



CODE RED
— TAKE YOUR LIFE BACK —

7-Day Total Body Reset Day 5 EMOTIONAL EATING

Welcome to day five. I was looking in the mirror and I noticed that I had gotten red lipstick all over my microphone. And then I was touching the microphone. I had red lipstick smeared all over my face, so I ran upstairs, and I fixed that.

I'm excited to see you on day five. Hello. I know I've been saying this on each day that we've been together, but you really should be feeling better and better each day, if you are following the program exactly for the 7-Day Total Body Reset, okay. If you are following exactly, day five you should be feeling pretty darn good.

We're talking about mindset. Remember day one, two, and three we were talking a little bit more about the physical body, and about the sleep and the water, etc. and the inflammation. But then we switch to mindset for four or five and six.

And normally, I don't like doing mindset teaching because I'm not really good at it. But today, I really love it. This is my jam. Emotional eating is my jam because I am a totally emotional eater. And most of us are, most of you watching me. And going through this teaching with me you are emotional eaters.

And what does that even mean? That means that we deal with our stress, anxiety, sadness, depression, worry, even excited feelings, by eating. We eat our way through those things. That's how we deal. We are emotional eaters. We eat to deal with our emotions, grief, loss. That's how we deal with our situation.

And I didn't quite know that. I guess I kind of suspected that I was an emotional eater. I didn't quite know until I went through my dad's course.

I've mentioned him to you guys a couple of times. He's an LCPC and he created a course called, What's Eating You? It's an emotional eating course, it's a different course.

And I was going through that course to approve it to sell. And as I was going through the course, I was like, oh, my goodness, this is me. I'm an...this is me. This is why, all these years, I've struggled with my weight. This is why I have dealt with such heartache with regard to my weight, because I didn't understand the nature of the trap. I didn't understand what I was doing. I didn't understand how to fix it.

And emotional eating is so huge. So, recognizing, number one, that you are an emotional eater is the first thing. Hey, my name is Cristy. I'm an emotional eater. And I even say it in the present tense. Okay, Hello, I know I'm an I'm a recovering sugar addict. I know I'm an emotional eater. So, I don't keep foods in this house that I could possibly eat if I'm triggered.

So, if you have right now food, which none of you guys should, but if you have food in your house that is junk food, and it's junk food that you would eat, then it's not a matter of if, it's a matter of when. I mean, you can walk by it 50 times and be like, I've been so good. I've been so good.

But the way our brain's set up, it's a reward system. Your brain is gonna say, look at you, you walked by this 50 times, you never ate the cupcakes, the three cupcakes leftover from your five-year-old granddaughter's birthday. Look at this, you're so good. You deserve a cupcake. And then you're going to lick the frosting. I'll just lick the frosting. And then you'll eat all the frosting. And you'll say, screw it, I've already screwed up my diet, I might as well just go ahead and eat all three of these cupcakes.

That's the way it works. So, we don't keep junk food in our house. That way, no matter what, if we're triggered, we don't go to it.

But then let's talk about why I keep saying that word triggered. A trigger is a trigger. It's what causes us to go and react. So, step one is understanding, okay, but step two is knowing your triggers. You've got to figure out what your triggers are.

I'm looking down but I don't need my notes to talk about this or anything because I've talked about this all the time. But I'm okay, I just want to make sure that I'm staying on track for what you guys need, because I have a tendency to rabbit hole. You've probably noticed that already. And I and I don't want to go on in the wrong direction, because we're talking about the total body reset.

So, knowing what causes you to go eat. Identifying your triggers is job one. I'm not going to teach this whole course. I don't teach it as well as my dad. I'm not going to go through it. But I will tell you that you have got to figure out what causes you to be triggered, what causes you to go down that road.

For me, taxes? Okay? I have a CFO on staff that handles that stuff for me specifically, because I know if my accountant calls me up and says, hey, Cristy, I need a \$250,000 check from you today to cover Q2 taxes, prepaid taxes, or something like that. It's a 10 out of 10 anxiety. Bam, my anxiety is 10 out of 10.

And I go straight for the fridge to the cupboard, and I start eating. I've caught myself almost in a trance, so I don't even know I'm doing it. And I just start eating. Food doesn't even taste good to me. I'm just eating everything.

And why do we do that? Because what we do is we fill our stomachs to the level of being so full that we're uncomfortable. And it temporarily takes our mind off of it. It causes us temporary pain. And it takes our mind off whatever is going on.

I started emotional eating when I lived in New York City. I lived in New York City for five years, from 2004 to 2005 to 2009. Somewhere in there. And I was so lonely. I missed my family so much. And I had so much anxiety and stress, because living in Manhattan is not easy as a single girl on single income. And a one-bedroom apartment in Manhattan, very expensive, very difficult. And I would eat an entire pound of Peanut M&Ms every single night before bed. I mean, like toxic levels of sugar, but it would temporarily put me in so much pain that I would forget about my loneliness.

