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Fuzzy Slippers  
FOREVER



### **MY BASIC RULES FOR EATING**

- I do not deprive myself of ANYTHING that I truly want.
- Change **ONE** eating pattern each month. I didn't try to do everything at once.....I would have gone nuts and quit everything!
- I **FOCUS** on what I **AM** eating.....rather than what I am NOT eating.
- I notice how I **feel**: more energy/fewer cravings/ less hunger....I attach these feelings to my new eating patterns. This recognition reinforces my new eating pattern. If I feel hungry or low energy...I try to look back and identify why.
- I **EAT** what I am **supposed** to eat, before I eat what I crave. Notice I didn't say I don't eat what I crave....just eat the stuff I'm' supposed to eat first!
- Remember that it takes **28 days** to change any habit. Some eating patterns are cravings, some are just habits. I always gave myself a month to truly break any eating habit.
- If I'm working out I use a hydration drink and recovery beverage to increase my endurance and build muscle which burns more calories.
- **NEVER** try to "undo" a slip. The most important meal/snack after a "slip" is THE NEXT MEAL. I do not try to skip a meal/snack to "redeem myself."
- Remember the **90/10 Rule!** If I eat 90% healthy....I can do whatever I want with the other 10%. Indulge myself with really wonderful, special treats, less often. Repeat : "I do not eat cheap chocolate!"