

# GABRIEL METHOD “FAT TRIGGER” REPORT

## *Lifestyle Stress*



### **How Lifestyle Stress is Affecting Your Weight**

and whether your stress is emotional, physical, or buried in your unconscious mind...

... your body reacts the exact same way. It releases cortisol into your body.

Elevated cortisol levels turn your FAT Programs on and not only cause you to gain weight, but simultaneously make it impossible for you to lose weight.

This is part of your genetic heritage.

When food was scarce and temperatures were cold, your body would activate your FAT Programs to help keep you safe and protected.

In today's world, our stresses do not come from life threatening circumstances. Instead, we're dealing with emotional trauma, bad relationships, and being over-tired, overworked, and anxious.

For you, to be successful with weight loss, you must identify the root causes of your problem, and then use Gabriel Method treatments such as visualizations, meditation, or healing therapies to tell your body that you're now safe, strong and protected.

It's okay to lose the weight. Here are my top 3 recommendations for you:

- Daily Visualization
- Find a support group
- Take time for yourself each day

## Can Fear Make You Fat?

One of my favorite authors, Marianne Williamson, says that we are all motivated by either fear or love... nothing else.

In case you didn't know, fear is an extreme form of lifestyle stress that can make you gain weight very quickly.

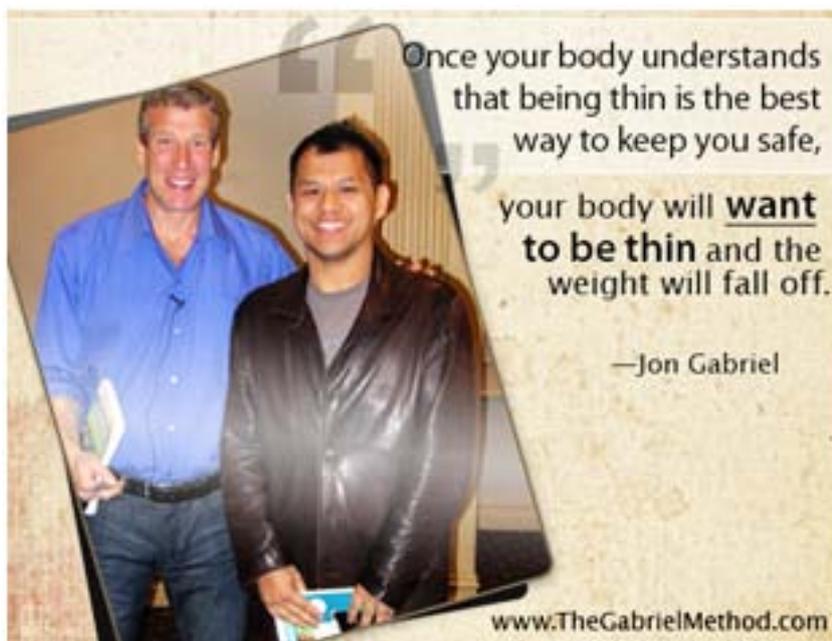
Here are common fears my readers often struggle with:

- \*Fear of failure
- \*Fear of being unloved or unwanted
- \*Fear of financial ruin
- \*Fear of being hurt (emotionally or physically)
- \*Fear of being successful

If you have a fear of failure, for example, your body might mistakenly (but logically) gain weight because failure could mean you'd lose your job, your home, and you might even starve.

Fear doesn't automatically make everyone fat, of course. We all react differently. But in many cases, your fears and your waistline will grow hand-in-hand.

Overcoming this fear is not as simple as taking a diet pill, but it really can make a lasting difference in your weight, often leading to effortless weight loss. Just remember, the most effective way to remove fears in your life is by focusing on love: both in giving and receiving.



## How to Totally Transform Your Life

Your emotional life will inevitably have ups and downs, highs and lows. This is part of life.

If you're struggling with weight, your challenge is to make sure the lows don't become permanent and that unresolved issues find closure and the open loops in your life close.

Let me tell you a story about a visit I had with my friend, Gina.

Gina wanted to lose weight and was on a very austere, low-calorie, low-fat, low-carb diet. She was not even allowed sweet peppers because she read they have “too many carbs.”

Gina's worked as a teacher, a job she'd long since grown tired of, and in her spare time, she was a fairly prolific painter. And, as you can probably guess, she was struggling with her weight.

So I asked her the obvious question:

“Why aren't you selling your paintings so you can leave your job and do what you love?”

She said that she was not sure anyone would like them and I could tell the whole idea made her uncomfortable.

Whether you realize it or not, food can fill a void in your life emotionally for the “juice” of life you miss when you're not living your passion. With Gina, this is exactly what had happened.

She loved to paint but she was afraid. She didn't like her job, but she was scared to make a change. Over time, this fear turned into a chronic stress, and the result?

She put on weight.

Before I left, I told her to embrace her life's destiny, follow her heart and make the change – and when we said goodbye, it seemed a light bulb finally when off in her head.

