

## **Eat Great, Lose Weight**

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The purpose of this script is to encourage healthy eating as a means of losing weight. It assumes that the client has been cleared for a specific diet or shift in eating habits diet by his or her primary health care provider.

### **(Script)**

You are here today with the intent of losing weight by changing your eating habits. As you continue to relax, picture yourself now, at the weight you want for yourself. See yourself now as having already achieved your goal... Seeing yourself at your ideal weight gives you a sense of confidence... You can have the weight you want...

Think about foods high in protein and vitamins. Many of these foods are colorful and pleasing to the eye. Fresh fruits, fish, nuts and vegetables for snacks are so much more appealing than fatty or starchy foods. Imagine a ripe, fresh apple in your hand... perhaps it is still wet from washing ... See how it glistens in the light... Now imagine that first bite... the skin makes a delightful crack, as you sink your teeth into its juiciness... taste how naturally sweet it is, without any processed sugars... Take a moment now, to enjoy this tasty treat... It's so much more satisfying than candy or deep fried foods and much less expensive.

Now picture the dinner table... Instead of red meats and starches, see broiled fish and steamed vegetables. Breathe in the aroma of this succulent dish... The fish is so moist and flaky... Imagine the delicious taste as you bite into each morsel... Everything on the table is so tast ... Enjoy this wonderful dinner...

Notice now the portions are sensible... Instead of heaping platefuls of starchy, fatty foods, you have enough nutritious food to satisfy you, without feeling bloated. You have enough to fill you for the evening. You enjoy this meal, and because the portions are sensible, you are satisfied, and you are losing weight sensibly.

The more you allow yourself to enjoy these foods, the more you come to like their flavor, their delightful aromas, the textures, and the feel of them against your teeth. You find yourself liking these foods more and more. And as they become more a part of your daily diet, you find them naturally and easily taking the place of starchy and fatty foods. Over time, as these foods take a larger role in your diet,

and you reduce the amount of food consumed, you find yourself gently shedding pounds. You are achieving your ideal weight and enjoying the foods that help make it possible.

In a moment I will bring you back to the here and now. The images you envisioned here today will stay with you as you come to enjoy these healthy foods more and more. You find that you require less food in order to feel full. As this becomes more your daily regimen, you find yourself losing those excess pounds. You have done so well today.