

3

Powerful Secrets
to
Lasting
Weight Loss

A MICRO-MINDFUL COLLECTION

By Dietitian Jill Place



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Welcome ... I'm sooo glad to have you here and honored that you're taking this journey with me. Because it IS a journey ... this is just a taste of it (pun intended). And, although I said there were THREE powerful secrets to lasting weight loss ... there's really only one ... **MINDFULNESS!**

Two years ago, I went to an all-day symposium where some of the top names in the nutrition field (i.e. Davids Katz and Eisenberg) from prestigious universities (i.e. Harvard and Yale) talked about nothing else but different kinds of mindfulness. And now research study after research study points to the fact that being more mindful is a key strategy to losing weight ... and treating even more severe eating problems like binge eating and other eating disorders.

I've been using mindfulness techniques for years in my practice for two reasons. One ... because they work! And two ... I overcame my own overeating issues with them. Yes, as an actor thirty years ago, I would starve to get down to a size 6 for roles (I remember doing that for one particular show ... 3 sizes in the space of a month!) ... and then binge the day the play closed.

I finally was fed up with this merry-go-round (or do they call it see-saw?) diet-binge cycle, and gained 50 pounds ... just because I could and wasn't acting anymore. Right now I'm in the process of taking it off ... wanna know how I'm doing it?

Well ... I began to realize that **a lot of my acting training was about mindfulness** ... long hours sitting in a chair (one technique) or doing yoga-like exercises (another) made me a lot more aware of who I was and how I did things. I ALSO realized that I could use much of that training ... refocused for the purpose of weight loss ... to help you on your journey.

I understood two other things too. **One ... in our fast-paced world we want something quick, portable, and simple. And two ... like my acting training ... we need something sequential** ... something that would build upon itself to take you deeper and deeper into a positive experience with food.

So ... here they are ... **the Micro-Mindfuls™ ... snippets of simple mindfulness.** And there actually ARE 3 secrets ... **mindfulness for weight loss is all about Breathing, Sensing, and Tasting** (and lots more to come. Eat them ALL up!



Breathing

is the most important thing in our lives ... we can't exist without it. Yet most of us breathe poorly ... shallowly and even more haltingly when we're stressed or anxious.

Costs of Breathing Poorly

Poor breathing can cause a lot of mental and physical problems including ...

- Lower back and other joint pains
- Increased anxiety, anger, and other agitations
- Causing or making breathing problems worse
- Health issues such as high blood pressure
- Improper excretion of bodily toxins
- Poor sense of self ... and on and on ...

So ... in our now very toxic world, not breathing well can mean that you're much more apt to get fat, immobile, and sick ... and stay that way.

Benefits of Breathing Well

My doctor said to me recently, "I know one other person like you." What he was saying was that there are very few in their 70's (like I am) who are healthy, energetic, working 60-plus hours a week, and lovin' it!

I attribute it all to breathing (and lots of good eating and supplements). You see ... when I was a lot younger, I had panic attacks ... some so severe that I was hospitalized. Breathing saved me.

Much of my acting training and spiritual practices (I'm a 60's kid ... we all did that) had to do with breathing. I also was a professional singer, which helped me breathe well ... you couldn't sustain long notes without it. Breathing well became a huge part of my life.

BREATHING MICRO-MINDFULS™

Find a straight-backed chair to sit in where you can have your back supported and both feet flat on the floor (don't cross either them or your arms). You can also lie down on the floor or a bed, etc., but if you've never done this type of work before, it might be a good idea to start in the chair to feel safe and supported.

You can access the videos of these ... the first ten... on my website by clicking [here](#) ... and the audios will be available soon. If you'd like to record these in your own voice and play them back, that works for a lot of people.

MICRO-MINDFUL #1:

Find a quiet place to sit ... take a moment and notice your breathing ... just notice it ... don't do anything special or manipulate it in any way... notice the natural way your breath flows in and out ... in and out ... in and out ... like the lapping flow and continue to notice the flow of your breath for awhile ... just sitting quietly ... then shake it out and go about your day

MICRO-MINDFUL #2:

After finding a quiet place to sit ... notice your breathing again ... flowing in an out like the tide ... and now take a deep, slow breath ... through your nose ... better through your nose than your mouth ... but if you can't, breathe through your mouth ... and breathe slowly out ... breathe in slowly ... notice the surface upon which you're sitting



What's all this got to do with WEIGHT?

