

WWW.AUBREELEENUTRITION

RETHINK YOUR DIET

how to start a health lifestyle

&

*how to reduce the negative effects of
yoyo dieting*

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RETHINK YOUR DIET

MY STORY

Welcome!

Let me take a minute to introduce myself! My name is Aubree Bankey and I am a Certified Nutrition Consultant. Here is a secret fact about me. I HATE the word diet. It comes from a time in my life when I was unhappy with my health and decided to try so many diets. However there was not success. The diet plans only made me feel TRAPPED. I felt stuck and being on these "diets" made me feel completely RESTRICTED.

Unfortunately, I developed Compulsive Eating Disorder (uncontrollably cravings to overeat, i.e. Binge Eating) Eventually it escalated to the beginning stages of Bulimia. This is when I knew I needed a change.

I started to research eating disorders. I wanted freedom. One day, I came across a blog post that quite literally SAVED MY LIFE! (I have not been able to find the website since and when I do I will share.) I do however will remember the impact it had on my life. This girl wrote on her website how she struggled with THE SAME THINGS AS ME. I started to cry while reading. She wrote about how she was afraid to eat in public, would binge at night, and felt like she was a prisoner to food. She was trapped in her MIND. Negative thoughts were constantly playing in her head. Her eating habits where overwhelming her every decision.

THIS WAS ME. Finally, I didn't feel quite so ALONE.

I sat still, staring at the screen with tears running down my face. It was me. I was trapped. Trapped in the mentality of the word *DIET*. Trapped in the endless cycle of feelings of guilt, extreme dieting, calorie restriction, binge eating and back to guilt again.



rethink your diet *vision*

"NUTRITION IS NOT LOW FAT. IT IS NOT LOW CALORIE. IT IS NOT FEELING HUNGRY AND DEPRIVED.

IT IS NOURISHING YOUR BODY WITH REAL WHOLE FOODS,
SO THAT YOU ARE CONSISTENTLY SATISFIED AND ENERGIZED
TO LIVE LIFE TO THE FULLEST."

-UNKNOWN



There is a mindset shift between dieting and healthy living. Changing your thinking can have a radical impact on your outcome .

Here is what I learned:

DIET MENTALITY

"I WANT that but I can't have it".

This mindset creates

WANT, DEPREVATION

CRAVINGS.

HEALTHY LIFING MINDSET: "I could eat anything I want, even something bad for me but I don't want to."

“

Rethink Your Diet

**The vision is to
RETHINK the
dieting culture,
which causes yoyo
dieting, failed
results, and low
self-esteem.**

”

I will always remember that particular day when I changed my thinking. I felt released from a prison. I no longer feel restricted. I have reached a place where I am very happy with my health. For the past 7 years since then, I have dedicated my healthy journey to understanding how much our minds play a role in our health, weight loss, and body image. My greatest passion is to be able to share with you tips I've discovered in hopes that maybe I could save a soul like that one blog post saved me! I truly hope that I can reach someone, and that something in this eBook will speak to you. Even if it just reaches one person it will be completely worth it to me.

Rethinking Diets vision is to rethink the dieting culture, which cause yoyo dieting, failed results, and low self-esteem. As I will explain in more detail, there is nothing wrong with a diet. However, this is the KEY: DIETS are *for a specific purpose, for a specific amount of time.* This eBook however is promoting healthy living as a lifestyle. Shifting our thinking can greatly impact our choices and outcomes.



Chapter 1

IS THIS EBOOK A
WEIGHTLOSS PLAN?

No! Many people have come to me asking me for weight loss diets and tips. Unfortunately I don't give out "weight loss programs". In a busy massed produce market, many advertisers know the desperation of people wanting to loose weight, and they may prey on that desperation. Many weight loss programs only give you what you need for fast weight loss. I'm grateful for those who have created these programs, because they are maps to get you where you want to go for a specific deadline. However, that's not me. I won't give you that. I don't want to help you for 3 weeks, so you can go on your honeymoon, or that dream vacation, or fit into your college jeans. Allow the many other successful diet plans to help you do that. There are so many AMAZING ones out there!