And so, I've been an emotional eater all my life. I have been dealing with this for many years so know what my triggers are. I know that taxes are my trigger. I know that, I'm just sharing this with you, for me, I know that if I have to fire an employee, that's a trigger for me. That'll cause me to emotionally eat. I mean, I'll go right for Krusteaz pancakes. It's awful. Things like that are pretty big triggers for me.

So what I do is, I put measures in place to stop me from getting into emotionally eating. I make sure that I do not want to be contacted about taxes. And if I am, it needs to be my CFO. He has the checkbook, he has the ability to move money around, he can handle it. I don't want to know about it. I mean, I know eventually, I'll know on the P&L report, the balance sheet, but I don't want to know about it right now.

Don't friggin' spring up on me the fact that you need a quarter of a million dollars from me right now. Don't do that to me. That'll send me through the roof, a freak out. That's why I hired you to prevent this crap from happening. Don't surprise me with any bullcrap like that. Give me a heads up on that. I can't do that. I mean, I can feel my heart, even just talking about it is causing me to sweat. I'm sweating right now.

And my COO knows that if we're gonna have to fire an employee, I need you to talk to me about it in the early mornings when I'm not... you know, don't do it in the evening times when the willpower is already down. Like there are there are things that we set in place.

So, we want to make sure we know how to manage this. And What's Eating You? is a great course. If you want to take it, that's totally fine.

But when you're doing your total body reset, you need to identify this is a real serious problem. This is a real huge area that we need to deal with. We have got to figure out what's causing you to turn to food when the going gets tough. What is causing you to turn to food to deal with your anxiety, your stress, your worry, your frustration, your anger, your grief, your loss? What is it that is making you go right to the fridge or the cupboard?

And of course, if your house is just cleaned out, and it doesn't have any junk food in there, then that won't be a problem. I mean, you'd have to get in your car and drive down to the 7/11 to get that crap, I guess.

But we've got to figure out what's causing this. We have to identify the root of the problem. That's the root of the problem. And being dehydrated and being sleep deprived doesn't help anything. It doesn't, so making sure you're staying well hydrated and keep up on your sleep is going to put you in an even better position to deal with those stressors.

Because it's not a matter of if, it's a matter of when they're going to come into your life. Things are going to happen. Crap is going to happen. I mean, hopefully you don't catch your husband sleeping with the secretary. Hopefully your son doesn't get a DUI. Hopefully, your dog doesn't get hit by a car.

But crap happens in life, and your body doesn't have the ability to go, oh hey, so your dad's in the hospital. Alright, don't worry, anything you want out of the hospital vending machine, don't worry, it won't even count. Empty calories. Don't even worry. They don't count. They're free. Don't worry, in fact, we'll even let you lose a pound tomorrow morning.

Your body can't be reasoned with. It's not a bank account, okay? You can't just negotiate these things with your body. It's black and white. It's physiology. You can't say, yeah, but you know, my three-year old's been sick for three nights. So, you ain't sleeping, you're putting yourself in a rough position here.

And understand that when these times come, you want to be set up to be able to handle it without using food to deal with it. Why is it that when someone dies? And I mean, I know why, but someone dies, what does everybody do? They bring over tons of food, they bring over casseroles, because that's kind of a one stop shop meal, right? Because they don't want you to have to worry about food.

And then we just end up eating away our sorrows. And we have a program called Code Red and Grief, I think Code Red...Grief, Loss, and Code Red, something like that. And that's specifically designed for people who have dealt with some sort of a loss.

You want to definitely choose the foods that heal. You want to choose foods that get you closer to your goal, not further from your goal in your time of stress. We don't want to fall prey to the same trap that we've all dealt with, the same crap that probably got you in this mess to begin with. Probably got you off the wagon to begin with. Who knows, you could have been a bikini competitor, you could have been slim and slender for years. Now, all of a sudden, menopause hits. Who knows, we all come from different walks of life.

But you've got to understand that dealing with your emotions, dealing with your stress, your anxiety, your frustration, your anger, your grief, your loss, with food is not the way to handle it. We do not use food to deal with those things. We don't use food as a punishment. We don't use food as a reward. Food is fuel. We choose foods that heal. That isn't our mission statement. We believe food has the power to heal or poison. We choose foods that heal.

And you've got to understand that's the power of food. It's not going to help. It's not going to bring your loved one back. It's not going to get your dad out of the hospital. You eating a pound of M&M's is not going to bring your dog, Fido, back from getting hit by the UPS man. It's not going to get your son off of drugs.

You've got to take care of you. And there's no better way to deal with these life stressors than being healthy and properly hydrated and having all your sleep. That's what's going to help you deal with this, not the entire tin of Almond Roca from Costco. You can't turn to that. That's not going to help. You've got to stay on the straight and narrow. You've got to treat food as fuel and not food as a way to deal.

Alright, emotional eating day five. We're getting through it, guys. You're getting through your 7- Day Reset. You can do this. You are doing this. You can do this. I'll see you tomorrow.