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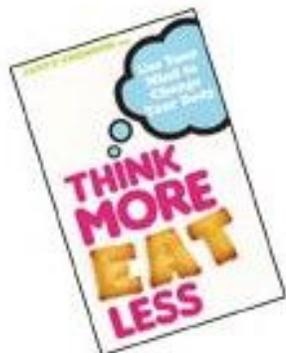
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JANET THOMSON

Transformational Life Coach



Janet Thomson



# Think More Eat Less

4 Easy Steps to Get You Started

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One night at the dinner table when I was about twelve years old, I asked my mum why she wasn't eating the same as the rest of us; thinking she had saved the best for herself I pressed her until she gave me what she had. That was first and last time I ever ate a green pepper filled with cottage cheese! When I asked her why she was eating that instead of the delicious shepherd's pie like the rest of us, she said it was because she was "on a diet". I didn't know what a diet was then, but I decided that I never wanted to go on one.

My first part time job aged 16 was as a sports centre assistant, and by the age of 19 when I left college having completed a sports diploma, I was running "ladies recreation" mornings which involved "keep fit" classes and giving basic food advice. I went onto complete a Masters Degree in Nutrition & Exercise Science, and worked as Head Of Training for a national slimming chain before opening my own chain of successful health clubs. I realised that the best advice or "diet" in the world is worth nothing if it can't be followed long term. Over the years I learned what successful dieters do, or perhaps more importantly what unsuccessful dieters don't do. My own programmes began to focus on finding ways to

help my clients to change their thought process and their behaviours, so that they could ditch the willpower and genuinely change the kind of foods and how much they ate naturally and without feeling deprived. I combined these techniques with my unique Colour Code Nutrition system, creating the first complete Mind- Body weight loss programme. THINK MORE EAT LESS began (and still runs) as a one day workshop, and you can now buy my THINK MORE EAT LESS book and as you learn how to think differently, you can also follow Mable's journey; she's a real client who went from size 22 to size 10 using the techniques and her journal is a funny inspirational story. She's a real life Bridget Jones! I have given you a few of my techniques that she used to get you started.

If you want to change your body, then you already know you must change your eating habits; that might mean changing when you eat, how much you eat, or what you eat. Although we often hear the phrase "I did it without even thinking", you are NEVER not thinking. It's just that some behaviours become so automatic that they become our default setting. This simply means we have already done the thinking that established the behaviour, so we just

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short cut the process and keep doing it over and over again, a “habit” is born.

When you think differently, you act differently. It’s as simple as that. The good news is – it’s easy to change how you think. The bad news is, it’s also easy not to; this means you have to actively choose to

change. There are a variety of techniques in ‘Think More Eat Less’ that you can use if you genuinely want to change how you think and feel not just about food, but also about yourself, but here’s a couple to get you started:

### 1. Change The Record

You are never not communicating with YOU. Everything you do is either directed or justified by a thought. Imagine your mind is like an MP3 player or an i-player, where everything you have ever heard or thought is recorded onto the hard-drive. This information is then played back to you on “shuffle”. If you hear a track you don’t like, you just let it play anyway and listen, without realising that you can delete anything you don’t want, and create play-lists for what you *do* want to listen to.

If you want to change anything that you are doing on a regular basis, you have to trace the behaviour back to the thought that generated or justified the behaviour in the first place. Here’s the exercise:

- a. Write down the thing that you most hate about being overweight and how it makes you feel; e.g. I hate that I have to buy clothes in an outsize shop and it makes me feel ashamed/guilty/ugly.
- b. Write down 1 thing that you do regularly that has contributed to your weight gain, e.g. I don’t stop even when I have had enough, I eat too much junk food etc.
- c. Take a moment to pay attention to what you say to yourself just before you do this behaviour, and write it down; e.g. “I deserve this cake because I have worked hard all day”.
- d. Write this (thought) out again and finish the sentence with “.....and it makes me feel... ashamed/guilty/ugly (using the thing you hate most about being overweight from step 1).

As you read this sentence back, look closely at the contradiction. As you do this, you can begin to see that something you had thought was making you feel good, is actually contributing to you feeling bad. Really bad. This is called “unconscious honesty”, and it’s an effective way of telling your unconscious mind, the part of your mind that generates behaviours, that it needs to re-categorise this behaviour and associate it with pain, not pleasure.

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## 2. Real Or Imagined?

Your mind doesn't know the difference between an imagined event and a "real" event. Have you ever been genuinely afraid watching a movie? Or felt sick worrying about something that you thought might happen but didn't? It was Mark Twain who said 'I have been through some terrible things in my life, some which actually happened.' This anomaly can work in our favour as behaviours are learned through experience.

Therefore if you imagine yourself doing something, then, by default in your mind, you have actually done it, it's a real experience. The brain likes what it knows, and will always go for something familiar over something different; if you imagine the response you would like to have in any situation and see yourself acting that way over and over again, your brain will think you *have* actually responded this way over and over again. When you are then "really" in this situation it is much easier to make the change, as it already feels comfortable.