Well ... if you read what
poor breathing does to you ...
you gain weight when:

- You have joint pain, which leads to inactivity
- You're anxious, angry, or agitated, which makes you eat more
- You have a poor sense of self, which makes you eat more ... you get the drill ...

Learning how to breathe well can therefore be a **GREAT** tool for losing weight. And is the basis for more complicated mindfulness activities. What do they always say ... "Breath is life" ...

So do yourself a favor and relearn how to breathe well. I say "relearn" because we knew how as children but, over the years, seem to have forgotten. Otherwise, how could we have done all that howling or yelling at many decibels for long periods of time? By the way, reconnecting the voice with the body will also be a part of this program (stay tuned ...)

Relearning is really very easy ... the simple exercises in the boxes on these two pages can start you off. Like all the processes in this book, you can do these once or multiple times during the day ... as many times as you'd like. Like everything ... practice makes perfect ...

I've also done these as simple, short, sequential (and downloadable from Vimeo) videos. Click [here](#) to access them. I've only done some ... but since you signed up for my list, however, you'll be getting the latest ones every week. Enjoy!

BREATHING MICRO-MINDFULS™

or lying ... and breathe out.
Now ... for our last breath ...
breathe in for a count of 5 ...
1 ... 2 ... 3 ... 4 ... 5 and
breathe out for a count of five ...
1 ... 2 ... 3 ... 4 ... 5 ... then
shake it off and go about your
day.

MICRO-MINDFUL #3:

Become aware of the surface
on which you're sitting or lying
... and how it's supporting you
... now we're going to do some
more deep breathing ... and
we're going to hold it a little at
the top. So let's breathe out on
a count of 4 ... 1 ... 2 ... 3 ... 4
... hold for a count of 2 ... 1 ...
2 ... and breathe out on a count
of 4 ... 1 ... 2 ... 3 ... 4 ...
breathe in ... 1 ... 2 ... 3 ... 4
... hold ... 1 ... 2 ... breathe out
... 1 ... 2 ... 3 ... 4 ... continue
in this way as long as you like,
then shake it off and go about
your day.

MICRO-MINDFUL #4:

We're now going to use words
with the breath ... sometimes
that helps ... breathe in ... Rel
...aaax ... breathe out ... rel ...
eeaaase ... breathe in ... relax ...
your face, your head, your
shoulders, and all the way down
your body ... breathe out ...
release all of the tension in
all of those places ... now
breathe in and go to a body
part you feel is tense ... say
"relax" to yourself ... breathe
out ... say "release" to yourself
and release those tensions.
Continue in this way until you
feel completely relaxed. Until
next time!



Activating Your Senses

is the next powerful secret to lasting weight loss. There's some research out there that losing your sense of smell would be a great way to eat less ... or being too aware isn't a good thing.

But, in the words of Alcoholics Anonymous, that's all "Stinkin' Thinkin'". Because here are ...

The Downsides of Being Unaware

- DENIAL (or Don't Even Notice I Am Lying [to myself]) about your weight/size/how you feel about it
- Disconnection from your body, which leaves you disconnected from your appetites and yourself
- Having NO idea of what motivates you to do things
- Frozen in a place where change seems impossible ...

I thank my acting training EVERY DAY for making me so aware through the senses that, in my '70's, I'm happy, healthy, and thriving. I spent hours and hours in a chair learning to sense my body and myself. It saved me.

I don't expect you to go to the lengths I did. My journey was to assault the senses to stimulate impulse. But I think most of us are totally out of synch with our surroundings and ourselves. And this disconnect can lead to discomfort, depression, and addiction. So ...

Activating your Senses Brings You

- The possibilities of awareness and change
- An understanding of what motivates you to do things
- A richer experience of life (i.e. you can stop and smell the roses whenever you want)
- A way for your conscious mind (only 5% of your total

USING YOUR SENSES MICRO-MINDFULS™

Start each of these by using any of the breathing exercises we explored in the last section. Then try these ...

MICRO-MINDFUL #5: TOUCH

Feel the surface on which you're sitting or lying ... where it connects with your body ... where it soothes or irritates ... where your body is supported and where it's not ... now become aware of your clothing on your skin ... its texture ... where it's smooth on your body or where it bunches or rubs ... become aware of your feet on the floor ... and how they feel in your shoes ... take a breath ... and relax ...