Instead I will be giving you the tools you need to start a healthy lifestyle, shift your thinking away from the diet mentality, and tips to start seeing results in your health immediately. Let me hold your hand, and we will walk through the journey together. Along the way you will grow and develop your knowledge and education regarding your health journey. Are you struggling to see results with your current diet plan? Are you wanting to get healthier, but don't know where to start? Are you sick of yoyo dieting where you feel like your weight loss journey has just been an endless rat race of diets that work initially but don't last? Are you frustrated with yourself, and consequently find that you talk negatively to yourself? If you answered yes to any of these questions, this eBook is for you.

Chapter 2

What is your WHY behind changing your eating habits?

This is a very important question to answer. I assume that if you stumbled across my eBook that you are already in the pursuit of a healthier lifestyle. That's great! It's the first step to becoming who you want to be. You have to truly want to be healthy and you cannot force yourself. Don't change anything because of someone else. Ultimately change because you deserve to love yourself and want to treat your body well.

In order to see the most success in your health, I recommend that your "WHY" or your GOAL, should be: *To Be the Healthiest Version of Yourself*. Other common goals are *weight loss*, and *improved body image*, While these may be valid reasons to change your eating habits, they are not SUSTAINABLE, and in the end they might not give you the best result. Choosing to change your eating and lifestyle to be the healthiest version of yourself, is the BEST MOTIVATOR and it is sustainable. It stems from *self-love, and self-appreciation*, and it WILL produce wonderful long-term result.

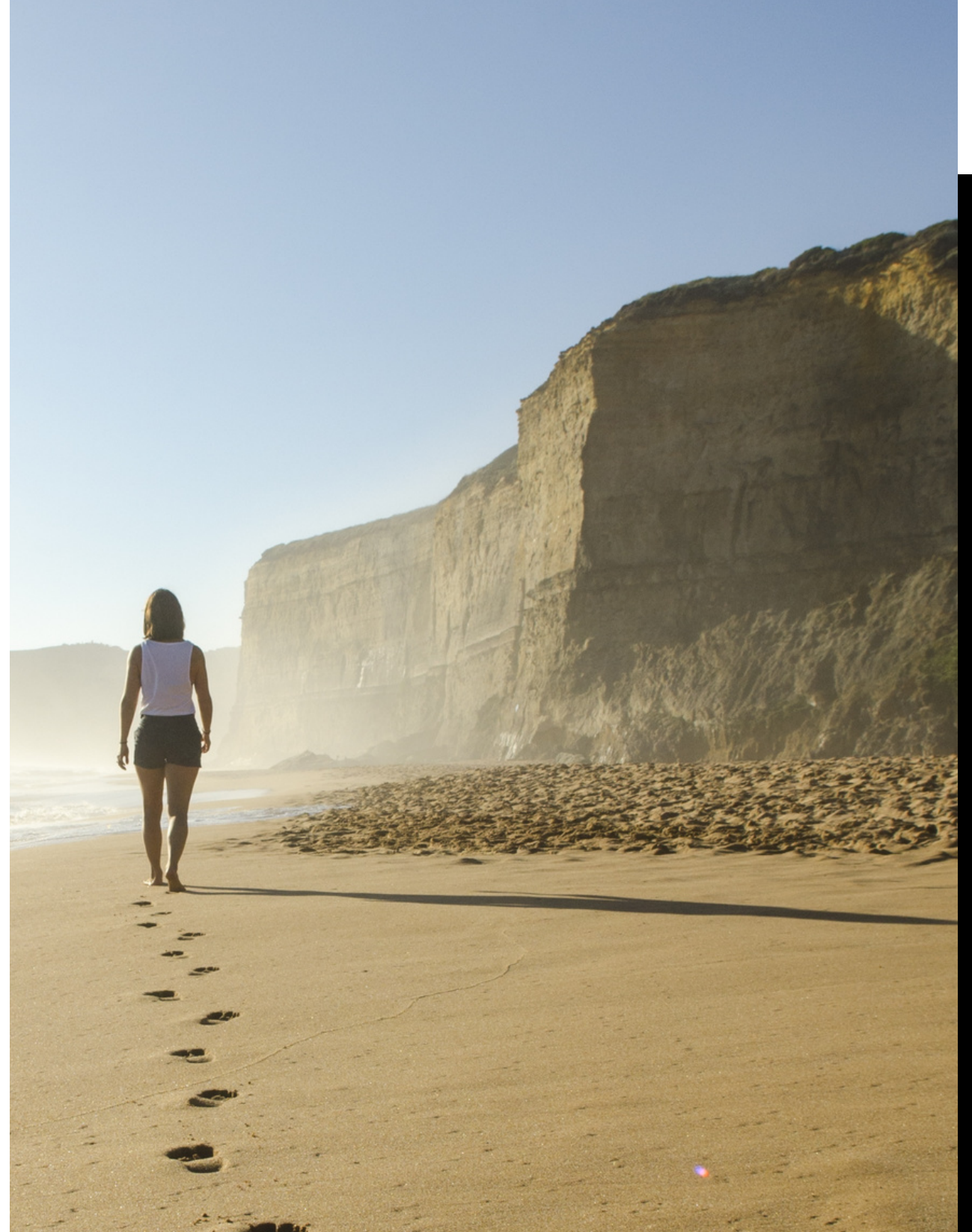
Give your body what it needs, and it will reward you with health.

