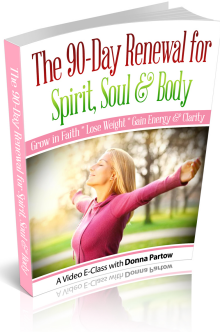


Discover God's Solution ... and FINALLY
Get Healthy in Spirit, Soul & Body!



with
DONNA PARTOW



Discover God's Solution ... and FINALLY
Get Healthy in Spirit, Soul & Body!

**Welcome
to
Week 12**



7 Secrets for Weight Release

1

Recognize your body is on the
frontline of a spiritual war.

7 Secrets for Weight Release

2

Do it for something more
significant than a scale or a
dress size.

7 Secrets for Weight Release

3

Understand the battle is waged – and won or lost – in your soul, not your body.

7 Secrets for Weight Release

4

Stop depleting your limited supply of will power.

7 Secrets for Weight Release

4

Just Breathe

Then the LORD God formed a man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being. Genesis 2:7

7 Secrets for Weight Release

4

Just Breathe

“A body that doesn't breathe is dead.” James 2:26

7 Secrets for Weight Release

4

Just Breathe

Oxygen produces ATP (adenosine Triphosphate), without which our bodies would immediately shut down. Oxygen moves into the bloodstream then into the trillions of cells in your body. Oxygen is the fuel your cells live on and what enables them to generate energy.

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4

Improper Breathing affects:

Nervous system - every breath has an immediate effect, making us more calm or more anxious (more in a minute)

Lungs - shorter breaths necessarily mean MORE breaths which means the lungs have to work harder to get the same amount of oxygen

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4

Improper Breathing affects:

Blood stream- not enough oxygen in the blood stream causes blood vessels to constrict which can lead to high blood pressure; your heart has to work harder.

Brain function - the brain uses 20% of the oxygen we consume. When there's a shortage, the brain works slower (brain fog). The brain regulates a lot of other functions in the body and these are also affected.

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Improper Breathing affects:

Muscles- An oxygen shortage has a negative effect on stamina; muscles grow stiff, tense and tire faster. Painful muscles; limited range of motion when you try to exercise can lead to injury.

Circulation - Not enough oxygen to the pump (heart) can lead to cold hands and feet.

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Improper breathing can produce a variety of symptoms including:

- Mental fog
- Dizziness
- Anxiety
- Chest pain
- Digestive problems
- Irritable bowel syndrome
- Neck and shoulder pain

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4

Fight or Flight

When we are anxious or afraid, we naturally take shorter, faster breaths.

When we develop the habit of shorter breathing, our brain wonders what we are anxious about.

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4

Fight or Flight

Remember: It's your brain's job to find explanations. It will LOOK for reasons you might be feeling anxious or afraid.

Shallow breathing is both a symptom AND a cause of anxiety!

7 Secrets for Weight Release

4

Notice

Try taking a deep breath. And hold it.

7 Secrets for Weight Release

4

Notice

What expanded?

Your chest or your stomach?

Try again!

7 Secrets for Weight Release

4

Notice

If your chest expanded, that means you have become habituated to shallow breathing.

Watch a baby sleeping — their stomach (not their chest)— rises and falls with each breath.

7 Secrets for Weight Release

4

“How we breathe affects our energy production, our mental alertness, our ability to cleanse the body of toxins, our digestion, our mood and feelings of relaxation and/or tension in our body.”
Some studies suggest a link between shallow breathing & chronic fatigue syndrome. - Dr Richard Podell

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4

Fight or Flight Mode Directly Affects Will Power

If your body is constantly in a state of panic (shallow breathing), it's not surprising that we would feel tired.

What may surprise you is that it has a direct affect on our Will Power.

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4

Your Brain & Will Power

3 different areas of prefrontal cortex control 3 different aspects of willpower:

- The left region of prefrontal cortex is responsible for "I will" part of willpower.
- The right region of prefrontal cortex is responsible for "I won't" part of willpower.
- The middle lower region of prefrontal cortex is responsible for "I wan't" part of willpower.

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Your Brain & Will Power

"More often than not, it's the chemistry of our brain that is behind our lack of willpower, not our inherent character flaws. The same way it's not reasonable to expect your muscles to exert unlimited amounts of strength, it's not reasonable to expect your brain to exert unlimited amount of willpower. You have to understand that you have to train in order to increase your willpower the same way you train in order to increase your physical strength." - pickthebrain.com

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Your Brain & Will Power

Research has found one of the best ways to stimulate and strengthen the prefrontal cortex is through meditation.

