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A message from the author

As I approached middle age it seemed every year I was slowly gaining more weight. I justified this weight gain and my lack of vitality as part of the ageing process. I would come home from a busy day at work feeling sorry for myself and too tired to cook dinner. I wasn't organised enough to have any healthy food in the house and decided that a glass of wine and some chocolate would make me feel better. This had become a very common lifestyle choice that I was making – and it was also making me feel very guilty.

My thoughts went like this: 'I need to be healthier. Why can't I get motivated to diet? I must stop drinking so much alcohol. I should be exercising. Why can't I get organised? Why am I feeling so bloated and sluggish?' And so it went on. I felt frustrated with myself and knew that as soon as my head hit the pillow my negative thoughts would take over, spiralling me into a restless night of self-judgment.

After yet another sleepless night I thought, 'I don't need another diet, I need a lifestyle that works for me.' Diets only work when you are on them and I did *not* want to be on a diet for the rest of my life. This decision led me to amazing discoveries about my health and wellbeing. At the same time I realised that my lack of motivation came from negative thoughts about myself. So the first thing I decided to do was to learn how to create empowering self-talk, which has become my motivation rocket fuel.

As I started on my journey of self-discovery and empowerment I discovered Ayurveda; an ancient system of medicine and healing that creates harmony between mind, body and the forces of nature. I then applied the principles of this ancient wisdom to achieve balance in my hectic Western lifestyle. And to my surprise, I lost weight without even trying. Quite by accident, I had discovered how to speed up my metabolism and burn off body fat easily.

Delving deeper, I looked into the scientific research that verified this ancient wisdom. In doing so, I discovered that our bodies have natural cycles that control and manage appetite, energy, mood and sleep, called circadian rhythms. When these are out of balance, nothing feels right – but when they are in balance, we are at our best.

Paying attention to circadian rhythms really suited my lifestyle *and* me. I didn't have time to count calories; I had no energy to exercise; and I loved my food too much to drink shakes or go on a diet. Simply adapting my lifestyle to a more natural cycle, I found I had more energy and felt like exercising. I also needed less sleep, which meant I had more time to do the things I enjoyed in life.

This was the beginning of *The Metabolic Clock*.



My partner was on a diet and eating pre-packaged, portion-controlled meals. He was losing weight – but it was a slow process – and he was miserable because he wasn't enjoying the food.

One night we sat down to dinner. I had a big plate of food and he looked at his uninspiring portion-controlled meal. He kept looking at my plate and he said, 'I don't get it. You eat twice as much as me *and* you eat a piece of chocolate every day. Worse, you hardly exercise. I am sweating it out at the gym six days a week and starving myself on this tasteless food and you are losing weight quicker than me. What's your secret?'



My secret is balance. I had made lifestyle changes that reset my body clock and tuned it into nature's rhythms. I had also learned what to eat and when to speed up my metabolism – this boosted my energy and I lost weight without being on a diet.

From that moment, my partner decided to use the simple weight loss and wellness secrets of the Metabolic Clock. To his surprise, he shed 22 kilos of body fat easily and started to enjoy feeling more energised, too.

The lifestyle changes that I made were so simple and very natural. It's funny that we don't notice that we are well, only when we are unwell. That's because being a healthy weight and feeling energised *is* our natural state: the state your body is most comfortable with. When you make healthy changes towards how you take care of yourself, your body will reward you with a wellspring of energy and you will easily and comfortably lose weight.



After a few years of experiencing renewed health and wellbeing, I decided to return to competitive track running, which I had not done for 14 years. I had all the energy I needed to do the training, but had not anticipated that my ageing muscles would take some time to catch up.

In my enthusiasm to compete, I tore a calf muscle while running and fell, breaking my wrist. My injuries meant that I could not exercise for eight weeks. During this time, I focused solely on the lifestyle strategies of *The Metabolic Clock* and without exercising at all, I still lost weight. If you are a person who absolutely does not like to raise a sweat, then this system will still work for you.



When some mothers at my son's school asked me what I was doing to have so much energy, I decided to give my time and this powerful information for free. I created a pilot program and began sharing it with small groups of people. So many achieved amazing weight loss and enjoyed an increase in energy levels that it wasn't long before I was asked to speak at corporate events about the Metabolic Clock and how it can be used to achieve work-life balance. Then celebrities and Olympic athletes wanted to use the Metabolic Clock to balance their busy lifestyles, too.