MICRO-MINDFUL #6: SOUND

Take a moment to breathe in the way that works for you (or begin to experiment with the ones I've given you or your own) ... now tune into the subtle sounds in your space (don't forget to turn off your TV, tablet, etc. so you can actually hear them) ... the whirl of the refrigerator ... the terse tick of the clock ... cars outside ... people talking ... pets eating, yawning, sounding off, claws clicking on floors ... take it all in ... you'll be surprised at what you hear ... (another way to do this is to plug in [preferably with earphones] your favorite meditative music, do your breathing of choice, and sit there for a few minutes) ... breathe ... relax ... shake it off and go about your day ...



consciousness)
to influence
your
subconscious (the
other 95%)

The bottom line is
that **getting in touch
with your senses
heightens your
ability to be mindful.**

So where do we start? These beginning Micro-Mindful™ briefly explore each sense. I learned from doing my acting training that one usually stands out as the major way you go through life. Mine appears to be sound ... with smell not far behind. Experimenting with the senses allows you to figure out which to focus on when you're being mindful.

This is really an experiment ... an experiment about what works for you and what doesn't. Maybe the breathing with words works best for you ... or maybe holding your breath at the top. Maybe sounds (or music) drive you deeper into a mindful state ... or no sensories work for you (so don't do them!). This is your time to find out.

Eventually, you'll hit on a mindful plan that works only for you. And repeating it will make you more adept at it. After ten years of rigorous acting training, I was able to call up a sensory experience or an emotion in an instant ... and also instantly relax, step back, and breathe.

This is what I wish for you ... in a sequential program that's much simpler (and ultimately more painless) than what I went through. Because what makes us tick is now ultimately better understood than it was 100 years ago ... we're even now realizing that feelings can radically influence health. And I have to say (quite modestly) that no one has tapped into the richness in acting training to accomplish this. But I'm here to tell you that it works!

USING YOUR SENSES MICRO-MINDFUL™

MICRO-MINDFUL #7: SMELL

Again ... do the breathing of your choice (you might want to try out each one as you do these exercises to see which works best for you ... or rotate them) ... then tune into the smells in your space ... something cooking ... the smell of flowers or foliage in your house or from your garden ... even the subtle smells of cleaning materials ... you'll be surprised at what you sense (Alternatively, choose three strong smells in containers [i.e. spices, unbrewed coffee (or tea), cleaning supplies like Lysol, etc.] and take each to your nose ... breathing in each deeply) ... relax ... shake it out ... go about your day ...

MICRO-MINDFUL #8: SIGHT

Again ... do the breathing of your choice ... sit quietly ... and take in everything around you with your eyes ... start slowly ... slow down ... first scan the place you're in all around ... then go back ... slow it down even more ... and fix on something that caught your eye in the first go-round ... (I'm mesmerized now by the fake flames in my space heater) ... dwell on it for awhile and run your eyes around it entirely ... if you'd like, check out several things ... but take time to explore each thing before you move on to the next ... you may be surprised as to what you see ... then take a few deep breaths ... stretch ... and go about your day ...



TASTE ...

is now all this breathing and sensing beginning to make SENSE (pun intended)?

When it comes to mindfulness, you can't start at the end (i.e. confronting food outright) ... you have to start at the beginning ... breathing and sensing.

I remember when I was doing beginning acting exercises, I asked my coach ... "Why are we doing this?" ... and he merely said, "KEEP MOVING!" (more on the moving part later ... but we WILL be moving ... in mindfulness processes that I call "Acting OUT" ...).

It's the same idea ... you have to walk before you can fly. And begin to consider mindfulness as a PROCESS ... one that you get better at as you do it more.

We're NOW Going to Confront Food

... in what I hope will be a fairly painless way for most. But I'm going to warn you now ... if you're a Perfect, People-Pleaser, Shame-ful, Dieter, Feeling-Soother, and maybe even an Unconscious Eater (if you don't know your Eating Person-ality yet, take the quiz by [clicking here](#)) ... uncomfortable feelings may come up for you.

If they do, you might want to consider my "**ARE YOU WEIGHTING?**" plan. Find out more about it by going [here](#). And ... guess what ... just for you ... and everyone who reads this eBook ... I'm going to **KNOCK \$200 OFF** the total price of \$997. Simply click [here](#), click "Select", select "First Session", and then schedule it. Fill out your information, (don't forget to choose "Healthie Telehealth" for Contact Type) then click "Confirm Purchase" and enter your credit card information and the promo code **200OFF** ... **AND YOU'RE DONE!** **WHEW ...**

TASTING MICRO-MINDFULS™

SETTING THE STAGE

Forgive my acting metaphor ... but it's important that you do the following when starting these practices:

1. Eat AT HOME and ALONE, even if you normally eat with others
2. Turn off and put down any distractions, like TV, tablets, phones, magazines, etc.
3. Sit at a TABLE