Chapter 3

Start with one thing at a time!

"Take a small step and make it a big priority" -- Jay Shetty

Have you ever said "I should get healthy so I'm going vegan, going to stop eating sugar, gluten, dairy, soy, going to drink more water, going get more sleep, and going to go to the gym every day at 5am!" That's TOO MANY THINGS to change at once! Why are you doing this to yourself? Instead, what I would recommend is only CHANGE ONE THING AT A TIME. Over time, consistency creates habits. .



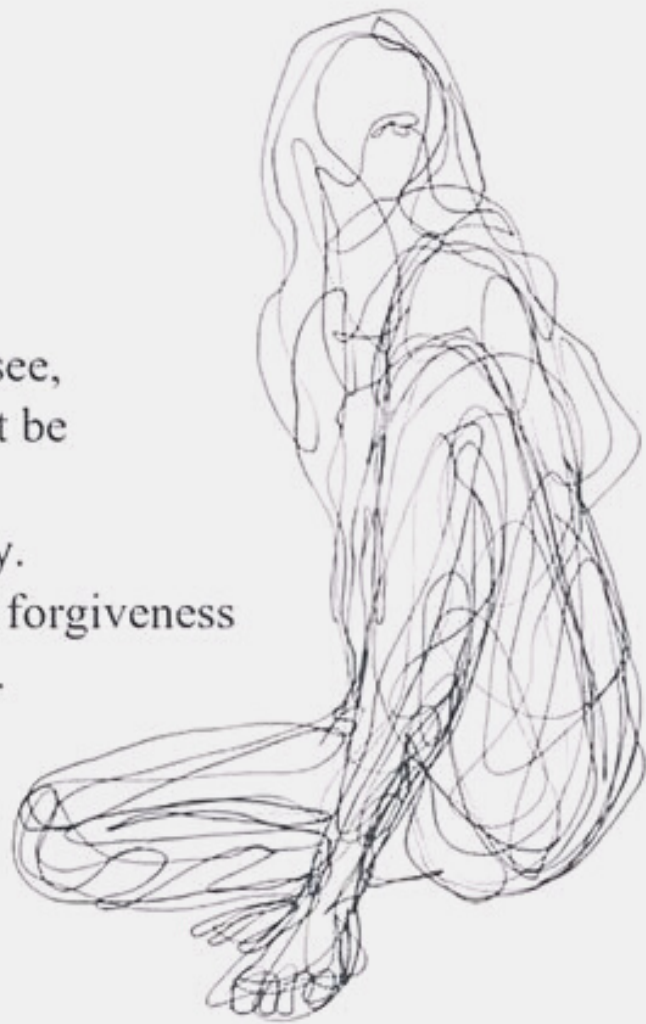
Developing a habit is hard, but once it is completely established, it is almost like SECOND NATURE. Things you do habitually don't take much time, thought, or effort. After you've established a new habit, then introduce the next one.

