

UNLOCK YOUR PERSONAL POWER



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**Discover the Diet-Free Weight
Loss Secret that Really Works!**

by Lee Van Zyl

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**PLEASE SHARE THIS WITH
ANYONE AND EVERYONE YOU
KNOW WHO WANTS TO LOSE
WEIGHT BUT, LIKE ME AND YOU,
HAS STRUGGLED IN THE PAST.**

Here's where you'll discover how I lost 14lbs in just one month

Lee Van Zyl here, you will probably know me as a professional Psychic Life Advisor from Sky TV. Over the last month I have been using an amazing new approach to weight loss and my results speak for themselves. This weekend I reached my main weight loss goal and I am so happy and excited about that it I just want to shout it from the rooftops.

I discovered that...

- ✓ There's no need to follow a strict diet to lose weight
- ✓ You can slim down without going to the gym
- ✓ And achieve quick and easy weight loss in **just** a few days

This fast, effective and effortless system allows you to lose unwanted pounds and achieve the body you've always wanted – and keep it that way.

By reading this report you've taken the first step on the road to success. You are on your way to the life you want and deserve. You may have found it hard to lose weight in the past, but you can now put all that behind you.

It doesn't matter whether you want to get slim, become fitter, improve your health or simply feel more invigorated. I want to share with you a way to do all these.

Let's start by **finding out exactly why you've struggling** to shed those unwanted pounds.

Unhealthy eating habits always spring from conditioned behavioural patterns. These patterns result from negative core beliefs, thoughts, emotions and perceptions buried deep in your subconscious and because they are subconscious you probably don't even know they are there. If you've ever wondered why you keep tripping yourself up, this is it

And here's the key...

What you eat is less important than the way you think about food

That's right. It's about you, not about food.

That's why this programme that I've discovered simply but powerfully changes your subconscious belief patterns that lie at the core of your unhealthy eating habits and your emotional relationship with food.

With this new approach you can unlock your personal power to effortlessly condition your mind to only eat what your body needs, not what your mind and emotions crave. In fact you'll even find that the cravings disappear for good too, along with those pesky extra pounds.

By changing your emotional relationship with food you WILL lose weight faster, safer and easier

You can start losing weight today. The most important component in your success has to begin with YOU and how you THINK.

This means learning to adjust your thoughts and accompanying emotions to translate into specific actions that are effortless and easy to maintain.

Everything you do is a manifestation of what happens inside your mind. And yet, you are not your thoughts. You are much, much more.

Your motivation to perform an action is often hidden in your subconscious. Whenever you think or do something it leaves traces in your brain. Repetition strengthens those neural pathways. This is how you form your habits. When your habits become deep-rooted they become your core belief system. And this defines your identity and how you perceive yourself – as well as how you relate to food.

- ★ Do you eat when you're stressed or depressed?
- ★ Do you get stressed and depressed when you eat?
- ★ Why are you trapped in this vicious cycle?

The more you try to break the cycle, the stronger the pull of old habits becomes.

If you comfort eat, then deciding not to eat means denying yourself the feeling of comfort that food gives you. This is why the cycle is so difficult to break.

Unless you address the thought processes that trigger your habits, setting goals and designing a timetable to achieve them will get you nowhere.

Your subconscious mind is not a malicious force determined to sabotage you. It's a primal resource that is **YOUR** most **POWERFUL ASSET**.

It is your friend

You need to identify and change your thought patterns by taking away the link between your feelings and food.

Your subconscious keeps a huge database of memories, beliefs, habits, personality and self-images. It records everything that has ever happened to you. The more often you perform an action or go through an experience, the stronger your mind is conditioned to it.

Your mind has no way of differentiating between good and bad or right and wrong. That means that your feelings of frustration and stress operate in the same way as your good feelings.

Whenever you feel frustrated, your subconscious fires up the associated feelings, emotions and memories of that frustration. If you comfort eat every time you feel bored, frustrated or depressed, your subconscious will force you to eat whenever you feel bored or frustrated or depressed.

But your conscious and subconscious minds are so closely related. Each influences the other. This means that you can change them with a little effort.

