

(Not Your Typical) Quick-Start Detox

To Feel Better
about Your Body

Barbara Spanjers



Cake Is Magical *Wellness*

A Detox Plan = Kale Smoothies. Right?

The concept of "detoxing" your body is pretty popular. (Hello, cayenne-pepper-and-lemon-water.)

But to have a better body image, it is much less about what you eat and much more about how you **think**.

The **(Not Your Typical) Quick-Start Detox to Feel Better about Your Body** is probably not what you expected. There's no kale. And no guilt.

As a matter of fact, it has nothing to do with what to eat or drink at all. It's suggestions to adjust your mindset in ways that will make you feel more connected to - and accepting of - your body.

Sound good? Let's get going!

No kale. No guilt.
And especially no beets. Because
that would just be mean.



1. Detox from Media



Social media can be a great way to connect with friends. It can also make you jealous that your friends seem to have more fabulous lives than you do. And other media? (TV, magazines, etc.) NO ONE really looks like that. It's the magic of airbrushing & lighting.

- Avoid TV shows & magazines that emphasize unrealistic beauty ideals.
- Take a 3-day break from social media. You will live, I promise. Do offline activities instead.
- Sort through your social media friends & followers. Only keep those who are positive influences. (Or turn off notifications.)
- Post fewer selfies & items that focus on appearance.

2. Detox from Exercising to Burn Calories

Exercise is fantastic, but not if it's only to "work off" what you have eaten. Taken far enough, it's an eating disorder.

- Choose activities you love. Chasing your dog around the living room counts as exercise.
- Focus on what it feels like from **within** your body when you move.
- Notice how you feel after you exercise, both physically and emotionally.
- Use measures like greater strength and flexibility, not weight or inches lost.

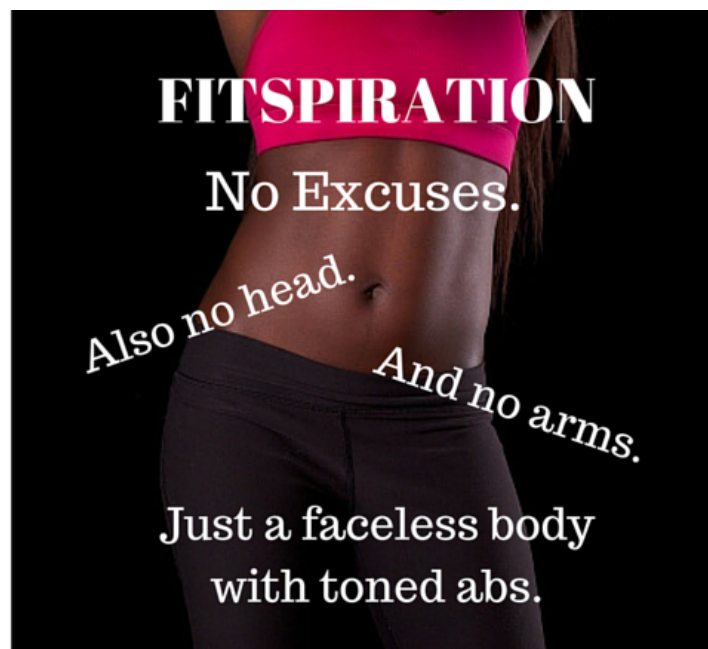


Image courtesy of Serge Bertasius Photography at FreeDigitalPhotos.net

3. Detox from Negativity

Friends don't let friends diss their bodies.

- Get rid of your scale. (It's really fun to take a hammer and smash it.)
- Refrain from making negative comments about your body.
- Focus on what your body can **do**, not what it looks like. Did your legs move you from point A to point B today? Thank them for that.
- Compliment your friends on things that have nothing to do with their appearance.
- Each day for a week, list something that you appreciate about your body. Not sure where

to start? How about your smooth skin? Your cavity-free teeth that allow you to smile at your child? Your long fingers that let you play piano?



4. Detox from Diet-Talk

Seriously? Talking about carbs, points, and macros is really boring.

- Opt out of conversations about diets and weight loss plans.
- What you focus on, you amplify. So focusing on what you can't/shouldn't eat creates cravings and even bingeing.
- Refrain from making negative comments about foods (except beets - see page 1.)
- Food is neutral - there are no "good" or "bad" foods. Except for maybe that one time that cupcake stole your boyfriend.



This stock photo comes up when you search for "diet." Can someone please explain this "50 Shades of Cherry Tomato" theme?

5. Detox from Mistaking Weight for Self-Worth

A scale measures your relationship to gravity on this planet. That's about it.



Try this exercise to put things in perspective:

- Choose five people you admire.
- What's remarkable about them?
- How much or how little of a role does their body size play?
- Think of one thing you do well that has nothing to do with your body size or shape.

