



DR. MARY'S SIGNATURE

FOUR STEPS TO SUCCESS

PLANT BASE NUTRITION
LIFESTYLE PLAN

GET WAISTED

“SELF CARE
IS THE NEW
HEALTH CARE.”

GET WAISTED



GET WAISTED
4 STEPS TO SUCCESS

CONTENTS

WELCOME

begin the change
dont be scared
bla bla lblajs sejsoe



STEP 1 TA-TA TO DAIRY



STEP 2 ELIMINATE THE OINK

substituting pork
shf skjsu elsjkjflsj swiu

STEP 3 PART WAYS WITH PROCESSED FOOD

begin the change
dont be scared
bla bla lblajs sejsoe



WHICH MEAT IS THE BEST FOR YOU?



STEP 4 FULL ON PLANT BASED

begin the change
dont be scared
bla bla lblajs sejsoe



THE QUICKSTART HOW-TO

the 4 steps to
success breakdown

GET WAISTED
4 STEPS TO SUCCESS

WELCOME

WELCOME

GET READY TO GET WAISTED



eat healthy.
it feels good.

GET WAISTED
4 STEPS TO SUCCESS

WELCOME TO GET WAISTED. We created the best weight loss program to help you lose weight while you get healthier and feel better every day. Each step of the program will guide you to a whole-foods, plant-based diet by slowly increasing delicious, healthier choices at each step. You will control how quickly these changes happen, and you can increase or decrease the intensity of the program at any time to tailor the results to fit your personal goals.

Our bodies have a remarkable capacity to begin healing themselves, much more quickly than we did once realize, if we simply make the lifestyle changes that have the biggest impact on our health and wellness. <http://getwaisted.com/can-your-diet-actually-make-you-younger/>

Where your attention goes, your results will show up! Pay attention to the additions and subtractions in each step. You won't be weighing and measuring as much as previous experiences. Instead, you'll be choosing healthier foods that power your system naturally which will completely motivate you to eat without fear of failure when you take one too many bites.

Before you get started, snap a "before" photo, so you'll have something to compare your old self to your new self!

**READY TO GET STARTED?
WE ARE READY TO HELP YOU.**

WELCOME

“OUR BODIES
HAVE A REMARKABLE
CAPACITY
TO
HEAL
THEMSELVES...”

GET WAISTED



GET WAISTED
4 STEPS TO SUCCESS



STEP ONE

STEP ONE

SAY TA-TA TO DAIRY

You have arrived at **STEP ONE**. This is your first step to eliminating inflammatory foods from your palette! That elimination starts with all processed dairy products. Bon appetit!

There are many alternatives to processed dairy — too many to list and you can start by replacing processed dairy milk with almond milk or soy milk. Choose Chao or alternatively Daiya cheese for the best sliced and shredded mozzarella, cheddar and swiss cheeses to melt in sandwiches and on pizza. You'll love almond milk and coconut milk ice creams; I'm crazy

for Coconut Bliss Naked Coconut. Choose Earth Balance Original or Omega 3, if you can find it, for the best buttery spread.

Why am I getting rid of dairy again?

Dairy is an inflammatory food. How? Well, while insulin is secreted from the pancreas, insulin-like growth factor (IGF) is secreted directly from the walls of the first part of the small intestine. IGF stimulates the growth of cells, and is linked to fat cell growth and skin breakouts/acne. Yogurt, cheese and ice cream concentrate even more IGF, and pesticides from the dairy production.

Milk is produced by a mother cow to feed her baby. For this reason, it contains hormones that are designed to make you feel good after you consume it, so you'll come back and consume more. Those addictive hormones make you really crave dairy, but don't worry. There's so many products available to help you make the switch.





DAIRY is very hard to discontinue, but people feel fantastic when they do. When you prepare your meals without cheese, cream and milk, you will not only significantly decrease the calories; you also decrease the saturated fat and cholesterol, with the associated increases in inflammation and phlegm production. By increasing portions of plant foods such as beans or whole grains by a recommended one-cup per day, Step 1 participants can start enjoying complete proteins that come from the earth instead of the animal kingdom, cutting inflammation and calories. Beans are proven anticholesterologenic, stabilize blood sugar levels, are vitamin, fiber and antioxidant rich, and are the perfect food for healthy intestinal flora. <http://getwaisted.com/dark-side-dairy/>

Beans are loaded with healthy, flexible fats and low inflammatory proteins. In all of the zones around the world where people live very long, productive lives, they rely on beans as a main source of protein. <http://getwaisted.com/beans-the-closest-tie-to-longevity/>

Hydration is essential, and misinformation about hydration is rampant. If you do not hydrate effectively, you will not reach your health and wellness goals. You get thirsty when your total body water decreases by just under 2%, and dehydration is diagnosed when you've lost just 5% of your total body water? Sports drinks and coffees are ok, but water is the very best drink for hydration. Add some health-promoting, anti-aging antioxidants to your hydration plan, by choosing a great cup of tea a few times a day also!

<http://getwaisted.com/how-well-do-you-know-hydration/>
<http://getwaisted.com/hydrating-during-a-run-and-everyday/>

CONSCIOUS EATING

Once you are really listening to your body, you'll find that food stops being enjoyable after you've consumed enough to satisfy your needs. By being present in the moment while you are eating, you'll be more aware and able to control impulsive tendencies.