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4

Your Brain & Will Power

"Tim Ferriss regularly interviews some of the most successful people in the world and he estimates that about 80% of the people he brings onto his show turn out to be regular meditators. When you look at what the science says, it makes sense that successful people would choose this habit."

(Language Warning!!!)

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Your Brain & Will Power

“According to researchers, continual meditation creates actual physical changes in the brain in the form of increased grey-matter density in the hippocampus, which is an area known to be important for learning and memory and in structures associated with self-awareness, compassion and introspection. There is also a decrease in grey-matter density in the amygdala, which plays an important role in handling anxiety and stress”
- from ***The Science of Willpower***

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Your Brain & Will Power

“Neuroscientists have found just 11 hours of meditation creates structural changes in the part of the brain monitoring our self-control”

- from ***The Science of Willpower***

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Your Brain & Will Power

P.S. Tim Ferriss always asks them about their Morning Routine and almost all have a solid answer.

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4

Breathing to Increase Will Power

When your Will Power is on the line:

**Breathe in for 3 seconds → Pause for 1 second
→ Breathe out for 5 seconds.**

Repeat 5x

You should notice a change in a minute or so.

This activates your **prefrontal cortex** (the command centre of your brain)

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Breathing to Increase Will Power

Remember being told to “take a deep breath” when you are angry or tempted to lash out?

There is SCIENCE behind it.

You can shift your brain out of “fight or flight” mode into what Suzanne Segerstrom, a psychologist at the University of Kentucky, calls “pause and plan” mode

7 Secrets for Weight Release

4

Other Will Power Boosters

- Eating low-glycemic (vegetables, nuts, some fruits, healthy fats — the Renewal diet)
- Exercise
- Plenty of sleep
- Spending time with good friends
- Decluttering
- Morning & Evening Routines

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4

Other Will Power Boosters

- **Committing to dates and times** - Research found a specific date, 2x as likely to follow through; date and time, 4x as likely to follow through than people who had a vague commitment.
- **Accountability Partner** - Bookend your day with a partner
- Put some money on the line - Serious Dire Consequences

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4

Other Will Power Boosters

Set yourself up to Win.

Think about your desired outcomes.

Create a home and work environment that makes it easy to do the right thing and hard to do the wrong thing.

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4

Will Power Drains

- Chronic pain
- Stress
- Lack of sleep
- Junk food
- Anger
- Anxiety
- Loneliness
- Depression

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4

Tips for Proper Breathing

1. Breathe through your nose.
2. Breathe with your diaphragm
3. Focus on good posture when sitting and standing
4. Practice breathing flat on your back

7 Secrets for Weight Release

5

Overcoming emotional eating triggers is critical to lifelong weight management.

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6

When it comes to exercise, little bits with consistency will take you further than fits and starts.

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7

True Biblical fasting is essential for health, vitality and lifelong weight management.

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6 Steps To Renewal Success

1. **READ** the Daily Assignment
in *Becoming the Woman I Want To Be*

6 Steps To Renewal Success

2. **LISTEN** to The Weekly Training,
Affirmations & Scripture Memory Audios

6 Steps To Renewal Success

3. **WATCH** the Daily Video

6 Steps To Renewal Success

4. **JOIN** The Weekly Webinar

6 Steps To Renewal Success

5. **MEET** Others in the Facebook Group

6 Steps To Renewal Success

6. **CHANGE** Your Life thru "Little Bits with Consistency"

What is this week's focus?

**Increase Your Will Power the Easy Way:
Breathe (try some other ways, too!)**

6 Steps To Renewal Success

REMINDER

The 90-Day Renewal is about Addition, not Subtraction

6 Steps To Renewal Success

MORNING ROUTINE

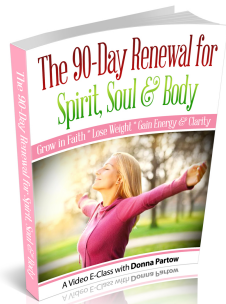
- * Set alarm 30-60 minutes earlier (6am suggested)
- * NO Snooze Button
- * Cleansing Tonic
- * Go to your prayer place
- * Complete the day's reading in your book
- * Morning walk (if schedule allows, if not walk later)
- * 90-Second Pre-Meal Exercise
- * Eggs or Green Smoothie

6 Steps To Renewal Success

EVENING ROUTINE: 7-9-10

- 7pm: Stop Eating (Intermittent Fasting)
Cup of warm lemon water
Brush teeth
- 9pm: Turn off All Electronics (Timer or f.lux)
Turn down the lights
Cleansing bath/worship music or affirmations*
Evaluate the Day
Plan & Prepare for Tomorrow (Daily Plan Form)
- 10pm: In Bed with alarm set for 6am

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