Give yourself time and space to grow.

I think this works because of a law of physics that's says "things in motion stay in motion"! In other words, the hardest part of forming good habits is starting them. Pick one and set your own time frame. Many studies show that consistent repetition for 2 weeks can change a habit. Changing many things at the same time is going to be overwhelming.

This is my home, you see,
so no longer will I let it be
a place of shame
or a vessel of insecurity.
It will be my chapel of forgiveness
and a palace of respect.

Becca Lee



Chapter 4

What is my opinion on
Scales?

I have a negative association with scales, although I know I probably should be more open-minded. In very specific circumstances a scale may be beneficial; however, I would rather when you are trying to lose weight, focus on how you feel.

Focus on feeling healthy.

It feels similar to being in love. Choose to fall in love with yourself and with everything about you – flaws, diamonds and all. If you want to change something about yourself, I want it to be stemming from a place of love in your heart. I'll explain this concept to you with a story:

There was a little 5 year old. Her name was Jordan. She had a pair of tennis shoes that her mom thought were so cute. She would have Jordan wear them to kindergarten. At nap time they all had to take their shoes off. This was unfortunate for Jordan because she hadn't learned to tie her shoes yet. She would try to hide her struggle from her teachers and classmates. Eventually she started procrastinating getting ready for recess Her teachers would say, "Hurry up" but she would do anything she could to avoid having to tie her shoes.

I think this little 5 year old can be just like you and me. There are things in life that we are afraid of, or maybe don't know what to do, or how to do it yet. Maybe weight loss or healing your body are some of those things where you just don't know where to start. Maybe it scares you.

Maybe you've tried in the past and it's failed over and over.

And that voice in your head is the teacher saying "Come on! Hurry up! Geez you're so slow! Why are you procrastinating! Get outside! Be like your friends."

But I want to tell you something...

One day as Jordan tried to hide in the corner while all her class mates ran out to recess. She was surprised to see her best friend Mia standing next to her. Mia asked the question none had taken the time to ask, "Why don't you want to come out and play?" And without hesitation Jordan said, "because I don't know how to tie my shoes". Mia said "Oh, don't worry. I'll tie them for you, and I'll show you how."

I am here for you to show you how but please be there for yourself too. **BE YOUR OWN BEST FRIEND.** If you feel fear, don't be hard on yourself. From a place of love, be there for yourself, and say, "I will do what it takes to learn." Give yourself time and space to grow.

CHAPTER 5

WHAT ARE THE BENEFITS OF BEING ON A "DIET"?

First, here is my definition of diet:

*following a specific way of eating
for a specific amount of time
to achieve a specific outcome*

In the absence of illness, eating a variety of foods from each food group is the best way to eat. If however you are using food as medicine, and are looking for a specific result, then different diets can be useful. One flaw with dieting is that it can actually become a UNHEALTHY habit. I see this most frequently with those of us with food intolerances (me included!) Many of us are vegan, dairy free, gluten or grain free or any other elimination diet which omits food groups. I strongly recommend that you DON'T GET STUCK ON ONE THING. If it IS working for you, than great! However, take the time to REGULARLY PAUCE and RE-AVALUATE OFTEN if it is actually working.

Eliminating a whole food group can potentially cause NUTRIENT DEFICIENCIES. Do not allow yourself to get stuck.

Learn to get comfortable with changing your current eating patters. Your health is most important.

The key to being successful with a specific diet is that they are meant to be for a *specific period of time*, but not INDEFINITE. Here are a few of my favorite types of diets that support optimal health: Detox diets are wonderful for eliminating toxins; Elimination diets can be helpful for those with food intolerances; Cleanses and fasts are great for boosting the immune system. After doing a diet, it is important to know how to maintain a healthy lifestyle. I recommend that you pay attention to what you need and switch it up. Something that worked once may not always work, and that is okay.