By listening to your body, using our satisfaction scale and slowing down, you'll be able to start listening **y**our amazing, complex, body and all appreciate all the subtle clues your body sends you about your food and how it is making you feel.

RECOMMENDATIONS:

Add two cups/handfuls of fruit or vegetables each day. Eat one cup/handful of beans or whole grains daily. Use the **"ok"** sign as a new measure for serving sizes for meats. Make sure your meat portion fits into the "ok" sign made by the index finger and thumb of the hand.



STEP TWO

ELIMINATE THE OINK

The second step continues whole, plant-based food recipes with the addition of beef, chicken and fish. Dairy and pork are avoided. Use alcohol and unprocessed salt consciously.

Worrying about protein is normal while you are decreasing meat and dairy consumption. Beef, chicken, pork and fish aren't the only great sources of protein. When you choose whole grains and beans as protein sources, you get a great big side serving of fiber and nutrients, instead of high amounts of saturated fat and cholesterol that come with choosing animal foods.

<http://getwaisted.com/top-plant-protein-sources-dr-mary/>

Rely on plant sources of protein for complete proteins. The recommendations of having to choose whole grains and beans to get complete proteins from non-animal sources is based in bad, 1960's outdated science. It turns out that an overabundance of complete proteins exist in whole grains and beans. Reassure yourself about the quality of whole grain and bean protein by learning about the foods you are eating at Self magazine's nutrition data website:

<http://nutritiondata.self.com/tools/nutrient-search>
<http://getwaisted.com/where-do-you-get-your-protein/>

SLEEP

Getting adequate sleep is not only critical to functioning well, but also to responding appropriately to physical cues, like sensing appetite. You deserve a restorative sleep almost every night, and you will require it to be at your best. Start by setting a bedtime routine and making your bedroom suitable for sleeping. Most importantly, set aside enough time to get the sleep you need every single night, at least 7 hours.

[LINK TO THE BEAUTY OF A BEDTIME BRAINWASH AND QUIZ ON SLEEP FROM THE GET GRADUATED BOOK](#)

STEP TWO



GOAL SETTING AND AFFIRMATIONS

Make your goals a reality by being specific about your goal and supporting it with several actions that you will do every single day. The first step in reaching your goal is clearly defining your goal. Find a quiet place where you can be alone with your thoughts. Think about what you would like to achieve right now, and also what you would like to achieve in 1 year, five years and ten years. For some people, having a gorgeous body is very important. For many people, being healthy and feeling great every day lets them spend time with their families and people for deep, lasting relationships. Take some time to define your goal. Don't be afraid to think big and dig deep.

Now, think of several actions that you can do each day that will support that goal. If you want to be healthy for your husband and grandchildren, think about five steps you can do every day to manifest that outcome. Focus on realistic changes that will add up to a big difference to reach those big, beautiful goals.

Using this method, a lofty goal becomes a pretty simple series of daily steps.

My goal setting program helped me have a great relationship with my daughter during medical school. I worried about how I could plan fun events on a tight budget, while I worked so hard at school. I badly wanted to spend quality time with Chelsea that would help her become smart and feel valued. I decided I would have dinner every night with Chelsea, and read with her for 15 minutes every night. Finally, each week, we would do an inexpensive, fun event, like going to the museum or going to the bookstore to buy one book.

I couldn't wait to try my new program. My goal was clear. My daily steps to reach that goal were identified. I thought I could do it!

It worked! We went through a very challenging time of my life together, and we still had a great relationship that helped her become a well-rounded, intelligent person.

If you are having trouble clearly identifying your goal, don't worry. Many people make a new year's resolution. However, **almost 75% of people give up on their resolution by January 16th.**

Use the **SMART system**, an acronym for the five steps of specific, measurable, attainable, relevant and time-based to **turn fuzzy concepts into concrete** plans toward self improvement.

1. BE SPECIFIC: The moment you focus your goal, it becomes a magnet, activating your brain and your actions and pulling your energies toward it. The more you focus your energy, the more momentum you can create.

2. MEASURABLE: Putting numbers to your goal helps you know if you're on track.

3. ATTAINABLE: Dream big, and aim for the stars, but keep one foot firmly based in reality. A number of resolutions are tossed out simply because they were unreasonable and unattainable from the start.

4. RELEVANT: Achievable goals are based on the current conditions and realities of your life. If you are working two jobs or busy with a new grandbaby, it's probably unreasonable to add several hours of exercise to your schedule. However, choosing beans as protein for two meals each week is something that makes your responsibilities easier by streamlining the process of getting dinner on the table. It's so much easier to serve baked beans and oven fries without having to make the hamburgers too!

5. TIME: Goals and objectives get met when there is a timeframe established that links to their completion.

So what does a **SMART** New Year's resolution look like? I'm going to lose 5 pounds by Valentine's Day by significantly modifying my diet, by adding more beans and vegetables to my diet and eating my healthy choices first. I'll also be adding short bursts of exercise by doing yoga in the morning before breakfast and taking the stairs instead of the elevator at work.

AFFIRMATIONS

Affirmations help to focus your goals, and lay the groundwork for further focusing on the steps you will take to reach them. Build some customized affirmations tailored to your needs.