When you align yourself with the natural energy cycles of the Metabolic Clock, you will feel more empowered to make healthy lifestyle changes. Once you learn the Metabolic Clock lifestyle for easy, sustainable weight loss, you will have it for life! You won't need to spend any more money on pre-packaged, portion-controlled diet food, weight-loss products or diet shakes. The Metabolic Clock will give you a lifetime of health and wellbeing. It's a blueprint for great health and vitality. You might occasionally step out of this lifestyle, but I guarantee you will go right back to it because you will want to retain the feeling of wellbeing that this lifestyle will give you.

If you are a busy person who wants to know how to be healthy and live with more balance, then you will love the simplicity of the Metabolic Clock. I have shared this information with thousands of people, either personally or at seminars and events, with amazing results. Try it for yourself.

How else will you know it works unless you try it?

Julie Rennie



Introduction

Welcome to *The Metabolic Clock*. It is full of simple, natural, weight-loss strategies that will get you started on your journey to achieving a healthy, slim body.

Why follow *The Metabolic Clock*?

Diets only work for the short time you are on them, and who wants to be on a diet for the rest of their life anyway? You can count calories to lose weight, but you may only be making an unhealthy diet smaller.

You can cut out all the carbohydrates and fats from your diet and always feel that you are hungry and missing something. Or you can see a health professional who gives you a long list of foods that you are not allowed to eat and look in your fridge and cupboard and think, 'What am I going to eat?'

You can purchase pre-packaged, portion-controlled meals and lose weight while you diet. Then when you stop eating these meals, you may put all the weight back on plus, sometimes more.

You can be taken in by fad diets and the promises of quick weight loss products and unbalance your metabolism, leaving you feeling sluggish.

Or, you can use the strategies of *The Metabolic Clock* to create a balanced approach to losing weight and being healthy that lasts a lifetime.





The Metabolic Clock action plan

By reading this book, you will be able to create an action plan to achieve a healthy, slim body. You will:

- be inspired to create your own wellness goals and understand the compelling reasons to attain them
- learn how to create a balanced daily routine and understand why it is so important to your overall health
- learn how to implement simple strategies that will speed up your metabolism; boost your energy; and make it easy to burn body fat without being on a diet
- implement six daily practices that will revitalise your digestive system
- find the motivation to exercise because you will understand the value of moving your body as a way to feel good about yourself
- use tools that will help you overcome emotional eating and build your motivation to achieve your goals
- have a formula to help you clean out your cupboards so that you can create a clean foundation for creating your compelling new future
- start a 21-Day Lifestyle Challenge to create a healthy and balanced daily routine
- be motivated to get your kitchen organised with healthy food.

You've taken the step that will help you to discover what you can do to get your metabolism moving. Not only will you lose weight and gain health, but you won't feel like you are missing out on the good things in life.



Step 1

How to speed up your metabolism to burn body fat and create more energy

*'The key to keeping your balance
is knowing when you've lost it.'*

When your metabolic clock is in balance with nature's rhythms, your metabolism speeds up, you burn body fat easily, you have lots of energy, you sleep well and you naturally feel balanced and healthy. In this section you will learn what to eat, when to eat and what activities are best suited throughout the day, according to your natural energy cycles.

Creating compelling reasons to change your lifestyle

'The bigger the why, the easier the how' – Jim Rohn

To get started, you will need to decide why you would like to be healthy and enjoy a slim, comfortable body. Why is this important to you? Here are some examples to get you started.

- Summer is approaching and I want to look good in a bathing suit.
- I have an important function coming up and would like to fit into a smaller dress size.
- I am in a new relationship.
- I would like to get into shape to attract a new partner.
- My doctor has warned me about my health.
- I would like to feel better and have more energy.
- I would like to be more active and play more with my kids.
- I have booked a holiday and want to get fit for it.
- I would like to be fit enough to play a sport.



It's really important to know why this wellness journey is important to you. It doesn't matter what other people think; they don't know *your* dreams and goals. You may like to buy a journal so that you can write down your thoughts and any inspirations that you discover as you journey towards your weight-loss and wellness goals.