CHAPTER 6

WHAT BENEFITS DO ALL GOOD DIETS HAVE IN COMMON?

Below are the three common connections
between all of the successful diets:

1. Eating whole foods
2. Eating clean, unprocessed, unrefined foods that are not laden with pesticides or genetically modified
3. Eliminate UNHEALTHY FAT but never recommend a low-fat, or low/extreme calorie restriction

I will only recommend diets that include these 3 stipulations. I do not endorse any that fail to meet these things.

These 3 principles are KEY! After completion of any diet, follow these 3 principles to maintain your health even after a diet plan. I have had many clients concerned with regression after completing a diet. Unfortunately, if you do go back to unhealthy diets and lifestyles, you will probably see health issues return. However, I honestly believe that with these 3 principles, you shouldn't need to stay on a diet indefinitely. These three rules also help you maintain any positive improvements you gained from your diet.



Chapter 7

How to implement a lifestyle of healthy living?

Here are my *5 FUNDAMENTAL PRINCIPLES* that keep my health on track, so I do not feel the need to go on a diet. I used to be like many who are on the roller coaster of healthy highs and unhealthy lows, and the constant search for a new diet. Instead, if you develop your OWN diet within these parameters you will start a healthy lifestyle, that is maintainable for you. I honestly believe you will see a significant improvement in your health if you implement these strategies. These 5 guidelines are like a road map. You are the driver. You are in control of where you go, but if you need some direction these will be there for you. No one else but you should be in control of your health, your diet, or your wellbeing!

Principle 1

Create a list for each of these three categories

- Nevers
- Maybes
- Splurges

I get asked the question “How can I lose weight fast, so that I can splurge like a normal person?” However, I think that this is a misconception. First, just because someone can eat whatever they want and not gain weight, that doesn't mean they feel healthy. Poor food will ultimately result in poor health. Weight gain is also one of the body's PROTECTION methods against toxins. It is a way for our bodies to store toxins that would otherwise harm us if circulating through our bodies. If getting in shape is your desire, your focus should be on DETOXIFYING. With that in mind, create a list of foods. 1) Foods you will NEVER eat because they are too toxic. Foods you MIGHT eat here and there, and foods that you will be OKAY to splurge on. Follow the next step to know more on how to make this list.



Principle 2

Always choose the best option

Always choose the best in every situation, Instead of “splurging” or “going all out”, practice this model:

CHOOSE THE BEST OPTION AVAILABLE WITHIN YOUR SITUATION

Let us shift our mindset. By always choosing the best option you are choosing to love yourself. Remember you deserve the absolute best! This method works well for when you are out in public, at events, or you're traveling (or when the PMS is kicking in for us ladies!). Here are a couple of scenarios to help you understand this practice.

Maybe your weakness is the McDonald's drive-through because its convenient. You've told yourself to stop eating there so many times, but when your in a hurry you always go back. Then since you are there, you say to yourself "Screw it" and order everything on the menu! Sound familiar?

Instead, try this. First start with a smaller more manageable goal. Maybe at this point you know you cannot cut it out. But I challenge you to still choose the best thing. Look at the menu and ask yourself “What is the best thing on this menu?”

Let us say you're starving, and didn't bring a lunch with you. You are sitting in the breakroom; your stomach is growling directly at the vending machine. Instead of giving in to a Pepsi and a snicker, why not get the best thing in there! I'm guessing it's probably a granola bar an iced tea! Now the people in my industry would yell at me for not telling you to avoid all the food in both of these situations. And the truth is you'd probably be better off if your diet was 100 percent perfect all the time. But trust me, that's literally IMPOSSIBLE. Choosing the BEST in your situation doesn't mean it is the BEST option ever. It just means that given these specific circumstances, it is the best option in that moment.