Successful people tend to support their own success. For example, if they open the fridge and rice and beans ready to eat, they say to themselves, "Wow! Look at me! I really have myself set up for success!" People who aren't as successful might let their eyes land on some tempting treat and say to themselves, "See, I'm doomed for failure."

By improving your self-talk, you can automatically increase your successful transition to a healthy lifestyle. Think of the people in your life you've loved so much that you wanted to do something nice for them every single day. Do those people include you? If they do, wonderful. If they don't, let's get to work. You should treat yourself with that same generous overflowing kindness that you already share with others. Focus each day on just one positive message. Continue these affirmations until they replace the negative things that you might be saying now.

**FOCUS EACH DAY ON
JUST ONE POSITIVE MESSAGE.**



“MAKE YOUR
GOALS A REALITY BY
BEING SPECIFIC
ABOUT YOUR
GOALS.”

DAY 1

PUT YOUR HAND OVER YOUR HEART AND SAY THE FOLLOWING (EITHER OUT LOUD, OR MENTALLY): "I LOVE MYSELF. I ACCEPT MYSELF. I FORGIVE MYSELF. I WANT LOVE AND ACCEPTANCE." IF ANY OF THESE CONCEPTS PROVE TOO DIFFICULT AT FIRST, JUST INSERT THE WORD "OPEN" ANYWHERE NECESSARY. FOR EXAMPLE, IF YOU CAN'T SAY "I FORGIVE MYSELF," INSTEAD SAY "I AM OPEN TO FORGIVING MYSELF."

DAY 2

LOOK IN THE MIRROR AND FIND ONE BEAUTIFUL THING ABOUT YOURSELF.

DAY 3

LIST THREE THINGS THAT YOU LIKE ABOUT YOURSELF.

DAY 4

LIST THREE THINGS YOU DID TODAY THAT WERE POSITIVE.

DAY 5

LIST THREE WAYS YOU'VE IMPROVED YOUR LIFE. HOW ARE THINGS BETTER NOW THAN ONE YEAR AGO? FIVE YEARS AGO? TEN YEARS AGO? THINK ABOUT HOW FAR YOU'VE COME AND WHAT YOU'VE ACCOMPLISHED.

DAY 6

TODAY, DO SOMETHING NICE FOR YOURSELF. DO A FEW YOGA STRETCHES, TAKE A WALK, OR FOCUS ON DEEP REFRESHING BREATHING FOR A FEW MINUTES.

DAY 7

TODAY, DO SOMETHING NICE FOR YOURSELF THAT'S FOOD-RELATED. MAKE YOURSELF SALAD, A BOWL OF OATMEAL, OR CHOOSE A HEALTHY SIDE DISH. PUT ON SOME MUSIC TO SET THE MOOD FOR A HAPPY KITCHEN ENVIRONMENT.

REPEAT AS LONG AS NECESSARY

FOCUS ON WHAT YOU ARE DOING RIGHT. YOU CAN DO IT. I'VE ENJOYED A REALLY SPECIAL HABIT FOR MANY YEARS THAT REMINDS ME OF MY AFFIRMATIONS AND FAVORITE INSPIRATIONAL QUOTATIONS. I WRITE THEM OUT ON A PIECE OF PAPER AND TAPE THEM TO THE INSIDE OF MY KITCHEN CUPBOARDS. THIS WAY, I GET TO SEE MY FAVORITE WORDS OF WISDOM ALL THE TIME WITHOUT CLUTTERING UP MY LIVING SPACE WITH LOTS OF POST-IT NOTES.

STEP THREE

PART WAYS WITH PROCESSED FOODS

In **STEP THREE** you will enjoy the benefits of a plant-based diet while still consuming fish. Chicken and other fowl, beef, pork and dairy are avoided. You will likely need at least 2 cups of whole grains and beans to get adequate calories in this step. The exclusion of chicken, beef and pork reduces the number of animals that are slaughtered for you (280 chickens must be raised and slaughtered to generate the meat in one cow), while still allowing you to make slow, steady progress toward your healthiest you.

Most people consider chicken healthier meat than beef or pork, but this isn't necessarily the case. Factory farmed animals are raised on diets that are not suited to their health; chicken are fed corn when they'd prefer grass and insects. Due to this unhealthy diet, the animals have higher concentrations of unhealthy fats and inflammation in their own tissues. Despite great marketing techniques, because of these modern farming practices, white meats are not necessarily healthier than red meats. Ideally, recipes made with chicken are replaced with recipes that contain beans or grains as sources of protein, but participants can simply make the switch to a little more beef, pork and fish as long as 1 cup of grains or beans is eaten each day.

SEE YOUR DOCTOR

With each step, you will get the benefit of decreasing overall meat intake while increasing intake of plant proteins found in whole grains and beans, which are naturally linked to protection from metabolic disorders such as diabetes, high cholesterol and hypertension. In fact, if you are on medicine for these chronic diseases, you may want to schedule an appointment with your doctor; your doctor may want to modify your medical regimen before you experience low blood sugar reactions or excessively low blood pressure.

GRATITUDE

Responding with gratitude transforms a stressful situation into an opportunity to correct thinking patterns. As you go through your day, take some time to observe what you are thinking and how you are reacting. When you find yourself thinking something negative (or getting upset because something isn't the way it "should" be), STOP. Now is your chance to create a mini-transformation! It's your opportunity to change the way you think and process experiences, which will help you become more calm, more equipped to deal with unpleasant experiences and happier in general.

