



## Weight Loss Kick Start Ebook

### 1. Introduction

Hi, I'm Clare Fulton of [www.clarecare.co.uk](http://www.clarecare.co.uk) and I'm so glad you signed up this free gift for kick starting your weight loss the Ayurvedic way.

A little bit about me and why I'm leading you on this journey.

Back in the early 2000's I had been travelling a lot for work and had piled on the pounds. I was overweight, unhealthy and very unhappy. It was a pivotal point that could've gone either way but happily for me, I decided that I needed to make a change and that lead me down the path of yoga and Ayurveda. My life has transformed unrecognisably.

I've spent much of the last 20 years practicing and teaching yoga and more recently, studying and applying Ayurveda to my life. The yoga helped my mental body profoundly, but I was still carrying a bit too much weight and that made some of the twisting postures impossible. I was making a lot of effort and not getting very far. It wasn't until I began to study and practice Ayurveda that things really started to shift. Now, I'm in my 50s and I can quite honestly say that I'm healthier, happier and more energetic than I've been all my life.

### 2. What is Ayurveda?

Ayurveda is a Sanskrit word literally meaning The Science of Life. Auy means life and Veda means knowledge. According to Ayurveda, living to its tenets is to maximise your lifespan, optimise your health and to prevent yourself from disease.

The history of Ayurveda dates back 5,000 years to the Indus Valley (Bronze Age Civilisation in northwest regions of South Asia) where the Vedas (the most ancient Ayurvedic scriptures) originated.

So, why is this ancient science relevant today? Ayurveda is gaining in popularity and the reason, I think, is that it is so incredibly practical. It seems to me that our culture needs this kind of knowledge now more than ever. At its essence, Ayurveda teaches us how to live aligned to the rhythms in the external world. *Getting up with the sun, going to bed as the sun sets and eating at the most optimal points in the day for great digestion.* You might have noticed; our culture holds no bounds. We stay up late into the night watching Netflix and struggle to get the sleep we need. We can eat at any point in the day. Shops are open 24/7. We don't even need to cook as we can have food delivered to our front door from just about anywhere, at any time. This sounds fantastic – effortless, time saving and down-right convenient. However, it is playing havoc with our human physiology. In a time when most of us don't have to content with wars or famine, we should be thriving, but we seem to be

getting less healthy. Immune related diseases like diabetes, arthritis, lupus, Hashimoto's thyroiditis are all too common. Instead of living better, all this convenience is making us unhealthy.

### 3. So, how does Ayurveda help us?

Ayurveda is a vast science that spans all sorts of disciplines. However, I want to focus on just a small part of it which I hope will set you on the path to shedding the excess weight from your body.

But before we get into the details, let's get clear on why you are here and the specific reasons you want to lose weight.

### 4. Getting Clear on what you want

#### Your What and Your Why

Embarking on a challenge to lose weight is a big deal! It takes planning and effort, so it's a good idea to get clear on why you have chosen to commit to this. It's a good idea to project your mind forwards to decide what you want from the process. Take some time now to write down your intentions.

Below is an example of an intention. You don't have to do it like this, but hopefully it gives the idea.

#### **My What and My Why**

What are the outcomes I want from my weight loss? **This is your WHAT**

Example: I want to fit into my size 10 running clothes so that I can exercise again

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WHY do I want these outcomes? (why do I want your what?) **This is your WHY**

Example: I want to be fit enough to play with my kids

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#### Create an ANCHOR statement

My anchor statement helps to draw me into my future potential, especially when things get hard  
**This is your ANCHOR STATEMENT**