What you might not realize is that by practicing this strategy you will be shifting your mentality. After a while when you're about to go through McDonald's drive through again, you may stop yourself and say "what's the best option", and you might just notice that there is a grocery store right next store and decide to go to the fresh deli instead! Ultimately, you choosing to eat healthy is a way to express self love and care.

Principle 3.

SHIFT FOCUS FROM "WEIGHT LOSS" TO HEALTH

Many of us use dieting as a punishment for bad "eating" behavior. This is a rather toxic relationship with health. Here is how to change your thinking around this subject. If you have been eating junk food, and maybe not taking the best care of yourself, then choosing to change to a healthier lifestyle should be a positive self-love thing. It all comes down to our thinking process. We need to shift our thinking. It is not a punishment to choose to eat healthy, and to make your health goals a priority. Your body deserves to be treated well, and to be appreciated. Your body is a work of art. One way to show your thankfulness for your body is to provide it with the nutrients that it needs to function at its best. It also means protecting your body from toxins.

We need to shift our thinking about dieting. As a repeat of Chapter 2, I would like to stress this viewpoint. It can make a difference in your approach to dieting, health, and weight loss. Diets are not a chance for you to punish yourself for bad behavior. Instead, be gentle with yourself. Acknowledge the things in your lifestyle that may not be supporting your health, and choose to make a change out of love for yourself.

HEALTH should be the goal of your eating habits. Your weight should not be based on the social norms, what someone said you should be, or some number on a scale. HEALTH is what happens when you LOVE yourself, and give your body the best possible chance to FEEL healthy. A healthy weight is not a specific number, a goal, a reason to diet, or what someone else says it should be. A healthy weight is when you feel your best and look the way you want to. HEALTH is when your body is functioning at its best without skin irritations, headaches, fatigues, or muscle pains, and so on. Take the time to be there for yourself. Take the time to notice the little pains in your body that are trying to communicate to you.



let go

*"Close your eyes
and imagine
the best version of you possible.
That's who you really are.*

*Let go
of any part of you
that doesn't believe it."*

- C. Assaad

Principle 4

REMOVE foods from your diet for health. ADD foods for weightloss

This principle prevents against the restrictive, calorie-counting form of dieting. If you need to eliminate any foods from your diet, do it with HEALTH as the focus and goal. If you have a weight loss goal, consider choosing to add specific nutrient-rich foods into your diet.

For instance, if HEALTH is your goal, REMOVE toxins, junk processed foods, refined foods, and maybe food intolerances. If you are looking to loose weight, consider ADDING one nutrient-dense meal or snack, or side dish to your regular eating plan.

The purpose of this principle is to reduce the chances of you trying to loose weight by unhealthy methods such as calorie restriction and binging. Again, if you have unexplained weight gain, it is your body trying to communicate with you, and tell you it needs something. Your body and health will ALWAYS be better off with nutritious food. Add fresh vegetable/fruit juices, protein shakes with superfood blends and green powder, salads, fruit for breakfast, an extra side of steamed broccoli for dinner and much more. Wake up every day and ask yourself "What can I eat today that will be beneficial for my health?"

OVER TIME THIS WILL TRAIN YOUR THINKING PATTERNS.

This method will teach you how to have a healthy lifestyle. Each day you do at least one thing to specifically boost your health, congratulate yourself. Be proud! You are trying. Stop focusing on any failures. Every day is a new day. Every step you take counts.



Principle 5

Intuitive eating

Intuitive eating means knowing when and how to listen to our bodies.

HOW WE FEEL IS A ROAD MAP TO HEALTH, FULL OF SIGNS THAT TELL YOU WHERE TO GO.

It will take practice to read the signs. Have a willingness to learn. Many (myself included) have ignored some very valuable signs along the way that indicated health concerns. For instance, bloating, gas, headaches, and body odor are NOT NORMAL or healthy, yet many of us experience one or more of these symptoms almost every day. I know I did. In the past I lived most days with at least one of the above issues. However, I am here to tell you, you don't have to live with these symptoms. There are so many ways to see healing in your body. Never settle for less. Are you experiencing pain? Find out what is bothering you.