You needn't be a slave to your habits

You can communicate with your subconscious through your conscious mind.

Usually it takes willpower and energy to break a habit, but even applying all the willpower you can muster doesn't guarantee success and the vicious cycle of success and failure can be repeated over and over again.

This makes you doubt your capability and perhaps give up altogether. It strengthens the limiting belief, "I can't do it" and undermines your confidence, self belief and quality of life.

Changing beliefs associated with a negative habit into positive ones allows you to change your habits effortlessly. You can change your mind and take all your emotional triggers out of the equation, freeing your mind to perceive exactly what you want with confidence.

This is an easy and effective way of achieving whatever your heart desires.

Start Your Fast, Easy, Weight Loss Here Today

Your first step is to become aware of what occupies your mind and what those thoughts make you feel.

You can choose to consciously recognise thoughts and feelings that are harmful to your goals and instead create a thought that emphasises what you want to achieve.

The more you think about what you've already achieved and support your thoughts about what you want with feelings of power, satisfaction and accomplishment, the more your subconscious will attach itself to your goals.

Fear, doubt and insecurity stop you from being yourself and realising your maximum potential

To embrace your inner personal power you need to eliminate limiting thoughts. You need to stretch your thought process, open yourself to the fact that thoughts are just thoughts, they do not mean anything, they will come and go and they don't have to leave anything behind and they don't have to take you anywhere with them. It's time to **give yourself permission to be a better you – the REAL you that you've always thought possible, if ONLY you know HOW.**

You weren't born with your beliefs and habits. You learned them. This means that you can learn new and more positive ones.

Change isn't always easy. We tend to react in four ways to change:

- ▶ **Denial** If you have a problem accepting the change, you'll rely on the same old patterns. You'll focus on the past or the way things feel most comfortable.
The first stage is to realise that the old patterns aren't working and they can be easily changed.
- ▶ **Resistance** When you realise that you need to change you fall prey to a variety of different feelings including numbness, sadness, anxiety, depression, anger and panic.
- ▶ **Exploration** By turning your attention towards the future you can escape the trap of the past and begin to get your life in order. Sometimes your lack of progress may frustrate you, but you keep on trying and find that as you do your energy levels increase.
- ▶ **Commitment** Your new pattern of thinking has changed your behaviour and achieved your goals. With this success, you look at life more positively. You think in terms of possibilities and opportunities rather than difficulties.

The key to your personal power is:

- ✓ Learning to come out of denial as fast as possible
- ✓ Managing your inner resistance effectively
- ✓ Exploring new ways of doing things
- ✓ Being committed to change

If you want to change your behaviour you must address the thought processes that cause it.

To lose weight you need to redefine your emotional relationship with food.

Your core beliefs condition your feelings, thoughts and perceptions and these in turn condition your behavior. If you're overweight and have a negative opinion of your physical shape, the moment you step into a room full of strangers your mind creates imaginary situations about what people might think about the way you look. You might believe that they're making comments about you behind your back or fear rejection.

Your mind can get very creative in generating various excuses that make you stay away from social events or meeting new people.

These thoughts confirm and reinforce your belief that you're overweight and you don't look your best. The stronger your belief, the more frequently and strongly you reinforce such thoughts.

Soon you're trapped in a vicious cycle of negative thoughts and negative beliefs feeding on each other and influencing your behaviour.

It's easy to get used to patterns of behaviour. When you meet with a new circumstance, the first thing your mind does is compare it with your previous experiences to find the closest match. If you can't find a match you feel stressed. The more unfamiliar a circumstance, the more discomfort it causes.

The more you're accustomed to a circumstance or a feeling the more comfortable you will be with it. That doesn't mean that you enjoy it. You might wish it could be changed but because you feel comfortable, your body and mind don't resist it.

This is how most people spend their lives - comfortable yet not very happy.

To produce positive change you need to deal with uncomfortable feelings while trying out new things. You need to be able to familiarise yourself with the new circumstance, get out of denial and resistance mode and expand your comfort zone to include a new behavioural pattern and then commit to maintaining it. The longer you do so the more comfortable you are with it and the faster it's integrated into your perception.