Now that you can see challenges as an opportunity to transform yourself into a more patient and tolerant person, you'll be to look forward to an unpleasant phone call or personal interaction as a chance to be your very best, not only in the moment but in the future. Thinking about challenges differently will help create the transformations you need to practice to be the most successful you can be.



GET WAISTED

4 STEPS TO SUCCESS

TRY THESE STEPS

First, observe your feelings. Getting angry and losing control limits effectiveness and makes others question your authority and motives. It's likely the situation that is aggravating you is also aggravating others around you. Adding to the mayhem isn't helpful. Try to find something in the situation that is a plus for you.

Now, choose gratitude. Move to the opposite emotion. One of the biggest obstacles to change is the negative emotions of anger and deprivation. When you hear that your lifestyle choices control your risk of disease, you can either feel happy or angry, and empowered or deprived. These are opposite emotions. Whichever emotion to pay attention to, whichever emotion you feed, will be the emotion that energizes you and controls your decisions. There is always something valuable in every experience. Our enemies teach us patience and tolerance. Be grateful that your challenges have given you the opportunity to exercise patience and tolerance.

Finally, discover. Be open to what the possibilities are in this moment. Or maybe, this experience is just an opportunity for you to change the way you think and process your experiences, which will help you become more calm, more equipped to deal with unpleasant experiences, and more happy in general.

Now that you can see challenges as an opportunity to transform yourself into a more patient and tolerant person, you'll be able to look forward to an unpleasant phone call or personal interaction as a chance to be your very best, not only in the moment but in the future.



DR. MARY'S DAILY GRATITUDE EXPERIENCES

Two things happen to me nearly every day that are very frustrating. Almost every day at the hospital, people approach me with a problem, but sometimes don't know the particular situation very well. I don't have the information I need to solve the problem. I'm expected to work quickly and efficiently, but that's hard to do when I don't have good information. I also used to get annoyed with going to cafeteria when I don't have time to pack a lunch. I have to hunt for healthy food, and it shouldn't be that way. I shouldn't have to pack a lunch in order to get the food I need.

We are lucky to have a chance to have so many people in our lives, and to help so many people. I'm glad to be a member of a team that is focused on helping people. I'm going to see what I can do to make everything the best it can be right now. Even if I don't have great food options, it's still hugely better than 99% of the people in the world. Maybe the coworkers or the cafeteria are an opportunity to listen. A coworker got to express their frustration at a time when they really needed to do that. Maybe the cafeteria is the time you've been needing all day to just do some breathing and slow down, and remind yourself of all you have rather than what you want.

CREATING AWE

Experiencing awe and being impressed with things, being excited about things every day is important to experiencing happiness and gratitude. Once you choose to be disappointed in things that don't live up to your expectations, it's not only important for you, but it is important for everyone else and how you interact with them.

GET WAISTED

4 STEPS TO SUCCESS

Experiencing awe helps to shift your focus from self-awareness to the interests of the group in which you belong. It helps you to motivate us to work in collaborative ways and establish the tight, cohesive communities that are associated with longevity.

When people feel more regular wonder and see the beauty in the world around them, they are also more generous and supportive to the people around them. In scientific studies, when people are given a chance to have a wonderful experience such as looking at a beauty, worshiping, or attending a celebration, they are more generous with strangers.

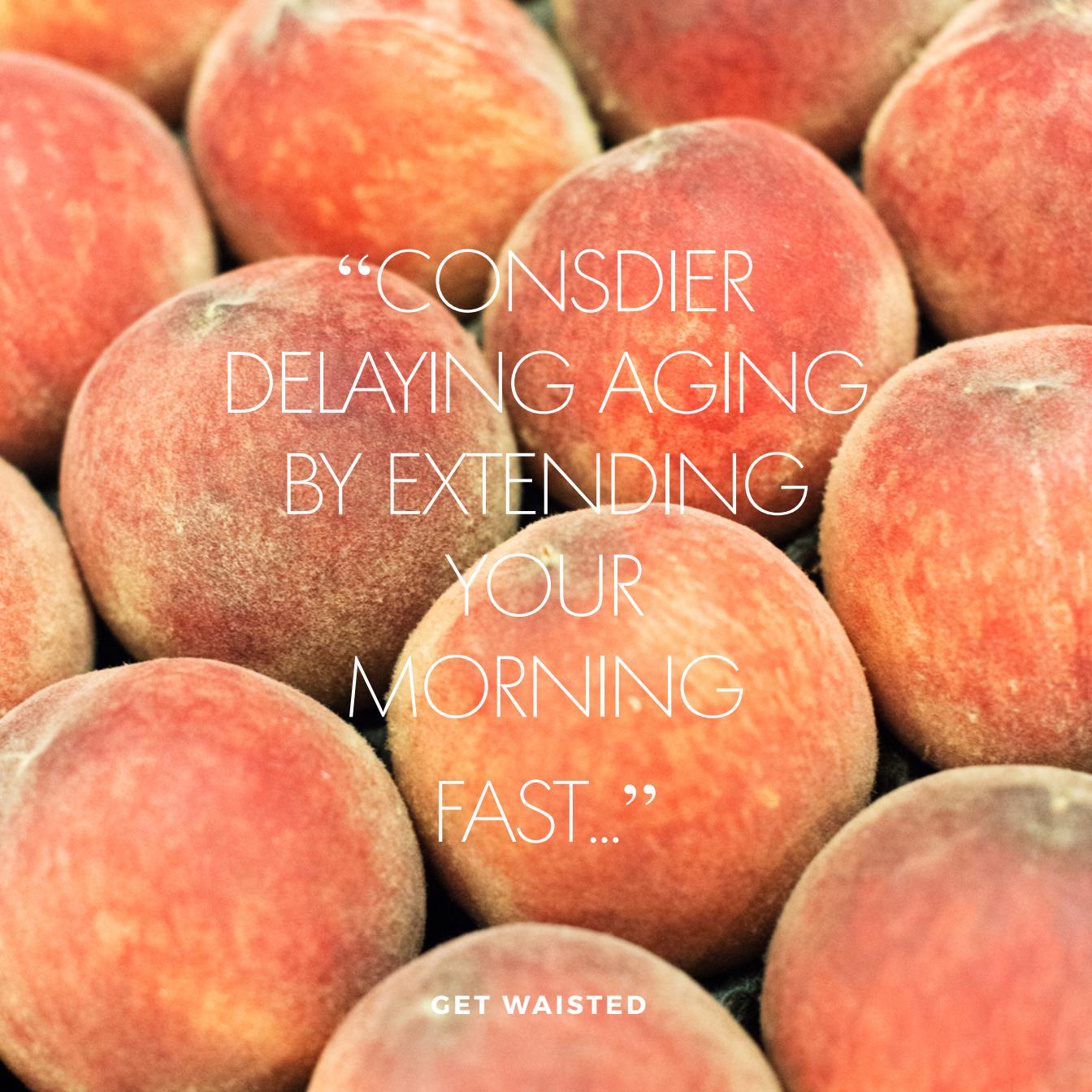
Being impressed with your surroundings or your situation doesn't require you to live in a beachfront home or on the top of a mountain. Just take a moment to do a few of these things to find awe in your daily life:

- ONE** Really look at a flower, or the leaf from a tree. Note the color variety, the symmetry of the petals, the structure of this natural wonder.
- TWO** Write about past experiences of awe, by recalling and writing about a past experience of awe or watching a 5 minute video of a scene similar to one that has inspired you before.
- THREE** Stand under a big tree and look up.
- FOUR** Check out the night skies.
- FIVE** Note the pattern on the wind on the water or through the trees.
- SIX** Think of the nobility of the person who works to make the world a better place.
- SEVEN** Watch a child explore the world in their persistent state of joy.

These awe-inspiring events are even more powerful than feelings of pride or amusement. People who aren't awe deprived are able to share their resources and cooperate with others more, all of which is important to collective community life. Even brief experiences of awe results in less self-absorption and entitlement, and more awareness of community and a desire to provide service. Life is a great balancing act, between taking care of ourselves and taking care of others around us. Even short experiences of awe makes the individual more aware of their position in the collective, and helps to orient our actions to the needs of those around us.

Many women have too much to do for others, and not enough time to focus on themselves. Hard work and limited support is a constant in the world of many women, and there often isn't anyone else willing to step up and help us. The pressure on women today is heavier than ever, and the lack of support makes many women feel overwhelmed and lonely. This leads to self-absorption and materialism. Adults today spend more time working and commuting, and less time outdoors or with other people. Attendance and churches, festivals and museums has dropped steadily for many years.

Finding ways to experience everyday awe will help people to believe in the power and goodness of the community, and find a connection with others. It may be that in the end, all of the work remains your work that you must do without a lot of support. However, seeing that work as part of a broader plan and contributing to a larger community will lead to finding greater joy and purpose in your work. Purposeful work is one of the keys to a long and prosperous life. By experiencing awe, I think you can extend your life, and also enjoy the days and experiences of your life a lot more.



“CONSIDER
DELAYING AGING
BY EXTENDING
YOUR
MORNING
FAST...”

GET WAISTED

FASTING

Fasting is a technique used for centuries to improve clarity of thought, speed weight loss, or honor religious holidays. People who fast appear to benefit with longer lives and less disease, perhaps because the body is able to focus away from metabolism and toward healing. If you are uncomfortable with fasting, you can consider simply extending existing fasts. For example, choosing to not eat after dinner and delay breakfast until 10am may extend what is typically an 8-hour fast to a 12-hour fast for you. Consider delaying aging by extending your evening fast, instead of eating first thing in the morning. When you are not eating, your body slows digestion and incorporation of food into cells. Your body is able to focus that energy on cleaning up abnormal cancer cells that are trying to get a foothold, or work on a particularly stubborn area of scar tissue from a previous infection, or whatever other chronic problem it is dealing with. As soon as you feed, the body has to turn its' energies back to the process of digestion. If you have a series of little meals all day long, your body never really has time to work on the trouble spots.

