

# GABRIEL METHOD “FAT TRIGGER” REPORT

## *Multiple Fat Triggers*



## **How Certain Triggers Are Affecting Your Weight**

If multiple triggers are activating your FAT Programs and keeping you from achieving your ideal weight, here's what's going on...

Your emotional life, your stress levels, nutrition, digestion, and a handful of other factors in your environment are triggering a weight gain response in your body.

Having multiple fat triggers is quite normal, so don't be concerned. Most of my clients have 2 or more triggers, and I myself had all 10 triggers activating my weight gain when I was 409 lbs.

So here's what we're going to do:

You need to address your weight problem holistically by identifying and reversing the root causes that are activating your FAT Programs.

You'll take it step-by-step, and together, we'll build healthy habits for life that will grow and compound onto one another, changing your body and mind forever.

I'll be the first to tell you that there is no quick fix, but there is a very effective process we use at The Gabriel Method that I can recommend unequivocally.

Here are my top 3 recommendations for you right now:

- **DAILY VISUALIZATION:** you can do this on your own, but most people like to listen to my evening visualization program before bed (highly recommended)
- **EAT THE "BIG 3":** protein, omega-3 fats, and live foods should be part of your daily diet (and maybe every meal)
- **MAKE GREAT FRIENDS:** if your social circle is negative and discouraging, you've got to find people who support you and who will continue to support you during your transformation

When I was able to get honest with myself and recognize that multiple factors in my life were causing me to gain weight, it allowed me to start taking small steps toward reversing it.

My hope is that you too can do the same.

## **I'm Begging You to Stop, Stop It Now!**

When I was overweight, I spent countless hours (and dollars) plowing through different diet books searching for some miracle program that would actually work for me.

There was Atkins, The Zone, Fit for Life, low-fat, all-carb, no-carb, you name it, I tried it!

And each new diet ended with the same old result, a result I was all too familiar with... failure.

Not only did I gain back all the weight I worked so hard to lose, I'd often end up gaining more than I started with.

With each yo-yo cycle, I'd lose confidence, lose hope, and spiral deeper and deeper into despair. I felt as if I was destined to be fat.

And then it all changed.

Out of pure desperation one evening, I pulled my car over on the side of the freeway and rested my forehead on the steering wheel.

At 409 lbs, I was borderline diabetic, I had terrible sleep apnea, my brain was in a constant fog, and I was struggling just to get through the day.

Right then, I declared (out loud) that I would never diet again. I was going to focus on getting healthy because after over a decade of struggle, it was 100% clear to me that diets don't work.

I'm begging you too to make this shift today. To focus on adding not restricting, to focus on

abundance and self-love not lack and self-hate.

That single statement on the side of the freeway is what led me down my path all the way to what has become my life's work.

What started as a best-selling book has now turned into an international movement for holistic, sustained weight loss; and I'm so excited to see the momentum growing with each passing year.

As humiliating and frustrating as it was for me to try and fail on so many diets, and as horrible as it felt to be 409 lbs (my highest weight), those experiences gave me an unparalleled insight that I now channel directly into my research and teaching.

### Here are My Top 3 Discoveries:

1. Dieting puts your body in a state of famine and ensures that you'll gain back the lost weight.
2. Exercising to battle overeating is like running away from a burning fire... the moment you stop, you get burned.
3. Real, sustainable results are archived holistically, by balancing your physical, emotional, and spiritual bodies.

## Transform Your Body... in Your Sleep!

One of the best discoveries I made during my weight loss transformation was learning to harness the power of my mind...

... you can leverage your mind power through many different mind-body practices, but my favorite (because it's so easy and so accessible to everyone) is visualization.

Visualization is a simple practice where you communicate directly to your subconscious or "animal brain" by using mental imagery rather than words.

Here's what I did...

When I learned that my subconscious was most receptive at night, I started practicing an evening visualization before I went to sleep.

The visualization was simple, anyone can do it, but it completely changed my night's sleep (and then the energy and vitality I had the next day were mind-blowing).

Since I know you struggle with multiple triggers, what I'd suggest for you is to use visualizations that help you reclaim your inner power and confidence.

I teach 2 practices, the Living Goddess and Living Warrior Visualizations that you should be sure to consider.

