

## The Zen10 Technique

1. When you notice you are craving a binge urge say the phrase “Zen10” to yourself.
2. Cultivate a sense of space between the craving and your need to act on that craving. Rest your mind in that space.
3. Wait 10 minutes before taking any action towards a binge. When the time is up, see if you can extend it by another 10 minutes. Try to keep going until the urge subsides.

To help cultivate a space you can:

- Use mental visualization to strengthen your resolve.
- Dismiss any binge urges. Brush them off and let them be.
- Apply the Rapid Release Technique for powerful urges.
- Apply the Calm Breath for deeper relaxation.
- Move on with your day and focus your attention elsewhere.

## Rapid Release Technique

When the urge feels overwhelming use the Binge Codes Rapid Release Technique.

1. Take a very deep breath in and hold it .
2. Tense every muscle in your body for 5 seconds (this means you are contracting your toes, thighs, calves, buttocks, stomach, chest, arms and hands. You can even clench your jaw if you want. The more muscles you squeeze tight the better).
3. Release every muscle as you slowly exhale.
4. Rest for 10 seconds and then repeat 3-5 times. This should take you roughly less than 2 minutes.

## The Calm Breath Technique

If you wish to calm yourself further you can use the Calm Breath Technique.

1. Inhale through your nose to the count of 4, breathe deeply into your belly and chest area and feel it expand.
2. Exhale through your nose, slowly count to 4 (or whatever rhythm is comfortable), allowing your body to relax and release tension.
3. Repeat for 2-5 minutes.

## THE 7 KEYS TO UNLOCK THE BINGE TRAPS

- 1. The Diet Trap Key:** Under-eating leads to over-eating. Let go of restrictive diets, they don't work. Eat enough food to satisfy your biological requirements. Spread that nutrition throughout the day by avoiding gaps of longer than 3 hours without eating. Try not to graze in-between meals. This will help set a rhythm for your body.
- 2. The Yo-Yo Blood Sugar Trap Key:** Aim to have each meal (and preferably each snack) consist of a ratio of roughly 50% complex carbohydrates, 25% proteins and 25% fats. This will do wonders to stabilize your blood sugar levels and reduce your sugar cravings. Over time, discover the ratio that works best for you, so you feel fuller for longer and more satisfied after each meal.
- 3. The Nutritional Deficiency Trap Key:** Start taking a high quality daily multivitamin. Aim to add more real, whole foods into your diet. You know, fresh vegetables, fruits, beans, whole grains, nuts, seeds and lean animal protein like fish, chicken and eggs (the type of food your great-grandmother would have eaten). This will help you feel REALLY satisfied after eating.
- 4. The Habit Trap Key:** If you have a clear idea of when and where you tend to binge, break the habit by mixing up your routine and doing something different. For unexpected binge urges that are triggered by an emotional event utilize the Zen10 technique. Each time you do this, you weaken the habitual conditioning.
- 5. The Food Rules Trap Key:** Let go of your strict food rules. Allow yourself to eat all foods GUILT FREE. View food as 'sometimes food' and 'all the time food'. Avoid feeling deprived by eating a portion of 'sometimes food' regularly (this also helps remove any anxiety, guilt or fear associated with the food).
- 6. The False Friend Trap Key:** Realize bingeing on food doesn't fix anything. It reduces your ability to cope and becomes a crutch. Something you feel you need to cope with daily life. It becomes a bigger problem than whatever emotion was being avoided in the first place. It's a false friend. Say goodbye to your false friend and instead become a real friend towards yourself. Be there for yourself and recognize at times we all need some nurturing and love.
- 7. The Inner Critic Trap Key:** Stop blaming yourself for binge eating. It's not your fault. Go easy on yourself. You are not perfect and no one expects you to be perfect. Realize that you don't need a reason to love yourself. Repeat the "I love myself" mantra to yourself for a few minutes each day.

## The art of BioBalancing

After you break free from the binge traps you can learn the art of BioBalancing. This is where you nourish and balance your biological needs by paying attention to your biofeedback. By doing so you will stay at your healthy weight for life, binge free and you will know exactly when, how much and what to eat that is right for you.

BioBalancing™ has 3 core principles:

1. **Nourish:** Address your core needs (eat, sleep, relax, self-care, exercise etc).
2. **Observe:** Tune into your body sensations (your biofeedback) throughout the day.
3. **Rebalance:** Figure out what you need to do/adjust/change to maintain balance.

## BioBalanced Eating

### Nourish

- Ensure you address your core need for nourishment.
- Eat enough, balanced nutritious food spread throughout the day.

### Observe

- Observe your hunger throughout the day.
- Pay attention and eat slowly during meals and notice when you feel comfortably satisfied.
- Check-in to your gut and figure out what type of foods it is asking for.

### Rebalance

- Avoid getting too hungry (off-balance).
- Ask yourself “Will this food satisfy me in a balanced way?”.  
Adjust your food preference to ensure that it is balanced so you feel satisfied, nourished and cravings free for at least a few hours.
- Stop eating when you feel satisfied. You’ll want to feel balanced. Not too heavy and not too light. You’ ll still feel energetic and ready for the next activity.

## BioBalance Booster

Throughout the day drop your awareness into your body and notice what you feel. Just notice whatever it is you feel in this moment. The more you practice, the stronger your body awareness muscle becomes.

## BioBalance your emotions

Just observe any uncomfortable emotions. Don’t inhibit them, suppress them, ignore them or try to conquer them. Just be with it with an attitude of open curiosity and acceptance.