I remember reading back in high school that your body aged the most between the time you woke up and the time you eat your first bite of food. The article encouraged a good breakfast everyday. I began going straight to the fridge as soon as I woke up, downing one glass of milk on ordinary days and two glasses when I was training during cross country season. I maintained this breakfast habit for years. Rory Freedman and Kim Barnouin recommend a piece of fruit, or at the most two pieces of fruit, for breakfast. Fruit is readily digestible, and has a perfect combination of simple sugars for quick energy and complex carbohydrates for a slower burn over the course of the morning, especially when combined with naturally high fiber to delay digestion. Whenever I suggest fruit for breakfast, my patients immediately remark that they won't be satisfied with fruit. It's remarkable how satisfying two pieces of fruit can be, especially when the fall delivers these very crunchy, chewy apples that take a long time to eat. Also, you should be hungry by the time lunchtime comes around. Approaching another meal with a full stomach is a sure sign of overfeeding. It's not the protein that keeps you full, it's the fiber and the total calories. A protein based breakfast dashes any hope of giving your body some additional time in a fasting state to pay attention to housekeeping. It's the hardest thing for your body to digest.

So now I turn my morning energies inward, drinking a couple glasses of tea or very diluted coffee. Anyone for a quarter glass of coffee diluted in hot water? A peach around ten has been carrying me to lunch just fine. When I'm feeling a little thick in the midsection, two pieces of fruit for lunch maintain the fast until dinner, and my body is healthier and thinner in no time.

STEP FOUR

FULL ON PLANT BASED

In the fourth step, a 95% pure plant-based diet is recommended, with special recommendations to add nuts and spices each day, choose tea for hydration at least half of the time. Use alcohol and unprocessed salt consciously.

Why not a 100%? If you're following a particular diet for ethics or environment, then being 100% may be what you need to do. However, if you are working on your health, there is no scientific support that 100% strict diets are superior to 95% healthy diets. I believe that 95% is, paradoxically, superior to 100%. If you have a little room to make mistakes without feeling like a failure, you're going to be more successful in the long run.

MEDITATION

Conscious breathing and meditation is another excellent way to be calm and present in the moment, whether practiced for just a moment or several minutes a day. In my experience, nothing creates a foundation of inner wellness as powerfully as meditation. It's the ultimate way to rejuvenate your whole being as well as relax and center yourself. Meditation produces deeply beautiful changes in our lives and brings us into harmony with our intuition and inner wisdom. Meditation makes us calm, focused, joyful, and clearheaded. As we meditate more and more, we transition into a state of alignment with our highest self. And by doing so, we are automatically able to share more with those around us—without even saying a word. Just by being in a higher state of consciousness, we create a beautiful ripple effect all around us.

To begin your meditation practice, it's helpful to find a place that's relaxing and free from distractions. You can start by finding a comfortable chair that is in a private (or at least quiet) location. Alternatively, you can meditate lying down if you feel confident that you can remain alert. The ideal position is one that encourages both comfort and alertness. Once you've found your happy place, you can then begin with either one of the following meditations:

BREATHING MEDITATION This is such a simple technique, yet so powerful! Begin by getting comfortable and relaxing your body. Next, become aware of your breath. Don't try to change the way you're breathing—just become aware of your breath as it flows in and out of your body. Once you've spent a few minutes in breath awareness, you can move on to the next step—and there are two options here.

USE A VISUALIZATION To do this, imagine beautiful light flowing into your body with each inhale. See that light healing, uplifting, and charging you with positive energy. As you exhale, imagine anything you no longer wish to hold onto flowing out of you and leaving you for good

GET WAISTED

4 STEPS TO SUCCESS

USE AFFIRMATIONS To do this, begin by thinking a positive affirmation along with each inhale. For example, you could say “I am allowing love and light to fill my being.” As you exhale, let go of something using a counter affirmation. For example, you could think the following as you exhale: “I am letting go of all fears.” Using this breathing method will not only relax you, it will also create powerful, positive changes before you know it. Truly!

As I did long training runs, I imagined myself successfully running those last several hard miles. I knew it wouldn't be easy, but I imagined overcoming the struggle and crossing the finish line. On marathon day, that's what I did.”

Our actions are a direct result of our thoughts and beliefs. When we imagine something new, our lives begin to move in that direction. In fact, if you are feeling stuck in any way, or frustrated that you “can't” change, stop right there. Don't worry for one more second about doing what you need to do. Instead, shift your focus to simply changing the way you think and imagine.

CONSCIOUS BREATHING

Focus on the rising and falling of your breath for just ten seconds when you feel stressed or rushed. Here's my favorite breathing exercise of all time:

Stand in a private place, with your arms extended and elbows straightened, so that your hands are at shoulder level. Your feet should be hip width apart. Close (tighten) the muscles in your stomach, the sides of your abdomen, your pelvis, and your bottom. Feel the energy of your spine supporting you in this posture. Now, imagine a ball of light and energy traveling from the top of your head to the base of your spine. Take a deep breath in and vocalize a long “O”. Try to vibrate your chest; vibration is supportive for a strong skeleton. With each vocalization, imagine the light starting at the top of your spine and traveling through to the base of your spine, and finally discharging into the ground.

Next, imagine the energy traveling from the top of your spine through your arms, and discharging into the room through your fingers. While you are imagining this energy flow,

vocalize with a long “E”. It really doesn't matter what vowel you choose, as long as that vibration is created in your chest with the sound.

Have fun! When I first started to do this, it felt completely silly. Then, I did it with a crowd of people at a health event in NYC and I felt like I was back in my grade school choir. There is joy in singing and shared community experiences. You can create this in your life through conscious breathing.