About Barb Spanjers



I'm not too proud to say that I used to do crazy diets. (I'm talking about you, Banana-Hot Dog - Grapefruit Diet.) I'd wrap my hips and thighs in Saran Wrap to lose inches. This would be my ticket to a great life

Mostly, I just got bad headaches and stomach pain.

It sounds kind of pathetic. Or resourceful – because wrapping you up in Saran Wrap is basically what a lot of expensive spa treatments do. This I know because I worked in the spa industry for over a decade, wrapping people up in plastic.

In the spa world, I was unnerved by how many adult women had the same idea that losing inches would magically make life fantastic. They were so unhappy with their bodies, and that made me sad. So I trained to be a psychotherapist, with extra training in eating issues.

What I am most passionate about is helping normal, everyday women stop freaking out about food and their bodies.

Imagine what you will accomplish in your life when you free up the psychic space taken by worry about eating and weight.

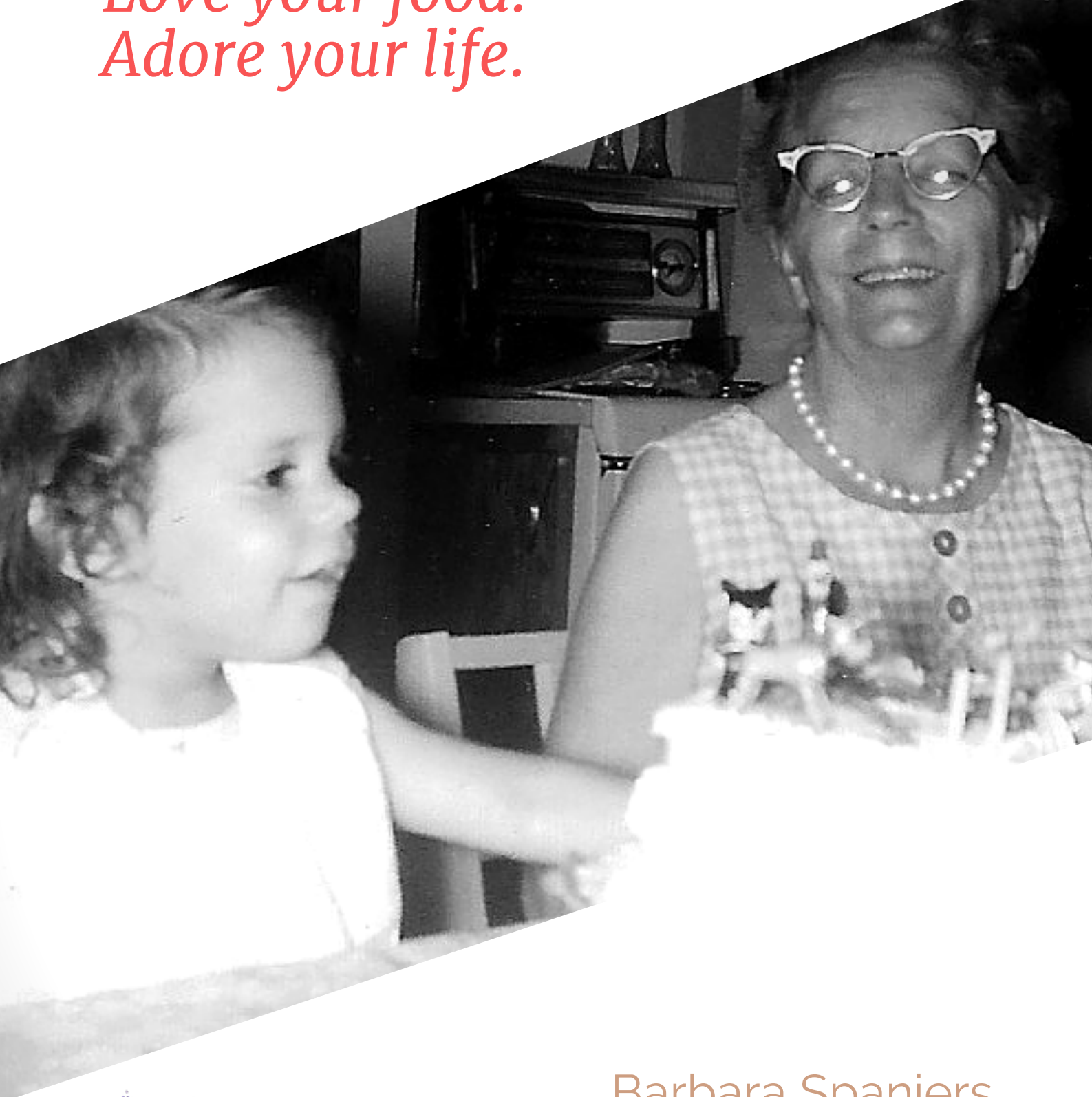
Visit my website to schedule your complimentary **Stop Waiting on the Weight Breakthrough Call.**

Plus, join my **Facebook group** for support & to ditch your diet mindset

Warmly,

Barb

*Respect your body.
Love your food.
Adore your life.*



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