Example: I'm fit and having fun

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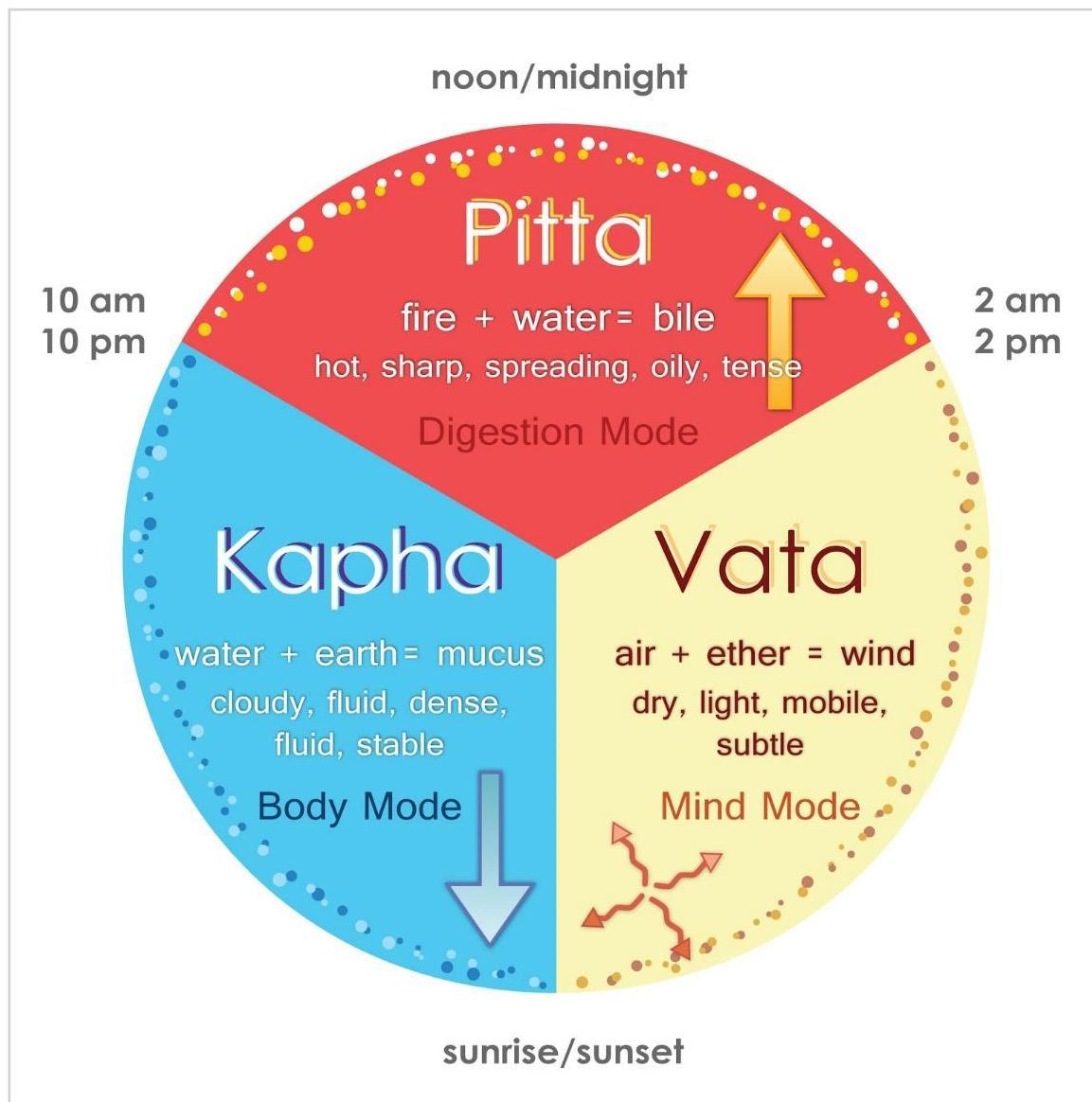
## 5. Get to know and stick to your ideal eating rhythm

Now that you know what you want from this Kick Start to Weight Loss, let's get into setting up an ideal eating rhythm that you can stick to.

During my studies of Ayurveda, I realised quite quickly that weight loss is not so much about WHAT I'm eating and far more about WHEN I'm eating.

Ayurveda has supplied an extremely handy tool to help us understand this concept;

### The AYURVEDA CLOCK



## How to interpret the Ayurvedic Clock

In order to understand this diagram, we need to know a bit about the Doshas. The word dosha in Sanskrit has many meanings, but in this context, it means 'a force'. The Doshas are named on the diagram above as: Vata, Pitta and Kapha.

The Doshas are made up of a combination of the elements of Ether, Air, Fire, Water and Earth

**VATA** = Ether and Air – the force of movement. This is a creative energy

**PITTA** = Fire and Water – the force of transformation. This is an energy of focus

**KAPHA** = Water and Earth – the force of connection and cohesion. This is an energy of stability

Each dosha is dominant twice in a 24 hour cycle:

**VATA** between 2am and 6am and between 2pm and 6pm.

**PITTA** between 10am and 2pm and between 10pm and 2am.

**KAPHA** between 6am and 10am and between 6pm and 10pm.

Now we can relate this to eating:

Ayurveda makes the recommendation to eat our biggest meal when Pitta – the force of transformation – is in play. You'll see from the diagram that Pitta is dominant between 10am and 2pm in the day. When we eat in Pitta time, the digestive bile, called Agni in Ayurveda, shows up to ensure that the food is well digested, the nutrients are converted to energy. If you eat well at this time of day, your energy stabilises, and you don't have cravings.

