



Total Body Reset Day 4

THE BIOLOGY OF MINDSET

All right, hello for day four of the 7-Day Total Body Reset. Hello, you should be feeling even better today. You might still be feeling the detox symptoms. You might still be peeing quite a bit. But if you are sticking to it and you're not cheating, and you're following the rules, exactly. Look, I mean, all I'm doing is I'm asking you to give me seven days, just give me seven days. Do it my way for seven days, and I think you're really going to be happy. And you're going to truly be reset after the seven days.

But we're going to shift gears a little bit to mindset for day four. And people say, well, losing weight is all mindset. And I hate that bullcrap. Because it's not all mindset. Look, losing weight and resetting your body does require...Come on, day one, two, and three, I talked about the physical component of this whole ballgame.

And then day four, five and six I'm going to talk about mindset. So it's not ALL mindset. You do have to have a good plan. You do have to have the right plan. You don't want to kill everybody. You can't just do the lemon and cayenne pepper diet. You'd kill someone, you know what I'm saying? You've got to have a right plan, because you're not going to go through this if you don't have the right plan in place.

You do have the physical component of doing this. But yes, 50% is mindset. And I don't want to make it broad like, well, today we're talking about mindset. We're talking about mindset on day four, five, and six. I don't want you to think that I'm just gonna talk about overall mindset. But let's talk about specifically what I mean.

Your body uses food for fuel. And that's what we teach on my program, we really want to view food as fuel. And food is not viewed as fuel in our society.

People use food to deal with all kinds of things. I'm going to talk about emotional eating tomorrow, so we're not gonna talk about emotional eating today, but food is used in so many cases for so many other things. But food is fuel. And, therefore, food is going to affect how your brain operates as well. It's going to affect how you how you react to things, how you how you handle certain things, because it's actually affecting our hormones. It's actually affecting our brains and our minds and our mood.

I tell you what, personally, if I go off plan, and I eat sugar or crap carbs, I'm a mess. I mean, I am a mess. I have been to Europe 11 times. And we usually go for two weeks and it's always the first week I'm so good, you guys. And then my willpower starts to wane, and it just takes one screw up. Like having a croissant. And you guys know, some of you guys have been to Europe. And you guys know that they have a lot of croissants and orange juice, kind of like that, and they've got the Danish for breakfast. It's never really hearty. They don't really believe that.

And I'll have a Danish and orange juice, or croissant and orange juice, two of the worst things you can possibly putting your body in the morning time. That's going to send your blood sugar through the roof, up and down like just a complete mess. Well, I'll do something like that. I'll put some bullcrap like that. You know, having some bear claw or something. Sugar, sugar and sugar, which orange juice is just pure sugar.

And let me tell you something, it completely changes everything for me. Once I start, I can't think about anything except sugar after that, and carbs. So, at eight o'clock in the morning I have some sugar, like a croissant and orange juice or something, or whatever, a Danish or something from a bakery. And at that moment on, of course, I'm not nourishing my cells. I'm not. The cells are not getting the nourishment and the nutrients that they need. Because there is no nourishment in a Danish or orange juice.

Despite what the orange juice manufacturers want you to believe, there are no nutrients in there. No, sorry, that's a different subject for a different day. And so then, my brain has been hijacked because that's what happens when we eat sugar. My brain has been hijacked and all I can think about his sugar. All I can think about is the next meal. And here we are touring castles and old churches and cathedrals. And all I'm doing is looking around like a frickin' crack addict looking for the next crap I can eat.

And it hijacks me. And I know that it's done this to you. Especially if you've been off sugar for a while and then you go back on, you recognize the change in the mood. I can't stop thinking about sugar. I get snappy with my husband. I usually have no patience with my dogs. I am a mess. I have a headache. I'm bloated, my knees start hurting, my hands start hurting. My vision gets blurry. My clothes--of course I start to swell up because I'm retaining water at this point. Because for every gram of carb, your body hangs on almost four grams of water, so I start swelling up. And it's horrible.

Now I'm on this cycle where I need more sugar in order to get me back up. I'm like a crack addict. I need that high. And it screws with your brain. You need to understand that food is not just food, it is fuel for our bodies. Yes, it fuels our muscles. Yes, it fuels our skeletal system. Yes, it fuels our nervous system. But it's still working in our brain as well. And it's causing us to be able to function or not function as well.

I mean, when I am off program, I don't want to get out of bed. I certainly don't want to work. I don't want to deal with people. I'm grumpy. I can't be productive. It hijacks you. Sugar is eight times more addictive than heroin. And it lights up in the same areas of your brain as cocaine does, is no different. And yet in our society it is accepted.

So, sugar is causing this brain swelling to happen in your brain. No wonder you can't think straight. I mean, you ever have the two o'clock blues, like the two o'clock slump? You need something, a little pick me up. What do you get? You get a caramel macchiato from Starbucks. I just want a shamrock shake from McDonald's--I pulled out some old school. It's actually affecting your brain, so it's gonna affect your mood. I am never in a good mood when I go off program. I am never in a good mood. I am in a terrible mood. I mean, you know what I'm saying?

So, in order for you to detox you need to understand that it is mindset but in a different kind of way. You need to understand that the food that you choose actually affects your mood. It actually affects how you're going to deal with your kids and your spouse. It actually affects if you're going to snap at your coworker. Or if you're going to get angry with a driver in front of you. It actually makes you more agitated, more irritated. Those things truly happen.

It's not just about affirmations, positive affirmations. It's actually screwing with your mind and screwing with your mood and screwing with the way that you react to things that are going on in your life. Because the things that are going on in your life, that's not the problem. The problem is how we react to it. And I have way too much on the line to take a chance. I can't let that happen. And I have screwed up a lot of things by overreacting.

And I can tell you that my mind wasn't on right. I wasn't eating my eggs and bacon that morning. I had some crap I shouldn't have put in my body, like freakin' French toast or something. And that sent my mood through the roof, and I did something I shouldn't have done.

What if you deal with anxiety? My dad's an LCPC, he's a counselor. He's retired now, but when he used to counsel and he has somebody come in his office, job one is getting them on a clean diet. I mean, your anxiety...we've had Code Red Rebels report a massive improvement in anxiety when they get off the crap food, when they go through a total body reset like what you're going through.

And maybe you deal with anxiety as well. You wait, you watch, your anxiety will lessen, especially if you're taking the Code Red mag and D3. I would suggest you take that, but don't worry about it. Don't complicate the process. I'm just saying if you take Vitamin D3, studies have shown that even 600 IU's of Vitamin D3 can reduce depression by 21%. But make sure it's a good quality from Code Red, not that crap Nature Made from Costco or Target or Walmart. That crap is low quality, it's not going to be good.

But this is how powerful it is, and we're not talking about it. We're not talking about it in our society because healthy people make a lot sense, but they don't make a lot of money. There's no money in healthy people. So, there's no interest in getting you off the crap food.

They want you driving through the drive thru. They want you to have buy more candy. I mean, if you addict the customer, you get a customer for life. They'd rather just treat your ill with a pill.

And I am telling you, you can do a lot by way of depression and anxiety by getting yourself off the crap. You're on the right track right now by doing this total body reset. You're on day four, you're doing it, you're doing it.

But you need to understand how powerful this food is for your mind, your mood, the way you react, your anxiety, your depression. So many things can get better when you choose to fuel yourself, not with the crap carbs and the sugar, but with real food, water and sleep.

Alright, day four. Understand how powerful this is. Understand, and I'll see you on tomorrow's video.