

## ***Keep the Fire Burning***

By Jamie Lynn

Recently, a client said to me, “I know that ultimately I need to increase my calories, but I am so worried about gaining weight.” This subject comes up with many clients new to Genesis Transformation. The idea that weight loss only results from reduced caloric intake is deeply rooted in popular media, and hence in our culture. Unfortunately, what we seldom discuss are the problems built into this approach. Calorie restriction diets will allow you to lose weight in the short term; but will you keep it off, feel better and have more energy? Low calorie dieting slows your metabolism, making it progressively more difficult to lose weight and keep it off. The failure rate of most diets is astronomical, yet we keep trying diet after diet, chasing that illusory magic answer. The gyms are full of folks who are low calorie dieting and doing hours of cardio. This pattern further lowers their metabolisms and they become increasingly frustrated that they don’t look or feel any differently. Many of these programs focus only on weight loss and not on increasing the overall health of the body, and ultimately the metabolism. This is what makes Genesis Transformation so unique.

Our favorite analogy is that of comparing the metabolism to a woodstove. If we wish for the stove to put out a nice, even supply of heat, then we must fuel it with good dry wood on a regular basis. Poor quality wood doesn't burn as hot, or as efficiently. Irregular feeding of the fire results in dramatic fluctuations in its output and efficiency. Your body needs a regular diet of quality fuel in much the same way.

Fueling our bodies regularly with healthy, clean foods will improve the metabolism over time. How much time? This depends on how long your body has been in famine mode. The body’s natural response to a shortage of metabolism-fueling calories is to conserve fat. This is a basic human survival trait from our very early ancestors. It’s called the ‘starvation response’ and it results in hormonal changes and, eventually, muscle loss. Once the ‘starvation response’ is activated and the body goes into famine mode, it will conserve fat and begin to break down muscle tissue for fuel. But, once your metabolism is increased, you can consume more food and exercise less to achieve the same or better results, all the while feeling better and having more energy too.

Genesis Transformation will change your life on multiple levels that permeate daily life. You are embarking on a journey that will affect your physical body, emotional body, and all the people around you. When we take control of what we put in our mouths, and are true to ourselves with food journaling, we move into a place of complete trust and integrity that is both immensely empowering and sustainable.

Yes, its true- all you need to do is eat more of the right food and exercise more effectively. So, what is the right food? Real food!! Real food does not come in packages, cans, wrappers or containers. Fruits, vegetables, grains, meat of all kinds and healthy fats are all real foods. Real foods have little to no processing along their journey from farm to table.

My clients often ask, “So, what do YOU eat?” My response is “fruit, nuts, vegetables, and meat.” But that’s ME! Genesis Transformation has become part of my life. What I do works for me, but it took some experimentation and the development of some new shopping, cooking, and planning habits. You will figure out the exact details of what works best for you, and it will be unique to your body. There is not one magic answer. It takes time to determine what will work for your body. The first step is often the hardest, but so long as you maintain a fun and playful attitude, each step thereafter will become easier and easier.

It is also important to set realistic goals for yourself. Few of us will transform our eating habits overnight. Start by eliminating those foods that deter fat loss: sodium, refined sugars (even if they are organic), hydrogenated oils, and artificial sweeteners. Eat breakfast every day; a cup of coffee does not count as a meal. Eat every 2 to 3 hours. Never leave the house without a small bag of snacks packed. Carrots, celery, or apples with almond butter and protein smoothies are some of my personal favorites.

Our ultimate goal as a Genesis Coach is to help you feel better. We've experienced for ourselves that the process works, but all we can do is make suggestions. Know that your coach will be that voice in your head that reminds, that points out old habits; but also know that it is you who has to choose to do the work! So, go get some good fuel, stoke your fire, and plan to keep it burning efficiently.