A word about eating when the other doshas are prominent. Eating a good breakfast is a good idea. The Kapha energy that is dominant between 6am and 10am is useful in building muscle and it's a good idea to wake up the metabolism in the mornings. However, if you eat during Kapha time in the evening, you are setting yourself up to add more weight to your body. The digestive bile (Agni) is very low after 6pm and therefore food doesn't get well digested and instead is stored in the body as fat. Eating during Vata time in the afternoon should be light since Vata is light and airy itself and the bile is reducing in power as the sun moves towards setting. Overeating in afternoons is a formula for bloating and gas in the digestive tract.

In my programme Vibrant Living, we get into all of this in much deeper detail, as well as how the doshas work in the evenings and over night.

### Challenge 1: Shift your biggest meal to the middle of the day.

While working with people who want to lose weight, I have found this to be the single biggest thing that helps to shed the pounds. BUT it takes a mind shift. If you're like me, you've spent most of your life having your biggest meal in the evenings and the idea of eating most of your calories in the middle of the day seems counter intuitive. However, once you work out how this might be possible for you, you'll never go back.

In order to make this a reality, it may take a bit of work on your part, especially if you work outside of the house during the day. It will mean you have to be organised and have all the equipment you need to ensure you have a warm satisfying meal at lunch. I have invested in a couple of Thermos

food pots which really do keep the food piping hot, so that the days I go to the office, I pack my food and take it with me.

## 6. Spend less time cooking and feed yourself better

We are all plagued with decision fatigue, even if you don't know it.

Decision fatigue is a modern-day phenomenon and it negatively affects the quality of our decision making as our day progresses. As modern humans we have so many more decisions to make in our day than even our grandparents and it's the quantity of decisions we have to make that leads to a degradation in our ability to make a good decision later in the day.

Let me paint the picture: You've been at work all day and you've already made so many decisions that you feel really tired. You get home to an empty kitchen and a fridge with a few mouldy vegetables. What's a hard-working girl going to do? After all you've had a rough week and you deserve a treat! Deliveroo anyone??

Maybe that scenario only happens once in a while but judging by the number of delivery cars/bikes I see arriving at my neighbour's doors I think it may happen more than once in a while.

We need to get smarter at planning our food if we have any hope of sticking to the goals that I suggested you write down earlier. I hope you did that. If not, go back and do it now. Once you know what you're aiming for, you can keep your focus when it comes to what you are eating.

The habit scientists tell us to set our focus when we are in states of high motivation. For example, I'm guessing that reading this material you are in a state of high motivation. You are reading and your mind is working out how it can achieve the suggested actions. While that's the case, set to the next challenge.

### Challenge 2: Make a weekly meal plan

Photocopy the meal planner example below and while you're in this state of high motivation, spend some time filling out your plan for the food you want to eat in the coming week. Remembering to make ur biggest meal at lunchtime. Next step is to assemble the ingredients together to make the dishes you've chosen. That might mean a trip to your local supermarket, the farmers market or order your eco box from your local farm. These actions will make it far more likely that you'll be cooking the kind of food you're choosing.

Does this sound too restrictive? Don't worry, I didn't say you had to *stick* to the plan! 😊 but you can if you want. However, even if you don't entirely stick to it, you'll find that you're much more prepared with the food you are choosing to eat rather than find the cupboard bear and your energy low and defaulting to your local chippie or the likes.

Making the plan upfront really does help you keep on track. You might take it a step further and check your calendar for the week ahead and rehearse how it's going to play out in your mind. Maybe you'll want to pick up some fresh supplies during your week. Decide now when that will happen. Visualisation will help you later when you're tired and less motivated.

## **WEEKLY MEAL PLANNER**

W/B: \_\_\_\_\_

	BREAKFAST	LUNCH	DINNER
SUNDAY			
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SHOPPING LIST			

## 7. Uncover and befriend your emotional eating triggers

I hear all the time from my course members how emotional eating derails their good habits.

