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Tips for Weight Loss & Developing a Life of Wellness

It is important not only to lose weight but to also develop a healthy lifestyle.

- Drink a glass of water with half a squeezed lemon when you wake up.
- Eat organic food where possible.
- Eat a meal within thirty minutes of waking up.
- Drink a glass of water before your main meals.
- Smell your favourite fragrance, such as flowers, essential oils, etc, before you eat, as smell can lessen your hunger.
- Listen to slow, restful music during a meal to encourage you to eat slower, more consciously, and to enjoy your food more. Thus, you may be satisfied with less.
- Cut down on the amount of alcohol you drink.
- When you feel like snacking, eat a handful of mixed, unsalted nuts or a piece of fruit, instead of sweets.
- Press an acupuncture "gum point" in the middle of your top lip. Hold it for about ninety seconds, then drink some water. (If you constantly crave snacks, acupuncture can help to lower your appetite.)
- Stop eating when you are no longer hungry, even if there is still food on your plate. Eat meals that are colourful, as ingesting certain colours can help you heal.
- Eat at regular times.
- Cook at home as much as possible.
- Cook with coconut and sesame oils, as many other oils become rancid and turn into a carcinogen when you introduce high heat.
- Cut down on fried food.
- Throw out all the junk food in your cupboards and only buy healthy food. If the junk food isn't there, you can't be tempted.
- Exercise four to five times a week, and make it fun and full of variety.
- Work on your emotions daily.
- Carry a bottle of water with you wherever you go, and drink your water rather than soda and other sugary drinks.
- Reduce the amount of fat, sugar, and salt in your diet.
- Add exercises like lunges, single-leg raises, and squats to your exercise program.
- Visualize reaching your ideal weight.