TAKE TIME TO SIT AND BREATHE.

Does anything hurt? In our fast-paced environment, we hardly slow down to listen to our bodies. Instead we self-medicate with coffee and loads of Advil, which are only Band-Aids. Addressing any minor issues, can improve the quality of your life.

Many of us don't even know when we're hungry, and if we do know, we don't listen.

WE SKIP MEALS IF WE'RE HUNGRY.

Then if we're full we still don't listen to our bodies and eat too much.

If you're craving a specific food, find the best, healthiest substitute for it and enjoy it!

I cannot stress enough how important it is to educate yourself. Do not just take someone else's word for it. Take control of your health. It is YOUR BODY.

MOST CRAVINGS OF ALL KINDS COME FROM NUTRIENT DEFICIENCIES.

These deficiencies and cravings are trying to tell you what you're missing. Choose foods that are WHOLE FOODS. These are foods that are as close to their original form as possible. These foods are not processed, not refined, no added flavors or colors, and no pesticides and GMOs.

Rule of thumb:

ARTIFICIAL FOODS CREATED IN A LAB NEED A LAB TO BE DIGESTED!

The best first step would be to stop eating CHEMICALS. Many people start by removing calories, or protein, or carbs, or gluten or dairy etc., but few start by removing chemicals. Try going on a chemical/toxin-free diet. Let us be the first to start this new trend! The vitamins and nutrients in whole foods are going to be what you need to create the health outcome you have been looking for. Toxins and artificial additives are not supposed to be in our food, and are causing more illness than many realize.

Healthy Lifestyle

5 PRINCIPLES TO RETHINK YOUR DIET

CREATE A LIST

nevers, maybes,
spurges

REMOVE TOXINS ADD NUTRIENTS

For optimal health
remove toxic foods. For
weight loss add nutrient
rich food

CHOOSE THE BEST

Choose the best option
available within your
situation

INTUITIVE EATING

Listen to your body.
Remember to eat when
you are hungry.

HEALTHY LIVING = SELF LOVE

Choosing to eat healthy
is not a punishment

Time for your beauty sleep!