- a. Sit and identify a habit or behaviour you would like to change, and take a moment to think of a different behaviour you would like to do instead. It may be something as simple as being able to walk past the vending machine at work without "having" to buy some chocolate, or being able to watch your favourite soap without "having" to have biscuits.
- b. Imagine another you in a parallel universe, who already has the behaviour or response you would like, and watch them do it over and over again, generate a desire to have this behaviour for yourself that increases the more you watch it.
- c. When you have created a strong and genuine desire to have this response, imagine you can step into the image and feel what it's like to actually be this "other you" and behave in this way, notice what it's like to have the thoughts this "other you" has that generates this behaviour. Listen to the internal voice that's directing the behaviour and notice what is different. Do this over and over again. Notice the good feelings you can experience, perhaps a feeling of control or achievement.
- d. The next time that you are "really" in the situation, imagine you are once again inside this "other you" and that you have no choice but to do what they do, almost as if you can enjoy being a passive observer in this new behaviour and way of thinking.

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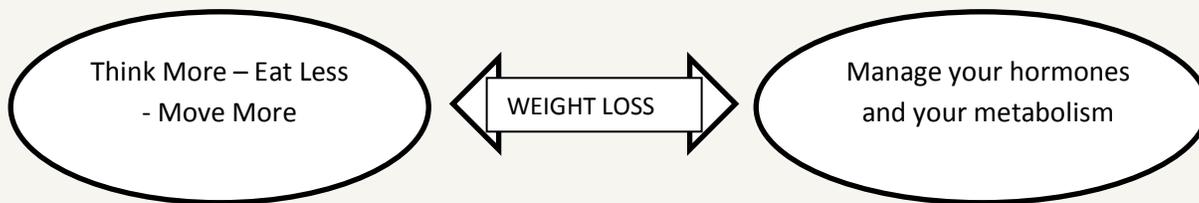


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### 1. "Hormones R Us"

Taking control of your mind is KEY to permanent weight loss and health. Some of the things you need to change are obvious, if you eat fish and chips twice a week and live off pizzas and junk food, then it's easy to know what not to eat. But it's as important to know what you can eat that will make you slim by keeping you satisfied, reducing cravings, and most importantly balancing your hormones.



Fat storage is totally under hormonal control, so it makes sense to eat foods that enable your endocrine system (the system that manufactures and distributes hormones) to function at its absolute best.

There is a complete nutrition Colour Code Nutrition System in 'Think More Eat Less', which will teach you how to balance your food intake so that you can achieve a slim healthy body without dieting. Here are some top food tips to get you started:

1. Reduce refined carbohydrates that cause an increase in blood sugar and promote fat storage and replace them with slower releasing alternative e.g.

AVOID	REPLACE WITH
White bread	Multigrain seeded
Most white rice & pasta	Basmati or brown/wild rice
White potatoes	Sweet potatoes
Refined cereals	Porridge or muesli

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2. Include quality protein in every meal but balance this with a high intake of vegetables and fruits. Too much protein at the expense of other nutrients can seriously damage your long term health. Good quality proteins that are low in saturated fats include:
  - a. Lean meat
  - b. Quinoa (a grain/fruit from South America)
  - c. Soya (e.g. Tofu)
  - d. Beans
  - e. Lentils
  - f. Fresh uncooked seeds
  - g. Fresh uncooked nuts
  - h. Wholegrains

## Burning Fat – Without Pain

Here's the thing: only muscle cells burn fat. Let me say that again, the ONLY cells in the body that burn fat are your muscle cells. Lack of activity means a reduction in muscle mass and muscle tone. Put simply - when you are inactive you burn less fat even when you do move. So, even without increasing what you eat, by not moving your body you get fatter. That means doing nothing isn't doing nothing – it's getting fatter.

I could give you a list of exercises that burn the most fat, but be honest, you are only going to maintain an active lifestyle if you find something that you enjoy doing. The best advice I can give you is to find something that you don't mind doing, whether it's getting together with some friends to play badminton or walking more. It doesn't have to be joining a gym if that thought fills you with dread. Whatever it is **JUST DO SOMETHING!**



If you have enjoyed these top tips then you will really benefit from the complete 'Think More Eat Less' book. Inside, you will learn how to use your mind to change your body, and also get the Complete Colour Code nutrition system.

You will also meet 'Mable' and share the intriguing diary of her progress at the end of each chapter. Or come along to one of my one day workshops where I will teach you all these techniques, and much more, in person. Visit [www.powertochange.me.uk](http://www.powertochange.me.uk) for dates and venues across the UK.

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Your body is where you live and you only get one, so please look after it.

*Janet*

Janet Thomson MSc – Transformational Life Coach, Best Selling author & TV expert, as heard on Chris Evans & Steve Wright



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