When you visualize properly and then go to sleep, your subconscious is affected by those images you created and your thoughts start to manifest as reality in your life.

The outcome of my nightly practices was nothing short of incredible.

Not only was my body transforming into the ideal image of myself I'd been visualizing, my personal and professional goals were coming to fruition like never before – and all from listening to an mp3 audio before bed!

What could be easier than that?

Since visualization played such a crucial role in reversing my fat triggers, I made it an integral part of the Gabriel Method and insist that all my students commit to listening before bed each night.

I do hope you'll give it a try...

## **Is Your Body Able to Burn Fat Right Now?**

Did you know that almost everyone who struggles with weight loss for 12 months or more has developed a chemical imbalance?

During the 12 years I spent dieting and doing grueling exercises, I wish I knew that gaining and losing weight again and again actually makes your body more and more prone to obesity.

According to the latest research in metabolism\*, when a person gains and loses weight repeatedly, their muscle fibers transform and end up burning as much as 11% less calories each day (compared to someone of the same weight who never dieted).

Here's why this is important...

Two people of the same weight can require a difference in calories that's equivalent to that of a small meal – talk about bad news!

Not only that, the yo-yo dieter often experiences stronger food cravings and less desire to exercise as a result of the body's recent famine.

If you're like I was, you might have a lot of things working against you right now; and the realization that you've got a chemical imbalance might just fuel your frustration.

But don't let it!

Understanding your biology is one of the keys to The Gabriel Method, and the better you understand what's going on inside, you can quickly learn to work with your body rather than fighting it.

## **Avoid these Common “Diet-Foods” (or else)**

Want to know what all those so-called “diet foods” have in common?

They tend to be highly-processed, loaded with chemical toxins, and then enhanced by synthetic nutrients in an attempt to make them more healthy.

Here’s what you’ll find when you read the labels of many of the most-popular “health foods” today:

- \* Saccharine (Sweet’N Low and Sugarine): carcinogenic
- \* Aspartame (NutraSweet): neurotoxin added to sodas, desserts, sugar-free cookies, chewing gums and breath mints
- \* Sucralose (Splenda): made from chlorine
- \* MSG: neurotoxin added to over 10,000 packaged foods

My advice? Avoid diet food altogether and just eat real foods. Real foods taste great, and you already love them. Most of us have been confused into thinking that we need some kind of manufactured food to lose weight.

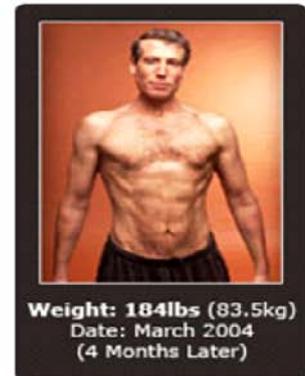
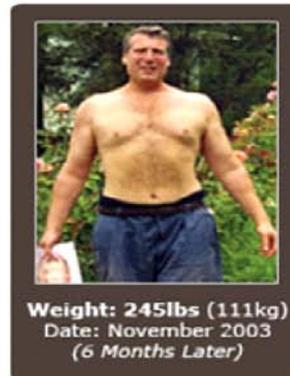
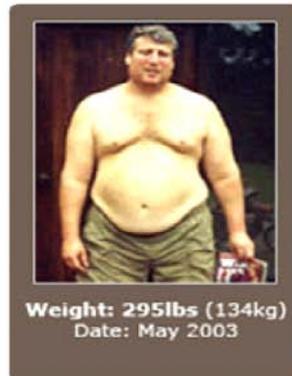
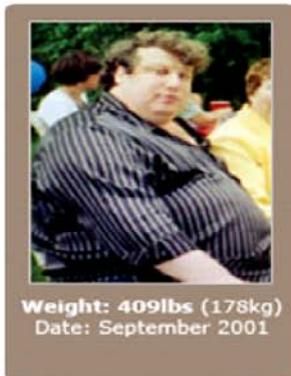
This couldn’t be further from the truth.

Remember what we talked about the other day. Shop on peripheries of the supermarket, buy fresh meats, fish, fruits, and vegetables. Stay away from processed and packaged foods, and just forget about the so-called diet foods altogether.

The Gabriel Method is a practical, sensible way to navigate through the confusing modern world of food and fat loss.

## 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!

