

The first step in your weight loss journey

Breaking through mindsets that hold you back



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A disclaimer and an encouragement

This book offers health information and is designed for educational purposes only. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis or treatment. If you have any concerns or questions about your health, you should always consult with a physician or other healthcare professional.

Do not disregard, avoid or delay obtaining medical or health related advice from your health care professional because of something you may have read within this book. The use of any information provided within this book is solely at your own risk.

Developments in medical research may impact the health, fitness and nutritional advice that appears here. No assurance can be given that the advice contained in this book will always include the most recent findings or developments with respect to the particular material.

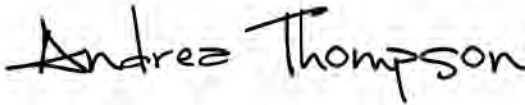
That being said, the information found within this book radically changed my life, and ultimately, my health.

In short, it saved my life.

As you read, I want you to be encouraged by my journey and consider the options of health principles and protocols I discuss.

You should consult your physician or other healthcare professional before applying these principles and protocols to determine if they are right for your needs.

Believing for better health in your life,

A handwritten signature in black ink that reads "Andrea Thompson". The signature is written in a cursive, flowing style with a large initial 'A' and 'T'.



**STEP ONE:
Stop hating
yourself.**

**Even if you
don't like your
appearance, you
can't hate yourself
and expect to make
progress.**

Let's start here together

We live in a world that is diet crazy. There are hundreds and hundreds of different ways out there “how to lose weight.”

I always say that I feel like I've tried every single diet out there, and made up five more of my own. If our main relationship with food is what can I eat to make me skinny, instead of what can I eat to give my body the nutrients it needs to live, then something is terribly wrong here.

The weight loss industry is a 500 billion dollar industry. But because it is driven so often by appearance and vanity, I also believe it is an industry filled with self-hate. Adolescent girls are more afraid of gaining weight than getting cancer or losing their parents. Two out of five women would give up 3-5 years of their life in exchange for weight loss. Nearly 50% of girls aged 3-6 are already concerned about their weight. 97% of women confess they have at least one “I hate my body moment” each day.

These numbers are staggering and very sad.

But I believe that we can see them change for the better, if we are willing to change our approach to being healthy and how that affects our weight and appearance.

The world today is obsessed with looks and being the thinnest person out there. The goal is to do whatever it takes to look like the airbrushed models in a magazine, and for a lot of people, that is the only way they will love themselves.

***“I won’t like myself unless
I get these extra two pounds off.”***

These were words that came from someone I was working with on their health. Two pounds? Does two pounds really make that big of a difference? To most of the population, yes. While it is very important to eat right and live a healthy lifestyle, excessive dieting is not healthy.

Don’t misunderstand me, I work hard to keep my weight and appearance as healthy as I can, but I’ve also discovered (the hard way) that there is more to the process than just the appearance.

It also requires a mindset that positions you for success.

Here’s a recommended starting point for you...

Instead of the crazy dieting, try loving yourself first instead.

What does this look like?

And where do we start?

Here are 3 simple things to do every single day that can help change your mindset and start loving yourself well:

1. Stand in the mirror and tell everybody part that you love it and that you appreciate what it does for you. For example, tell your arms you love them and are thankful that they are there to carry things, lift, things, give hugs. Tell your legs you love them and are thankful that they allow you to walk. Tell your stomach you love it and are thankful it is there to support you.

2. Feed your body the nutrients it needs. It needs love on the inside just as much on the outside.

3. Rest and reflect. Take time during the day to sit, breathe, and reflect on how grateful you are that you are alive, able to walk, talk, breath. When you dwell on the positive, it is hard for negative thoughts to get in.

I have been on the journey of loving myself for a while now. It isn't easy, especially when comparison to others creeps into the equation, but when you can truly say you love yourself it is one of the most freeing feelings. I challenge

you to do one or all three of these and see how it changes the way you feel and think about yourself.

Don't give up on losing weight, but let's not make that the starting point.

It's time to love yourself first, and let that be the starting point to your future weight and appearance goals.

Now that we've started with what I believe is the most important initial step, how about a couple of bonus insights to encourage and motivate you?



**BONUS #1:
Stop approaching
your eating as if
DIET is really a
“Four-Letter Word”**

**Think alteration,
not deprivation. If
you do, you’ll enjoy
the journey.**

DIET is a word that society has taught us to resent because with it comes visions of dry rice cakes, chalky protein powders, and drawn out walks on the treadmill.

It always breaks my heart to hear people say they hate eating healthy because I truly believe we were created and designed to love the food God created for us.