Let's discuss this a little to see if we can anticipate the emotions that trigger this kind of eating and head them off at the pass.

My encouragement here is to *watch and notice* the times when all your good intentions go out of the window. At times like these, you've probably been trained to beat yourself up for being weak and stupid and tell yourself you should know better. There is an alternative way that I'd like to offer to you. What if, instead of feeling like a bad person, you get really curious? Curious about why you made the choice you did, even if it's a bad one. It might help to take notes or to journal about the situation and the actions that happened immediately before you did that thing you didn't want to do. If you do this, you might be able to objectively look at the situation and spot the things that throw you off course. It could be something like this: a colleague said something less than complimentary to you just before you left the office and as soon as you get home you plonk yourself down on the couch with a large bag of crisps and a glass of wine feeling wounded and sorry for yourself. This strategy works at least superficially but may not be the best solution to help with your weight loss nor to give the tools to manage future similar situations.

Once you've gathered the data, you might step into our next challenge.

### Challenge 3 – Write your emergency strategy

Once you know the kinds of things that throw you off your plan, you need some strategies that you can use at that point of emergency.

Often, encountering a negative emotional situation can throw our nervous system into a state of high alert and our cravings for comfort food are, in fact, a response to our calm ourselves down. Foods like crisps, biscuits and chocolate all do that job nicely for a while but then the consequences over time are less than optimal. We need an emergency strategy for just such a situation where we plan out what we would prefer to do to calm our nervous system and recover from an uncomfortable situation.

My challenge to you is to spend some time brainstorming the things that you might do to calm and soothe yourself with things that also have a positive after effect. Begin with a 10-minute free writing exercise. This means to set a timer – use the one on your phone if you like – and just write until the timer goes off. Don't edit yourself – just write. Don't worry yet how these will combat the negative situations – just write. You want to write down as many ideas as you can think of within the time.

Get as wild and creative as you like. You don't have to do anything with these ideas 😊

To help you get going with your brainstorm, my list goes something like this:

- Go for a short walk in the woods near my house or do a few yoga poses – even gentle exercise allows you to process the emotion without too much effort. The story might run through your head during the activity but the movement allows the blood to pump a little better helping the oxygen to flow through the whole body and lets the mind find a solution to the problem.
- Listen to some soothing music from my specially selected playlist – music can transport me to another place and time. It may help to give perspective to the issue at hand.
- Rub my body with my hands or with oil – when emotions arise and affect the nervous system, using the hands on the body, even through clothes, can really help to soothe and

calm the nerves. The Ayurvedic word for oil – Sneha is also the word for love. Why not love yourself with oil 😊

- Have a warm bath with Epsom salts – sometimes emotions arise from the fact that the body is tired and dehydrated. Epsom salts is magnesium sulphate and often the body loses magnesium through exercise.
- Add my favourite essential oil to a diffuser and allow the scent to permeate the room – the nasal passages are a direct route to the brain. Find an essential oil that smells so good to you. You may, like me, have a selection to hand for all sorts of situations. I like to use a particular one to promote sleep and another to encourage focus. It's fun to experiment.
- Sit down to do some colouring in – There was a craze a while ago for adult colouring-in books and I bought a few. I find it therapeutic to colour in while listening to an educational podcast for example.

Once you have your list, you can then take the situations you noted above as you watched and noticed your negative patterns and marry each with one of the ideas from your brainstorm.

Having now got a pair – a negative situation and an emergency strategy – all that's left is to practice! This is the fun part. At first, you won't get it 100% right. You might forget and drop back to the negative patterns many, many times before you remember you have an emergency strategy. Don't get disheartened just keep trying. You might also try the emergency strategy and realise that it doesn't work in this situation. It's not a big deal, take your time to refine and find something that does work.

## 8. Conclusion

I hope you've enjoyed this Kick Start to Weight Loss ebook. This is not meant to be just a good read; it's meant to help you get started on the path to losing weight and to help you begin to feel happier and healthy in your body. We often know what to do but somehow find it so hard to put it into action and maintain the forward momentum.

I love to help people like you get the result you're looking for in terms of weight management and creating a healthier, happier life. If you'd like to take your weight loss actions one step further why not book an appointment to talk with me more: [online calendar](#). We can chat about exactly the kind of help you need.

Lots of love

Clare

[www.clarecare.co.uk](http://www.clarecare.co.uk)