

How You Can Succeed In Your Nutrition Therapy Sessions

Show up with an open mind: no one will force changes upon you.

Decide if you can make some changes.

You may be asked to do some small experiments using your meter or in regard to your metabolism this week. Are you ok with this?

Think about your worst food offenses during the day. Maybe it's a time of day when you feel out of control. Write down what you eat at these times. No one will judge you. These are your sessions to learn about yourself and what you could comfortably change. Small binges are the toughest behaviors we can admit to yet our full awareness helps us to address them.

Write down your questions or concerns.

During our sessions, listen for small changes or approaches you know you wouldn't mind doing. These will become part of your daily action plan.

As therapy progresses, be prepared for setbacks. Masters at weight loss do not have All-or-Nothing thinking. Brush off a setback and jump back into your new behaviors. Old habits will keep trying to take over for the first weeks.