VISUALIZATION

Try these easy, simple ways to visualize your goals:

Create a vision board! Bring all of your desires and goals together in one place. A vision board is something you can use to keep your truest desires fresh in your mind. Do you want to travel, change your body, enjoy your grandchildren, or have more energy? Where attention goes, results show. The more you remind yourself of what you do want, the more you'll see it expand in your life. Place that vision board where you will see it regularly. Each evening, see yourself making great choices, being happy, and feeling wonderful. Make it really positive, but also realistic. Before you go to bed at night, create the day the way you would like it to be. When will you get your exercise? What will you eat at each meal? Soon, you'll be able to establish healthy habits into everyday life without even trying.

EXERCISE

Adding exercise to any diet program can stimulate appetite, but it also creates a bigger, better response to changing the protein selections in the diet and defines those previously hidden, gorgeous curves. In this step, movement is added into the everyday routine at work or home, and additional ideas for activities that can be done after work and on the weekends for an even quicker, better results.

EXERCISE AS A FORM OF MEDITATION

I should have always loved my pager. Imagine the life of a doctor on call without a pager, like in the old days, where the doctor is pulled away from dinner by the maître de to answer a call from the hospital. The doctor would have to stay home while on call, or else notify everyone immediately upon arrival at a different location of his status. It's no wonder doctors needed such lovely estates, functioning as a prison for one. Well, for one and ones who loved him.

Now, I have outrageous mobility with my mobile phone and pager. I've answered calls from patients while tubing down a river, on the beach in Cozumel, and with my girls standing in the hallway outside our hotel room in Chicago. To protect patient confidentiality, of course.

The required constant availability, enforced by medical staff bylaws, is nevertheless wearing on the spirit. I've heard of doctors throwing their pagers, and although I've never resorted to physical aggression on my device, I've certainly thought of it, especially after the fifth interruption in my shopping at the farmer's market finally necessitates a quick, reassuring visit to the hospitalized patient I had already seen earlier in the morning. My mounting frustrations finally required me to change my meditation.

I take my phone to yoga with me, in silent mode. Anyone who dreads interruption should take their mobile phone into their Bikram Yoga class. I started to yearn for interruption, so I could leave the 105 degree studio and feel the cool rush of air against my hot, sweaty skin as I answered the call of someone in need. I furthered the meditation by using my mobile device as a focal point for poses that required intense concentration, trying to quiet my breathing and slow my heart rate under the dizzying heat and sweltering humidity. The most effective use of my mobile device/pager as a focal point is when tree pose goes to sitting, and I'm balancing my entire body on the ball of one foot. You can't let lingering annoyances enter your mind, or you will find yourself on your butt in a tangle of twisted arms and legs.

My mobile/pager device is charging on the floor next to me as I do my final edit on this post. My constant companion. The device that releases me from prison, and my prison guard at the same time. Taking my device to yoga and meditating on it in the most complex of poses helps me to see it in a good way, or at least in a way that extends its' life by limiting the violence directed at it. Got something needling you? I suggest you take it to yoga. Literally or figuratively. Sweat it out and meditate on it. Its' position with you will clarify in the rigors of a complex pose.



“EACH EVENING, SEE
YOURSELF
MAKING GREAT
CHOICES, BEING HAPPY,
AND FEELING
WONDERFUL.”

WHICH MEAT IS THE BEST FOR YOU?

RED MEATS

Any meat naturally produces heterocyclic amines (HCA's) from a reaction between the sugar and creatine that is naturally found in animal muscles. It's not just charred meats that are cooked at high temperature. Well-done meat has 3.5 times more HCA than medium-rare meat. Fried bacon has the highest concentration of HCA's, and the chemical is also concentrated in chicken, pork and beef.

Adding sugary barbecue sauces to your meats actually triples the number of HCA's that can form during cooking.

Furthermore, a secondary carcinogen can form from the smoke created by fat drippings hitting the coals. The smoky product, polycyclic aromatic hydrocarbons (PAH's), sticks to your food and further intensifies the cancer risks associated with meat consumption.

The good news: grilled veggies do not contain creatine, so no cancer-promoting HCA's are formed at all. Vegetables are even powerful enough to block HCA production. The Cancer Research Center of Hawaii found that a teriyaki marinade reduced HCA's by 67%, and a turmeric-garlic sauce reduced them by 50%. Eating cooked meats, of any variety, is linked to the promotion and growth of cancer through the production of HCA's.

CHICKEN, FISH AND EGGS

Meats, especially chicken, fish and egg whites, are also linked to cancer promotion by stimulating angiogenesis. Angiogenesis is the creation of new blood vessels. Chemical signals in the body promote new blood vessel growth in a balanced way, so that blood vessels only form when and where they are needed. Angiogenesis plays a critical role in the growth and spread of cancer. Tumor cells give off chemical signals that stimulate angiogenesis. The new blood vessels feed growing tumors with oxygen and nutrients, helping them grow and move

WHICH MEAT IS BEST FOR YOU?

through the body, forming new metastases. Cancer researchers are studying ways to block this process with antiangiogenic agents. The U.S. Food and Drug Administration (FDA) has approved bevacizumab to be used for brain cancer, colorectal cancer, and some types of lung cancer.

Many natural health products also inhibit angiogenesis, including Ginkgo biloba, Panax ginseng, and grape seed extract.

The most potent naturally occurring chemical to stimulate angiogenesis is methionine. Methionine is found in all meats, but in highest concentration in chicken, fish and egg whites. Methionine in the human body is found primarily in the diet. Eliminating high methionine foods controls cancer growth.