Your personal reasons will get you through any setbacks or obstacles you may experience along the way. Remember to keep reminding yourself of the outcome you would like to reach and why it's important to you.

Think of yourself as an athlete. All great athletes had to start somewhere and they all experience setbacks and plateaus along the way. What keeps them focused and training is that they continually think of the outcome of winning. Without this they would not be motivated to train in the rain, hail or heatwaves. Without personal reasons, it would be easy to give up when the going gets tough.

Creating your wellness goals

Next, take a few moments to create your wellness goals. These differ from your compelling reasons to change your lifestyle. They are specific things that you would like to achieve, for example:

- lower my cholesterol
- lose 5 kilos
- give up smoking
- run a 10 km fun run
- join a gym and train three times a week
- get six-pack abs
- learn how to cook healthy food
- lower my blood pressure
- create a healthy daily routine.

First get your goals clear in your mind – there is no right or wrong answer, just think about things that are relevant or have meaning to you and your situation. When you have created wellness goals in your mind, write them down in your journal.

Keep your compelling reasons and wellness goals in a place where you can see them every day.

Write your compelling reasons and wellness goals down on a sheet of paper and place them on the refrigerator door, or stick them on the bathroom mirror. Keep looking at them so that they are always at the front of your mind, not buried under the negative thinking that so often clutters our minds. If you have a moment where you are feeling unmotivated, choose to replace these thoughts with ones of achieving your goals and all the reasons why this is important to you. Now that you've decided what your wellness goals are, take a moment to fill out the following questionnaire to identify any obstacles.



What is optimal wellness for you?

What is holding you back from creating optimal wellness?

- | | |
|--|---|
| <input type="checkbox"/> Lack of motivation | <input type="checkbox"/> Have not made the decision to change |
| <input type="checkbox"/> Not knowing how | <input type="checkbox"/> Do not believe that it is possible |
| <input type="checkbox"/> Because of past failures | <input type="checkbox"/> Have no support structure |
| <input type="checkbox"/> Lack of information | <input type="checkbox"/> Have not made the commitment |
| <input type="checkbox"/> Not enough time | <input type="checkbox"/> Don't have enough money |
| <input type="checkbox"/> Believe that it is all too hard | <input type="checkbox"/> Too tired and have no energy |

Are you currently experiencing?

- | | |
|--|--|
| <input type="checkbox"/> Illness or ailment | <input type="checkbox"/> Feelings of anger |
| <input type="checkbox"/> Loss of someone close | <input type="checkbox"/> Relationship issues |
| <input type="checkbox"/> Illness of someone close | <input type="checkbox"/> Financial pressures |
| <input type="checkbox"/> Unresolved pain from the past | <input type="checkbox"/> Family issues |
| <input type="checkbox"/> Feelings of failure | <input type="checkbox"/> Fear of the future |
| <input type="checkbox"/> Depression or anxiety | <input type="checkbox"/> Issues from the past |
| <input type="checkbox"/> A fear of getting old | <input type="checkbox"/> Life is outside of my control |
| <input type="checkbox"/> Stresses in life | <input type="checkbox"/> Feel isolated |
| <input type="checkbox"/> Putting off decisions | <input type="checkbox"/> Lack happiness and joy |

Do you emotionally eat or take stimulants when?

- | | |
|--|--|
| <input type="checkbox"/> Stressed or upset | <input type="checkbox"/> Trying to relax |
| <input type="checkbox"/> Bored or lonely | <input type="checkbox"/> Feeling destructive |
| <input type="checkbox"/> Angry | <input type="checkbox"/> Looking for a lift |
| <input type="checkbox"/> Escaping from something | <input type="checkbox"/> Not feeling worthy or deserving |
| <input type="checkbox"/> Feeling unfulfilled | <input type="checkbox"/> In emotional pain |

Current eating habits

- | | |
|--|---|
| <input type="checkbox"/> Do you eat your food quickly? | <input type="checkbox"/> Do you regularly skip meals? |
| <input type="checkbox"/> Do you eat without chewing? | <input type="checkbox"/> Do you eat when you are anxious or stressed? |
| <input type="checkbox"/> When you eat, is your mind on something else? | <input type="checkbox"/> Do you experience indigestion? |
| <input type="checkbox"/> Do you eat on the run? | <input type="checkbox"/> Do you eat breakfast every day? |