you can catch and dismiss. Over time it will become easier, you will have less negative thoughts.

3. Ban Excuses. Excuses are the hiding place for your negative thoughts and inclinations. They are keeping you stuck in your life and holding you back from achieving what you want. Get to know your most commonly used excuses and call them out. Once you get good at naming your “brand” of excuses, tell a friend or someone you trust, so you are unlikely to repeat the excuse. The best way to debunk your excuses is to own them, tell the truth and have a sense of humor about them.

Example: Is your brand of excuse that you don’t have enough time or you’re too busy? “I work all day and when I get home I’m too tired to exercise and I really need to spend time with my kids.” (And you have a stationary bike in the house!) The truth is you are being lazy and don’t want to work out.

4. Catch the Brat. When listening to the thoughts in your head, see if you can catch the voice in your mind that has the persona of a “spoiled, self entitled child.” We call that voice the “brat.” It makes statements like, “I’m not going
Many of our excuses come from our inner brat voice, which attempts to get us out of doing things we should be doing or it grants us permission to do things we shouldn’t be. We tell ourselves we don’t have time to exercise or that we worked hard and we earned zoning out to the TV with a candy bar. It is just the voice of the brat running our lives. Get to know your brat. Understand how it “talks to you” and learn to talk back.

Example: Brat: I am too tired to go to the gym. I shouldn’t have to get up early. Talk back: I always feel great when I work out and keep to my plan; it’s more important to be healthy than to stay in bed a little longer.

5. Look for Bad Theories. As humans we all have theories. And once you have a theory you tend to want to prove it that theory. The problem is, some of our theories do not support our dreams. First, you need to figure out what theories you have that are holding you back in the area of health. Then it’s your job to poke holes in those theories. Either try something new or gather evidence to disprove the theory.

Example: Bad theory: I can’t exercise when I am tired. New theory: By choosing exercise over slouching on the couch, I feel more energized. Exercise energizes me; being sedentary never gives me more energy.

6. Make and Keep Promises to Yourself. Action is required for making your dreams come true. Instead of winging it, we suggest you make and keep promises to yourself that are connected to your dreams. It’s important when making promises to create ones that help you close the gap between where you are now and where you want to be. These could be daily, weekly or monthly actions. Make sure your promises are specific or you’ll never stick to them. Keeping promises to yourself builds confidence and brings you closer to your dreams.

Example: I will do cardio exercise 3 times/week for 30 minutes.

7. Create a Consequence. Most people need help keeping promises in challenging areas. Sometimes it’s hard to keep a promise no matter how much we want our dreams. Often, in the moment, we sell out and break our promises. Why? Because we don’t feel the impact of our actions in the moment. Natural consequences unfold slowly over time, making us feel crappy but not truly having us experience the effect of the broken promise. By creating an immediate “self-made” consequence to go with our promise, we keep ourselves on the hook for our dreams. Ultimately, diminishing the power and influence of the negative voices in our head.

Example: I promise to exercise 3x per week for 30 minutes. If I don’t, I will not drink wine on the weekend.

8. Appoint Someone to Hold You Accountable. Get healthy by declaring your promises out loud to someone. Most of us really need someone to help us keep our promises. Find someone you trust who respects your dream and will help you fight for it, even when you want to be a brat or quit. It’s helpful to choose someone you want to witness your success and who understands what’s at stake for you.

Example: My coworker who is known around the office as “drill sergeant” would be a good choice to help me keep my promises — she gets things done! My mother, who has always taught me to have self-respect and honors my dreams would be perfect. My Handel coach — she walks her talk!

9. Be Proud. When you make choices that support your dream, happiness is a natural result. Aligning your heart, mind and body with your dreams will make you proud of yourself. Feeling proud is a natural high and will inspire you to dream even bigger.

Example: I ate salmon and collard greens for dinner and I am so proud of myself for not touching the bread and butter. There is such satisfaction after exercising even though I thought I was too busy.
10. Get into a Community. It can’t be emphasized enough, community works. It makes a difference when you surround yourself with like-minded people. It’s easier to dream and take consistent action when those around you are doing the same. It feels great to win as a team so either get your friends and family to join the “get healthy” program or find a group of people who are already gathered. Don’t go it alone.

**Example: Join a coaching group or the 10-Day Detox community.**

If you want to speak to a Handel staffer about what you’re dealing with and how coaching might help you, **schedule a FREE 20-minute consultation.**

I sincerely hope you feel empowered and excited to begin creating your healthy life. I look forward to hearing how your story unfolds, so be sure to stay connected with me. Join my **community** today and start learning how to take back your health!

Wishing you health and happiness,

Mark Hyman, MD