THE ETHICS OF MEAT CONSUMPTION

I think that animals would prefer to live out a normal, natural life with their families, just as you and I would. So do most spiritual thought leaders, including Pope Francis. In order to eat a diet of chicken or fish on most days, compared to a diet of red meat, a much higher number of individual animals must go through an industrialized farming process and an early and untimely death. By choosing beef, far fewer animals need to be raised and slaughtered for consumption. No meat is healthier than another meat, although all meats can claim to be healthier for some reason. So for purely ethical reasons, a conversion to beef when choosing to eat meats will at least result in fewer animals suffering the process of arriving to your plate. By adding eggs and dairy to your diet, even more animals are killed through the culling of males chicks and calves to maximize productivity and profitability. More animals are also forced to live their life in constant high production of these foods, often in cramped, unclean quarters in miserable conditions.

Processed foods also indirectly hurt animals and the planet by concentrating resources and creating waste in production and packaging. A processed food diet also promotes disease and leads to further resource consumption with medical interventions and more reliance on motorized tools.



GET WAISTED
4 STEPS TO SUCCESS

“FOR HEALTH, YOUR
PLANET AND YOUR
HEART AND MIND,
THE BEST NUTRITION
COMES FROM
WHOLE-FOOD
PLANT-BASED DIET.”

GET WAISTED

THE QUICKSTART HOW-TO

THE 4 STEPS TO SUCCESS QUICKSTART HOW-TO

HERE ARE SOME IDEAS ON HOW-TO NOW, FROM DR. MARY WENDT:

If you are anxious to get started today, it helps to simplify things until you have time to make plans. Get Waisted is easy to start today. Here are some of my tips on what to eat to get started. This is not an exhaustive list; this is just a few quick ideas to get you losing weight and feeling great right away. Eat without attention to calories or portions. Just restricting to these healthy foods will boost your metabolism and enhance thermogenesis.

SAFE BET FOODS

BREAKFAST:

Oatmeal with raisins, cinnamon and brown sugar - high fiber cold cereal - whole grain toast with peanut butter and jam

LUNCH

Large salad, topped with black beans, salsa and avocado, and served a handful of tortilla chips - Peanut butter and jelly on whole grain bread - Baked white or sweet potato with a side of soup or roasted veggies - Whole grain pasta with marinara sauce and a side of veggies - Bean burrito with hot sauce

DINNER

Brown rice and black beans with vegetables and Asian seasoning - Indian curry made with chickpeas, served over rice - Whole grain pasta with marinara sauce and meatless balls - Vegetable stir fry

SNACKS

Tortilla chips with hummus or salsa - Baked French fries - Popcorn

REFERENCES

S.M. Sagar, MD,* D. Yancey, MH,† and R.K. Wong, MD, Natural health products that inhibit angiogenesis: a potential source for investigational new agents to treat cancer – Part 1, *Curr Oncol.* 2006;Feb; 13(1): 14–26.

Chiang VS1, Quek SY, The relationship of red meat with cancer: effects of thermal processing and related physiological mechanisms, *Crit Rev Food Sci Nutr.* 2015 Jun;15:0. [Epub ahead of print]

Fidler IJ. Regulation of neoplastic angiogenesis. *J Natl Cancer Inst Monogr.* 2001;28:10–14. [PubMed]

Graham CH, Rivers J, Kerbel RS, Stankiewicz KS, White WL. Extent of vascularization as a prognostic indicator in thin (<0.76 mm) malignant melanomas. *Am J Pathol.* 1994;145:10–14. [PMC free article] [PubMed]

Hollingsworth HC, Kohn EC, Steinberg SM, Rothenberg ML, Merino MJ. Tumor angiogenesis in advanced stage ovarian carcinoma. *Am J Pathol.* 1995;147:33–41. [PMC free article] [PubMed]

Liotta LA, Steeg PS, Stetler-Stevenson WG. Cancer metastasis and angiogenesis: an imbalance of positive and negative regulation. *Cell.* 1991;64:327–36. [PubMed]

Kumar R, Yoneda J, Bucana CD, Fidler IJ. Regulation of distinct steps of angiogenesis by different angiogenic molecules. *Int J Oncol.* 1998;12:749–57. [PubMed]

Dameron KM, Volpert OV, Tainsky MA, Bouck N. Control of angiogenesis in fibroblasts by p53 regulation of thrombospondin-1. *Science.* 1994;265:1582–4. [PubMed]

Kerbel R, Folkman J. Clinical translation of angiogenesis inhibitors. *Nat Rev Cancer.* 2002;2:727–39. [PubMed]

Narayan S. Curcumin, a multi-functional chemopreventive agent, blocks growth of colon cancer cells by targeting beta-catenin-mediated transactivation and cell-cell adhesion pathways. *J Mol Histol.* 2004;35:301–7. [PubMed]

Sen S, Sharma H, Singh N. Curcumin enhances vinorelbine mediated apoptosis in nslc cells by the mitochondrial pathway. *Biochem Biophys Res Commun.* 2005;331:1245–52. [PubMed]

Shao ZM, Shen ZZ, Liu CH, et al. Curcumin exerts multiple suppressive effects on human breast carcinoma cells. *Int J Cancer.* 2002;98:234–40. [PubMed]



GET WAISTED