



“Our way is not soft grass, it's a mountain path with lots of rocks. But it goes upwards, forwards, towards the sun.”

*Ruth Westheimer*

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## WINNING STEPS in THE PATH TO SUCCESS WITH HEALTHY EATING.

If you're like me, you dream of changing your body's shape, and weight in 30 days. We all want instant rewards. And, we also expect success on the first try. However, we were not programmed that way. It took many years to develop the ingrained patterns for leading our unique lives. **Your present eating habits and patterns are deeply rooted, probably from childhood.** It takes time to change those habits. Once you have chosen to enhance your life with healthy eating practices, you are already on the path to success. **The path to change starts with re-programming the mind.**

**Here is a simple behavior that leads to success:**

**Notice yourself. It helps you to identify and learn how you operate with food and how to navigate the path to change.** As you create an intention to change, **notice your emotions.** Let's say you have an intention to eat healthy foods. You might have to deal with fear of failure, insecurities regarding food choices, and resistance to learning new life skills. **Holding the intention is the way to success.**

Next relish the mistakes. **When you perceive a failure, don't stop trying!** Adopt the practice to immediately **Start Over.** This might sound simple, but it is a powerful mind focusing and behavior altering technique for anyone serious about switching to healthy eating habits.

**To maintain your focus, become mindful of your task. Notice if your energy shifts when you fret about a failure.**

**Notice how you feel if you skip the fretting and just Start Over.** This helps your new pattern to become truly ingrained in your consciousness as you replace the old pattern. It's like a musician practicing the same scale on a piano until he feels it is perfect. Musicians don't say, I made a mistake and give up. Musicians know

**"it takes a joyful sound to make the world go round" and this is the process it takes to turn your life around.**

For instance, at your favorite coffee shop you automatically order your usual 500 calorie sugary drink. Forget about chastising yourself, or accepting your old behavior, just simply start over. **Order a healthier drink, now!** Treat the unhealthy drink as a sacrifice and do it with out judgment, without feeling unworthy or feeling that this new path is impossible or that you are designed to be an unhealthy failure. **Right then and there you start over.** My grandfather taught me an old wise saying, "Now is the moment of power." It helps you to stay present and not go back to past behavior.

**When making healthy eating changes it helps to scrutinize your old patterns.** Become aware of what automatic behavior brings you comfort and joy. Can you visualize your life without this pattern? **These are the times that you will constantly have to remind yourself that you can start over.** You want to eat a healthy breakfast but you never have time. A starting-over pattern would be to reorganize your shopping and preparation time.

Winners exceed their expectations by starting over.

You only have one body. It is up to you to take proper care of it. If you desire to learn how to make the best choices for you and acquire new and improved healthy eating habits Call Dr. Ben-Zion for a consultation.

This total transformation program includes steps to living with authenticity.

[To register](#) for the 7 days *BodyWave* detox program call 305-8619383

*BodyWave* - is a 12 or 24 week-by-week mind\*body\*soul TOTAL TRANSFORMATION program that encompasses every facet of a women's life. Her daily demands and frustrations to her wants, needs, and fears. This REVOLUTIONARY program elevates the experience of weight loss far beyond the physical! This program emphasizes your unique bioindividuality and is targeted especially for your individual make up of emotions, physical strength and weaknesses and spiritual awareness. With simple steps, which are gently laid, by Dr. Ester Ben-Zion, BodyWave program effectively empowers woman to take control of their health, discover their passion, override their fears and create a life filled with joy & serenity – THIN THIGHS ARE JUST A BY-PRODUCT. Giving you practical tools that will enable you to look into the mirror of your life and **discover the very special person that only you can be!!!**

**Dr. Ben-Zion will give you** her top fat burning and healthy eating secrets, cooking classes, detox programs. Energy work with Chi machine to clear your charkas, meridians and pathways. LBG machine, which is great to move toxins out of your body and increase

circulation and metabolism and last but not least reawaken your soul and bring out your sensual and sexual self with energy movement and trace dance.

**“This program is unlike any thing else that I’ve tried before. It will truly transform your life from the inside out” *Ilana Liliental Brodt***

To register for a 30 minutes free consultation, please go to – [drbenzion@holistichealthstudio.com](mailto:drbenzion@holistichealthstudio.com) or call 305-861-9383

If you have a recipe you would like to share with other HHS fans, please email to [drbenzion@holistichealthstudio.com](mailto:drbenzion@holistichealthstudio.com)

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