

SURPRISE, SURPRISE - I DO HAVE SELF CONTROL!

by: Nadia Bender



My 5 Day Cleansing Experience

Day 1

OK, I am going to do this, and not because I want to but because I am having my boot camp participants do this so I must experience what they are going through too! It's a 5 day low glycemic, fibre cleanse called RESET! My breakfast was a meal replacement shake, vitamins and one fruit snack (a banana); lunch was another shake and then another snack (a protein bar); now it is 5:00pm and I am not looking forward to dinner:

A meal replacement shake
A glass of water
A package of vitamins
A cup of vegetables (I picked green beans tonight)

That's it! That's my meal!

Yuck, what an awful feeling!

The hardest part is my routine snack before bed -kids are asleep finally and it's time to unwind with my tea and _____ (something sweet). No more dessert! Yikes!!

It is so hard to break this cycle that I established as routine every night. It's associated with comfort. I understand how clients (like me) can use food as a comfort tool.

Day 2

The busy morning happens and the breakfast shake is easy to handle, but lunch is a little more difficult as I have to replenish the dishes with fruit and healthy snacks at the studio - hard to take because I "CAN'T" dip my hands into the dish and eat it too like I am used to!

Well, who says I can't have it? The little voice in my head that is "self-control." So I listened to that loud voice but I am not happy about it!

Dinner was a real struggle. For the first time I actually paid attention to every spoonful that went into my mouth. I savoured every bite of the allowed one cup of vegetables (this time it was carrots - they truly are sweet!)

By nighttime I got a little lightheaded and had another serving of fruit as the instructions had recommended.

Day 3

Can't believe I have made it this long - definitely able to get through it now!

I want to be able to prove to myself that I do have self control.

My cravings for sugar aren't there anymore! How is it possible that I can finally look at chocolate and not feel like I "NEED" it?!

What I realized today is how amazing it feels to have a flatter stomach.

I felt tired earlier in the night but my mood and my mind feels rejuvenated, and that is an incredible feeling!!

Day 4

Almost there! But I feel like cheating!! What goes through my mind was "who will know??" I will, and that was very bothersome to me! So I didn't cheat at all. What a struggle it is with temptation all around me.

Day 5

I had a piece of gum and I felt guilty today! Can't believe how structured it was to follow the rules of the program and the only item I added during the five days was green tea! There were no headaches, no mid-afternoon lazy feelings. My head hit the pillow hard at night!

I woke up and couldn't believe I actually did it! Five days of what I considered torture compared to what I was used to - yes, facing "change" is daunting, yet it is doable if you put your mind to it.

What I learned the most was that self-discipline and self-control became reality when I committed myself to achieving success!

It was very challenging making meals for my children and it helped tremendously to have my husband do the cleanse with me!

Day 6 A.M.

Final weigh-in...I lost 9 lbs!!!

I have a new self-confidence at age 42 with how strong I am mentally and not just physically - what an accomplishment!!!!

If you too want to start the new year rejuvenated and benefit from such a healthy lifestyle challenge/experience give us a call at the studio.

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