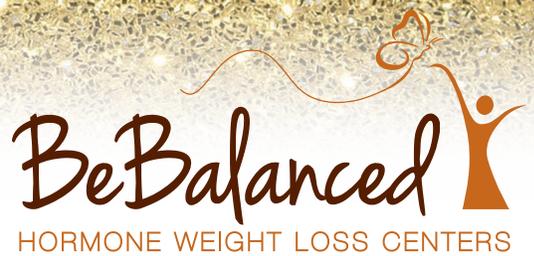


Phase II - Tips for Special Events



Let's face it, life isn't going to simply stop while you are in the weight-loss phase of the Becoming Balanced program, nor should it! We have listed some helpful tips on how to make wise choices while attending special events on the program, without being completely derailed.

Mindset

Change your focus from losing weight and feeling deprived to **creating a life you love, doing things that make you happy, and taking care of yourself and your needs.** Understand that spending time with friends and family does not need to be associated with over eating or over indulging. Keep in mind that when you celebrate, you are celebrating the people and experiences in your life, not food.

Trust the process and remind yourself daily, that you have the power to do anything you put your mind to. Beginning the journey toward becoming balanced, and feeling like your best self, is a decision that will empower you in all aspects of your life. The benefits you will experience on this program will encourage and motivate you along the way!

Relaxation

Daily use of the relaxation program is essential to your goal of achieving natural hormone balance.

- Practicing relaxation techniques before an event will help to stabilize your blood sugar, thus curbing cravings.
- Keep your essential oils handy. Place a few drops on a cotton ball and smell it before and throughout the event. Your body will associate the smell with feeling relaxed.

Hydrate

Before you head to an event or go out to a restaurant, make sure you **consume at least 3/4 of your daily water requirements.** Oftentimes, we think that we're hungry, but we're really just thirsty. Many of the feelings associated with being hungry, such as an empty, gurgling stomach, and low energy levels, also strike when you're running low on water.

Supplements

Stick to your regular supplement schedule. When you are out of your routine, it can be easy to forget to take your vitamins and drops at the correct times. **Sticking to a schedule will help curb hunger, lethargy, and cravings.**

Sweets or Starches

If at all possible, stay away from sweets or starches – these could not only cause weight gain, but bring your cravings back as well.

Eating During Events

Consider eating before heading into an event. You'll be less likely to deviate off the program if you are satisfied.

- Plan ahead and take your own food to eat at a party or event.
- If you choose to deviate from the program with portion sizes, eat extra vegetables and fruit or up your protein sizes.
- If you decide to eat an item not on the plan, cut out your fruit servings during the earlier part of the day and be mindful of portion sizes. Choose options closest to the program.

Alcohol

We recommend abstaining from alcohol on the program, but if you decide to indulge, do so sparingly with these tips:

- Choose clear liquors only (i.e. vodka, gin or tequila).
- Your base should consist of seltzer or soda water.
- Add flavor with lemon, lime or muddled berries
- Drink a non-alcoholic drink in a fun glass such as a wine or martini glass.

Eating at a Restaurant

Choose restaurant that are better suited for the program, such as steak houses rather than sandwich shops.

- Don't even look at the menu. Just think about what options you can have and choose those.
- Focus on a protein choice such as seafood, steak, or chicken.
- Choose vegetables or a salad as your side(s).
- Inform the waiter that you do not want any oils or butters and ask what alternative cooking styles they provide.
- If the portion sizes are larger than you should be eating, ask for a to-go container and split your food in half to eat later.

Rule of Thumb

Deviating from the program on a daily basis, even in small doses, could kick your body out of the fat burning state, ketosis. **If you choose to indulge, do so sparingly and only on occasion.** Don't let your trip or event completely derail you – choosing to deviate on a special occasion will do a lot less damage than "throwing in the towel."