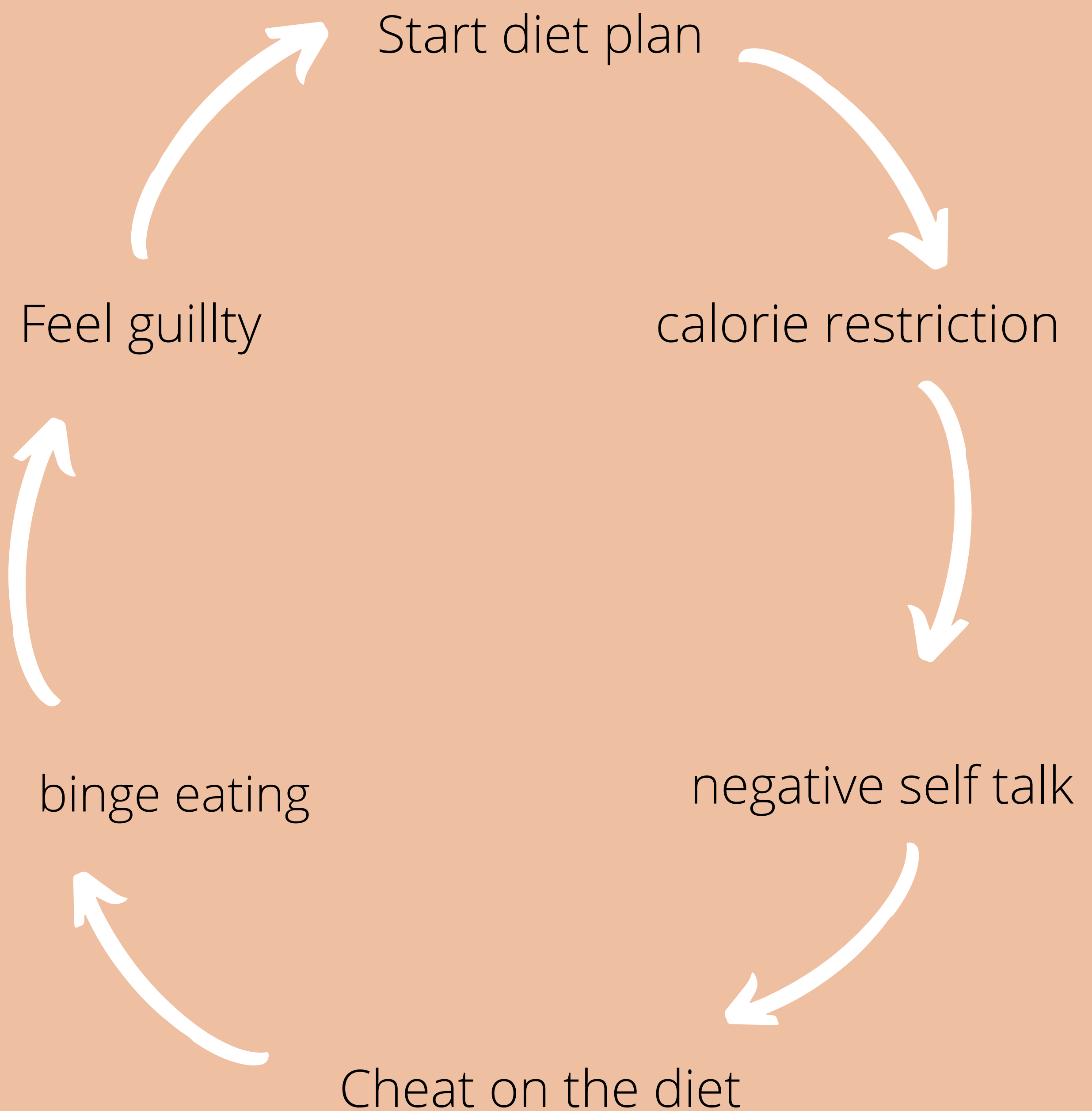


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The Elimination Diet:

*"Remove anger, regret, worry,
resentment, guilt, and blame.
Then watch your health and life improve."
-Charles F. Glassman*

the standard diet cycle



Healthy Living



CHAPTER 8

DOES HEALTHY EATING ALWAYS HAVE TO BE EXPENSIVE?

Not necessarily.

It will be more than what you are used to spending, but think of it as an investment in your health.

Here are a few ways to save money.

One option for saving money is to

BUY FOODS THAT ARE IN SEASON.

There are more abundance of the foods that are in season, so the price is usually cheaper. You can google search what foods are in season in your area and make a list before going shopping.

Buying organic can also be expensive. If you are not ready or able to afford to go completely organic that is understandable. Here is where to start:

BUY ORGANIC FOR THE FOODS THAT ARE ON THE DIRTY DOZEN.

The dirty dozen is a list of the top 12 foods that are the most heavily sprayed with pesticides and herbicides.

MENU PLANNING CAN ALSO HELP SAVE MONEY.

I know that it is time-consuming, but planning what you want to eat can significantly reduce the amount you spent on eating out and splurging. Spending the time to meal plan, meal prep and cooking at home can significantly help your budget.



FROM MY HEART TO YOURS

The first step towards healthy living starts by shifting our mindset.

Choose what is best for you because you deserve it. Do not be mad at your body not functioning the way you would like it to be. Do not be hard on yourself. You are just starting a journey, and it will take a lifetime of discovering what works for you. Give your body what it needs for it to be at its best, and it will reward you in return with the body and happiness you desire.

YOU ARE APPRECIATED,
AND YOU ARE LOVED.

Start your health journey TODAY to chose to do the best you can to love yourself unconditionally: not only for who you are, but also for who you want to be. Once you have tried the principles I've given to you in this eBook, never stop continuing

TO LEARN, TO GROW, AND TO HEAL.