9 TASTE WITH YOUR EYES

Do this process at the beginning of a meal ... start every mindfulness exercise with the breathing of your choice ... by this time you probably know which of the ones we talked about work for you ... or experiment ... then instead of digging right in take in the plate before you with your eyes ... what textures do you see? ... what colors? ... breathe ... what color is the plate? Is it shiny or dull ... big or small ... do you like the shape of the plate? ... the shape of the food ... how the food is arranged on the plate ... take all this in with your eyes before you eat a bite ... still breathing ... then eat OR

#10 TASTE WITH YOUR NOSE

Either do with #9 or I would recommend you do this as a separate exercise after you finish breathing ... we actually don't taste with our mouth ... we taste by smell ... so bring the plate closer to your nose and smell each food SLOWLY



The Tasting Micro-Mindful™ are a series of breathing, sensing, and food awareness processes with the purpose of becoming more enlightened about the way we eat.

They CAN look and feel a bit weird at first ... as can any new way of doing things. But soon they'll become second nature to you ... just like the way you butter your bread ...

Worrying about how this will look

... out in public? DON'T! To others, it'll just look like you're examining your food a bit more than most ... or eating slower than your friends or family. Trust me ... they'll never notice ...

I really don't care anymore what people think of MY public eating practices. When I was acting, people used to laugh at my preparations ... they stopped laughing when I got reviews like ... "Place OWNED her part" ... for a role that I was hesitant to play as I felt no relationship to the character. But that's where my craft came in ...

Eating more mindfully is just the same as learning a new craft or skill ... after a while, it'll become second nature and you won't even notice that you're doing anything differently.

FYI ... this is advanced stuff so if you want to do more breathing and sensory work ... go for it! But I just wanted you to have a TASTE (pun yadda yadda) of what these last powerful processes can do for you ...

SOME MINDFUL TASTE PLUSSES

- You eat less
- You lose weight
- You're happy

TASTING MICRO-MINDFULS™

... alternately take a forkful, bring it to your nose, and breathe it in before putting it into your mouth ... continue with each forkful until you're satisfied that you've taken the plate in fully with your nose (I would do this more discretely when eating in public or exclude if you're uncomfortable) ... THEN ...

#11 TASTE WITH YOUR MOUTH

Again ... do this as a separate process at first and then taste with your eyes, nose, and mouth every time you eat in the future ... breathe ... then put a small piece of food in your mouth ... roll it around on your tongue to take in the texture ... then chew SLOWLY ... THOUGHTFULLY ... taking in the actual taste ... chew at least 20 times ... each bite ... then swallow and note how the food feels going down ... continue with the next bite ... this takes time but will totally change the way you eat ...

#12 EAT DIFFERENTLY

First of all, PUT DOWN YOUR FORK BETWEEN BITES (most people don't ...) then find a way to eat foods you normally eat differently ... i.e. I once had a client who broke her chips in half before dipping them in salsa and another who counted out chips, put them in smaller bags, and put them back in the bigger bag (she once had her son drive her over a baggie to work when she forgot it) ... BOTH reported eating less ... so you should experiment ...

MICRO-MINDFUL™ RESOURCES

Here are some helpful resources summarized from the pages of this eBook ... and more ...

ARE YOU WEIGHTING PROGRAM

You can find out more about my **“ARE YOU WEIGHTING?”** plan by going [here](#). And remember that ... just for you ... and everyone who reads this eBook ... I'm going to **KNOCK \$200 OFF** the total price of \$997.

Simply click [here](#), click “Select”, select “First Session”, and then schedule it. Fill out your information (don't forget to choose “Healthie Telehealth” for your contact type. Then click “Confirm Purchase” and enter your credit card information and the Promo Code **200OFF** ... **AND YOU'RE DONE!**

Here's a way to get affordable, revolutionary, individualized help for your eating issues **ONCE AND FOR ALL!**

MICRO-MINDFUL™ VIDEOS

[Here](#) is the introduction and a link to the whole collection. Enjoy!

WHAT'S YOUR EATING PERSON-ALITY? QUIZ

If you don't know your Eating Person-ality yet, take the quiz by [clicking here](#).

ARTICLES ON MINDFULNESS

Mindful eating may help with weight loss [\(link\)](#)

More and more research points to mindfulness—not certain foods—for weight loss [\(link\)](#)

Can You Lose Weight on the Mindfulness Diet? [\(link\)](#)

Getting Started with Mindfulness [\(link\)](#)