Gina and I have since fallen out of contact but I have heard that she is losing weight and is now working successfully as an artist.

Gina took a chance and her entire life transformed for the better. I hope her story inspires you to do the same.

## **You've Been Ignoring \_\_\_\_\_ (and you need to stop it!)**

When you stop ignoring your personal needs, you'll find weight loss becomes much, much easier.

Let me ask you...

- \* When was the last time you set aside a day just for yourself?
- \* When was the last time you did something you were really passionate about?
- \* When was the last time you slept in without an alarm clock?

Many people go months (or years) without a single moment to themselves. It's work, family, work, errands, bills, and stress - with food and rest getting squeezed in at random intervals.

Here's why this matters...

For you, since your emotional life is one of your primary fat triggers, your Gabriel Method assignment today is to plan a day off for yourself as soon as you can. On this day off, you do no work, no chores, no errands, no kids, no nothing.

You can take a hike, read a book, meet your friends for lunch - it's totally up to you!

Ideally, this day off should be taken every week, but if that's too much right now, then start with just one day, just this one time.

I've "prescribed" this day off routine to hundreds of students, and they often report that once they commit to the day off, they more than make up for it in gained productivity and focus the rest of the week.

If nothing else, remember this...

For you, losing weight will be a side effect of living a more relaxed, stress-free lifestyle where personal time is made a priority and healthy boundaries both at home and at work are put in place.

So start now. Take a day off and see how you feel...

## The “Good Stress” that Makes You Thin...

You already know that stress can cause you to gain weight...

... but did you know that “good stress” can actually cause you to burn fat?

Just like there are negative stresses that trick your body into thinking it needs to be fat, there are positive stresses that are capable of tricking your body into thinking it needs to be thin.

When it comes to weight loss, stress can either be a big help or a big hindrance. With mental and emotional stress, it all depends on how your body interprets the stress.

Imagine a hunter-gatherer man, running at top speed after rabbit he needs to catch to feed his family for dinner.

His body thinks:

“I need to be light, fast, and nimble in order to survive...”

Imagine that same man startled by a rattle snake on his walking path. The man’s instincts kick in and he leaps up onto a rock and then sprints off down the trail.

Again, his body understands:

“I need to be thin to survive.”

These natural moments of physical intensity don’t happen very often to most of us anymore. But you can recreate your primal “get thin” adaptation by exercising properly.

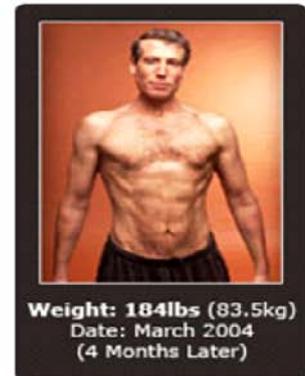
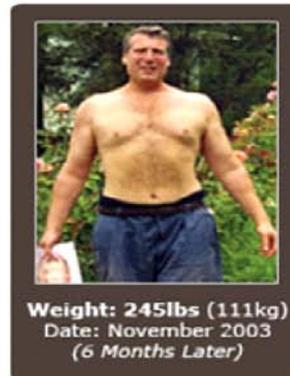
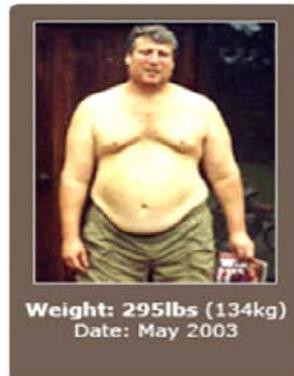
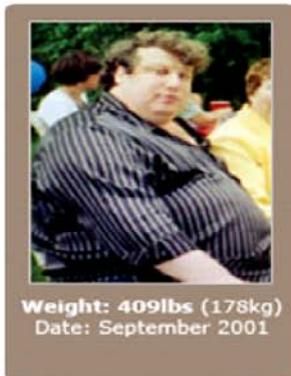
Gabriel Method Fitness is not about grueling cardio or impossible gym workouts. It’s about short, intense, fun bursts of activity doing what you love (dancing, cycling, or whatever you like).

And it really works.

I discovered this “get thin” adaptation one day on my bike when a dog nearly bit my leg off (I dashed away just in time). It’s a fascinating story you can read about on page 87 of my ebook.

## End of Gabriel Method "Fat Trigger" Report!

I hope this has given you some tools you can put to use in your life right now, and more importantly, I hope this is the beginning (not the end) of our work together. If you found this report useful and would like to continue learning immediately, the Total Transformation Package includes everything you need to begin your Gabriel Method transformation. [GET STARTED NOW](#)



My Total Transformation program has proven to be the most effective way to learn The Gabriel Method right now, from the comfort of your home or office!

### In the Complete Program You'll Learn:

- The 3 things I did every single day to turn off the fat switch
- Why you're NOT fat because you eat too much
- The ONLY difference between you and naturally thin people (it's not what you think)
- The most important fat loss concept you need to know

....And much, much more!