The key to changing your perceptions is changing your beliefs.

This will change your behavior and help you lead a better life.

To create lasting change, your mind and body must be treated as one system. What happens in the mind affects the body and vice versa.

By changing your emotional relationship with food and reconditioning your mind for better and more positive behavioural patterns you can easily lose your weight and keep it off.

Food is something you eat when you're hungry. Your hunger is triggered by physical hunger.

Emotional hunger is a signal for food arising from the emotions and habits that have been wired into your subconscious because of the emotional feelings associated with particular foods

It can be difficult to trace back to when, where and how a pattern is formed, especially with emotional triggers around particular foods. There are many possibilities:

- ✓ **Food as an antidote for anger** Some people eat excessively when angry. They eat even more when they are angry with themselves. This self-punishment has unwanted effects on your body and emotional health.
- ✓ **Convenience** When you're short of time or don't feel like preparing food, you may opt to eat whatever's easily available. This convenience becomes a habit and you develop a craving for junk food.
- ✓ **To combat stress** Stress produces hormones that stimulate your desire to eat. If you regularly eat when you're under stress, it becomes a habit. Guilt causes even more stress and you could fall into the trap of binge eating.
- ✓ **To cope with boredom** To get rid of this habit you need to find other stimulating activities.
- ✓ **Food for energy** Some people eat whenever they feel tired. This habit satisfies their logic that food equals energy. You might need more sleep or to take some time off to overcome fatigue.

- ✓ **To avoid wasting food** From early childhood we're taught not to waste food and adults feel deeply guilty about throwing away food. This feeling can make you eat whatever you're offered even when you're full.
- ✓ **As a substitute for affection, attention or love** You might eat to compensate for a lack of affection in your childhood.
- ✓ **To provide comfort** Your favourite foods can become a weapon to fight loneliness or sadness.

Any hunger that results from stimulation outside your body is emotional hunger.

By re-engineering your relationship with food and re-programming your eating habits you CAN and WILL lose weight.

Forget waiting. Seize the day. Let's get started on your new body today.

Once you change your habits you will automatically eat less and this is why there is:

- ✓ **No need to follow a strict diet** to lose weight
- ✓ You can slim down **without going to the gym**
- ✓ **No need for ANY willpower**

Take your desires and turn them into reality TODAY!

Seize the day!

With all my best wishes on your weight loss success

Lee xx

Recent Testimonials

I want to thank you for giving me a lot of very helpful guidance, and to congratulate you for being very good at what you do. I wrote to you in August of last year, for an appointment. I also checked out several other professionals in my search for the right advisor. All were good, you are superb. Thank you very much indeed. The guidance you gave was spot on, and the tone of your insight was right for me.

LB, Scotland

Thanks to you, I am more hopeful now and look forward to the changes in my life. I know this is not going to happen overnight and will have to work on myself and develop a healthy and positive mindset. Thank you very much again for your help and be assured I will let you know how I have been getting on in the near future.

Nora, London

Thank you so much for my appointment. I cannot believe how accurate it was. You have given me the extra bit of confidence I needed. Thank you. My outlook now is very positive and you have taken away the doubts that I have had about my recent actions. Thank you.

Karen, Brighton

Thank you so much for your analysis. It is all very fascinating and I am excited by the whole experience. Thanks ever so much for your time!

Barbara, Australia

I just wanted to thank you for the analysis you have done for me. A lot of the information that you have come up with fits my current situation exactly, even down to something I was thinking yesterday before you sent me the document. It has actually calmed me down a lot, to read your guidance. Thank you so much, and I will definitely be coming back to you in the future for further insights and advice.

Jamie M, Birmingham

Hiya, Lee here, before you go...

I just wanted to say a **BIG THANK-YOU** for taking the time to read my report.

I hope that this has given you some serious food for thought (excuse the pun :>) and if you want more proof about just how amazing this system really is, then go to my [MEDIA PAGE](#) and you can see me sharing with all my viewers on SKY TV how effortless, easy and stress-free weight loss can be!

IF I CAN DO IT - SO CAN YOU! Let me know how you get on! Seize the day!

Love and Light,

lee xx

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