The problem is that the food industry has loaded our “food” with chemicals and sugars, which make our brain become dependent on them. Did you know that the acronym for the Standard American Diet is “SAD?” It is just that – It’s SAD!

The Standard American Diet is quite frankly, a complete sham. Those at the top are not teaching people how to properly nourish our bodies, but instead they are encouraging us to poison our bodies! The standard American diet is filled with processed meat, dairy, unhealthy fats, and sugar! Research studies have found potential links between the standard American diet and risks of the following diseases and conditions:

- Muscle Loss
- Acne

- Increased risk for Alzheimer's and Dementia
- Breast Cancer
- Increased levels of IGF-1, a growth hormone associated with cancer risk
- Thicker carotid arteries
- High cholesterol
- Enlarged prostate and heart attacks
- Increased free radicals
- Heart disease
- Unhealthy inflammation and oxidation
- Greater risk of inflammatory bowel disease
- Reduction of inner blood vessel lining function
- Declining kidney function
- Lower back problems
- Worsening of lung function and asthma control
- Greater risk of pancreatic cancer
- Greater risk of preterm delivery
- Greater risk for prostate cancer
- Obesity
- Small stools
- Decreased sex drive
- Increased risk of Autism and Cancer in children
- Increased risk of childhood diabetes
- Traces of toxic waste in breast milk

If that list doesn't want to make you run to your nearest juice bar, I don't know what will!

As we can see, our eating habits in America have taken a drastic turn from what God intended our diets to be. Even our so-called “health foods” like low-carb yogurts and protein bars are bursting with chemicals, sugars, and synthetic materials. Our bodies, as brilliant as they are, simply do not know how to process chemicals. So, they in turn get stored in our organs and muscles, which then wreaks havoc on everything from our brain to our bones.

To make matters worse, GMO’s have now taken precedence in our foods. GMO stands for “Genetically Modified Organism.” To simplify, it is a plant, animal, microorganism or other organism whose genetic makeup has been modified using recombinant DNA methods like gene modification or transgenic technology.

What this means is that even our most basic food needs, like fruits and vegetables, are now being tampered and manipulated! Most of the produce at your local grocery store isn’t even real produce anymore. It could look like a vegetable and taste like a vegetable, but it is not a vegetable. It is a science experiment and we are the guinea pigs that they are testing it on.

Sugar has also become a common culprit that is the cause of sickness and disease.

Food manufacturers are loading our everyday foods with hidden sugars. It's been studied that the average American will consume 150 pounds of sugar a year!

Some people think that they can avoid sugar by just looking for the word "sugar" on food labels, but food companies actually have sixty-one different names for sugar!

Sixty-one!

For many people, sugar is one of the hardest addictions that they will ever have to beat. However, it is one of the most dangerous substances in our foods, in my opinion.

It is highly addictive, more so than cocaine, and causes weight gain, depression, accelerated aging, skin dullness, and inflammation that is linked to numerous diseases, including cancer.

Next to renewing our mind, this step may be one of the most crucial when it comes to fighting disease! What you feed, grows. If we are feeding our bodies with chemicals and toxins, disease and bacteria will grow inside of us. However, if we are nourishing our bodies with organic fruits, vegetables, and grass-fed and finished meats, life abounds.

If you're ready to get real about your health, then it's time to see your food choices not just as a short-term bandaid, but instead as a pathway to a healthy long-term lifestyle.

And remember, DIET isn't a four-letter curse word. Rather, it is an invitation to a renewed lifestyle that leads you into health and life choices that you won't regret.



**BONUS #2:
Stop getting
down on yourself
if you don't see
instantaneous results.**

**Remember, you are
after a change of
lifestyle. Results
will come.**

We all love quick fixes. It's become the norm of our society - from TV shows to home makeover projects, we love a good before and after, and we love it to happen NOW!

Some call it the "microwave" effect where when we want something, we want it right now. We don't want to have to wait for it. This is why there is such a huge market for weight loss products that promise instant results!

1 years that come to me for a variety of different reasons. Some just want to lose a few pounds, some have life-threatening illnesses, and others want to lose weight to prevent the life-threatening illnesses!

Each and every person has a unique reason for wanting to get well, but very few people want to actually put in the work and make the changes that are necessary.

I have a friend who often says, "seed by seed and row by row, that's how you make a garden grow." She uses this analogy in reference to getting healthy.

Many people want to follow a diet plan for one week and have all of their problems be healed! It just doesn't work that way. We didn't become unwell overnight.

It was years and for some, decades of unhealthy eating and lack of exercise before it caught up to us. It is going to take some time to undo the years of mishandling our bodies have been through.

