

# 10-DAY DETOX DIET

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## Weight Loss Plateau Handout

**Note: Have this handout in front of you as you listen to calls two and three of the Weight Loss Plateau Series**

**Key Concepts and Questions to Explore:**

1. Areas to explore if you aren't losing weight or feeling better. From *The 10-Day Detox* page 213:
  - a. Problems with diet
  - b. Exercise
  - c. Food sensitivities
  - d. Toxic overload
  - e. Systemic imbalances – including infections and hormone imbalance
  - f. Improper medical care/advice – consider a functional medicine approach
2. “Symptoms as messenger” – i.e., what is your weight asking of you?
3. Find other ways to measure success besides weight. What is working in your life and health?
4. Understand the difference between lifestyle change and a quick fix? Think about your history with weight and health. What has worked and what hasn't?
5. Explore your own mind-body connection. How do certain thoughts help or hinder your progress toward your goals?
6. Figure out your relationship with the scale? Do you give your power away to a number? How can you make this relationship a healthy one?
7. Understand your stress triggers? Which stressors can you control and reduce (such as your thoughts)?

8. Implement your stress response vs. relaxation response plan. Are you eating in a stress response or in a relaxed response?  
How can you put more relaxation into your day?
9. Determine how to shift perception about weight from deprivation, punishment and willpower to nourishment, self-love and trusting your body. What actions can you take toward creating a healthy relationship with food and your body?

**Use the following exercises to help you explore your relationships to your physical being and your mindset:**

Use the space below to list 3 negative thoughts about your body, weight or appearance (example: I hate my stomach)

- 1.
- 2.
- 3.

Now list 3 positive thoughts that you can say about yourself (example: I am beautiful just as I am.):

- 1.
- 2.
- 3.

List all the things in your life that make you feel heavy (examples: lack of sleep, worry, gluten):

List all the things in your life that make you feel light (examples: dance, love, eating whole foods):

Use the above information to write a lifestyle prescription for yourself that details what you want to include more of in your life and what to limit or avoid all together. (Example: I will dance for 10 minutes when I get home from work 3 times per week. I will not worry about things that are beyond my control.)

My Lifestyle Rx:

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