But the results of changing your approach to being healthy and whole, are completely worth it.

I encourage you to not be one of those people who throws in the towel! You have far too many reasons to not give up.

I know that this is may seem difficult. If it were easy, everyone would do it! I also know that you have what it takes. You were designed to live in incredible health and wholeness.

So don't lose heart. Keep going.

So what now? Consider doing the following:

1) Get your blood tested and analyzed to determine at a cellular level what foods and previous dietary habits are causing issue.

2) Determine a protocol plan, that is specific to your needs, based on these discoveries.

Discover what your blood has to say



Discovering your blood cell condition is the building block for long-term great health!

Through a unique partnership with potentially the foremost cellular health authority in the world, Dr. Raymond Hilu, you can take a simple blood test, send it to Dr. Hilu (in Marbella, Spain), and find out things about your blood and health that will astound you.

Here's an overview of what you'll receive:

- test
- lancet
- gauze pad
- full Instructions on taking test
- release form emailed to you
- instructions for mailing back to Spain

The information that you receive back from Dr. Hilu's clinic will give you protocols, treatments and next steps, and in some cases, they will strongly encourage you to consider coming to their clinic.

Go to andreathompson.org/store to order and receive priority shipping for the kit to be mailed out to you.

Ready for some help on your health journey?



Personal health coaching sessions available now!

We love individualized health and life coaching, and due to the unique nature of each person's challenges, it can be the best way to jumpstart and clarify the best path for you, with someone who can go on the journey with you!

Book an in-depth consultation with one of our Personal Health Instructors today!

With the increasing performance demands in the workplace, environmental toxins, on-the-go meals, overuse of antibiotics and prescription medication, sedentary lifestyle and social media pressures, it's common to find yourself depleted of vital nutrients, exercise, healthy emotions and sleep that is needed to maintain a healthy body.

This not only affects the physical but also the mental, emotional and spiritual aspects of men, women and children often resulting in sickness and disease.



Our Personal Health Instructors are specifically trained to listen to your needs, and help you find solutions that address your specific health and life concerns.

Need more insight into your blood test results?

In addition to regular coaching, your instructor can also help interpret your blood cell analysis results and provide a strategic implementation plan of Dr. Raymond Hilu's protocol.

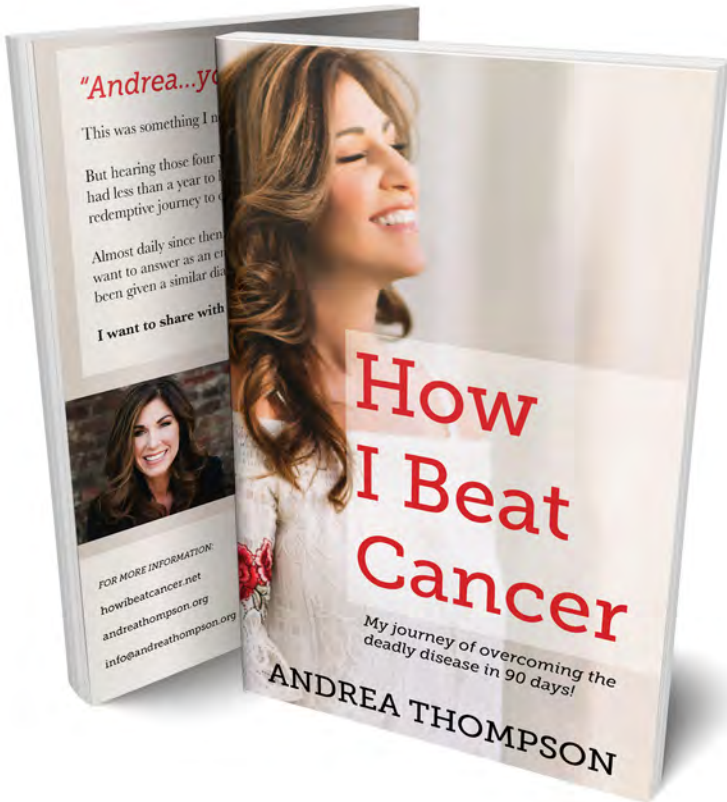
If you have not yet completed your blood analysis, our team will provide support to:

- help you establish an efficient plan to pursue answers to your health concerns
- make referrals to our clinical team and help you discover options for your health
- offer helpful tools pertaining to diet, exercise and emotional health to equip you with the necessary resources to move forward.

Skype or phone sessions available.

Go to andreathompson.org/store to get started now!

Andrea's detailed journey of beating cancer



Available at:

- [amazon.com](https://www.amazon.com)
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