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Module 1 101 The Basics

Brenda Bennett:

Welcome everyone to module one, The Basics 101. I am so excited that you are here and you're ready to take another chance to learn really the habits that you need to have a sustainable weight loss, a sustainable sugar-free lifestyle. I truly believe this course is going to be life-changing for you. I believe in my method for detoxing from sugar, and I believe as you go through this course that you'll start believing in yourself. That you can break free from the hold that sugar and refined carbs have on your life.

And over these modules, you're really going to learn why you've struggled, how your brain works and the steps needed to really overcome and change the old habits that have stalled your success in the past. You're going to learn all the tools you need for success so your progress won't end when the course ends. I have a small private membership for everyone who completes this course for those who want continued support, and I truly believe that's a big missing piece to many of the past successes and failure rates of many programmes where you lose weight, and then once you get off that diet or that programme or that accountability and support, you go back to your old habits. That's why I created my Tribe Membership for those who complete this course who know that keeping focus weekly with live group coaching and accountability helps you to keep the weight off.

I truly believe that the methods that I teach you here, not only to help you balance your blood sugar through the right foods for your plate, for your body, but you learn why you're turning to food for comfort, and that is one of the biggest gifts that you can give to yourself so that you can improve your way of life and not go back to those old habits. You will be also changing the lives of those around you and your family through your experience and your knowledge and the tools that you learn in this course. Your example will probably be enough for family and friends to be asking you how you did it, because your success will be very motivating to everyone around you.

I truly believe that through the tools that I teach in this course that you will not be controlled by cravings and you'll learn exactly what to do when stress hits so that when it comes, because it will come again. We are human. We live in this world. But that you'll know what to do for the better so that you don't abuse your body through sugar and refined carbs and eating crap. I believe that it will empower you and make you stronger, and once you learn what your body needs to feel its best that the steps to get there, you won't waste your time and your money on another programme again, because you're going to build new habits and rewire your brain, balancing your blood sugar, increasing your serotonin, your melatonin to improve your sleep, and learning how to regulate the dopamine, to get away from hyper palatable foods that have triggered the dopamine hit and just learning how to eat whole foods and going back to basics.

Habits really will be formed in these modules through this course. How to build them. Habits really help us eliminate the need for self-control or willpower, helps you conserve it. So a habit really is defined as a behaviour that is recurrent and it's cued by a specific context, and it happens without much awareness or conscious intent. It's just acquired through frequent repetition. The real key to habits is the lack of needing to constantly make decisions. A habit requires no decision from me. I've already decided I'm going to brush my teeth. I don't need to think about it. We make the choice once and we stop choosing. I don't eat sugar and refined carbs. I don't have to keep making this decision every day. I already decided.

Habits will make change possible by freeing us from decision-making and from using self-control and willpower. The brain loves habits because it saves you effort and it gives you more capacity to deal with really urgent matters. Life becomes simpler. You don't have to strain yourself to make a decision, when we're anxious or we're tired or we fall back to our habits, good or bad. Habits bring us comfort. So changing our habits allows you to really change your future. And we manage whatever we monitor. So some of the tasks that are required of you in Basics 101 module will expand your comfort zone, but will lead to positive changes.

Food journaling is very important in this programme, and you'll listen to that module in a few minutes. But the reason is because you can no longer fool yourself with how much you're truly eating. When you see it in black and white, it solidifies honesty. It takes away the guessing game of how much food or what food is beneficial to your body. Journaling not only what you eat but how you felt writing down extra bites or second helpings, it really shows you certain foods that might be triggers for overeating. Knowledge is power and you need to make a commitment to doing this daily. Writing your food the night before or the morning of, uses the prefrontal cortex, the part of your brain that has your best interests at heart. This part of your brain is not being tempted from the trials of the day or the impulse decisions based on your emotions. So write it down, commit it to your accountability buddy or partner or group or in the Facebook group.

This is very important because if you've not been accountable to yourself, you need external accountability. Habits grow stronger and faster when they're repeated. And it forces us to control the natural limits of our day. Consistency, repetition means no decisions. This is the way to develop a true habit. And some habits are almost unbreakable, like brushing your teeth and some habits will be fragile even after years, and you really can't take them for granted. You have to guard against anything that would weaken your habit and not get too comfortable. Even when you get to maintenance. That's when you have to be even more on guard. I have a maintenance course in my tribe membership that will probably be the next step for those of you who complete this course and get to your weight loss goal, the maintenance course might be for you.

I also have another course to help with if you feel like you continue with impulse eating. That is something that might help you. Then at the end of this course, if you haven't seen much success, there might be other things, and in module four, I'll talk about testing that might help you as you go forward and navigate your journey. And I also have a course on busting stalls. So that might be an option for you after this course.

But for some of you, you've come into this course with all the knowledge. The know-how. But for some reason, you do well for a little while, and then something triggers you and you head back to sugar and the refined carbs. Some of you might just be beginning this new lifestyle and soon you'll see how easily you might want to turn to sugar and refined carbs when you've taken it out. When it's not an option anymore. So wherever you see yourself right now in the moment, it doesn't matter.

Everyone starts somewhere at day one. But just commit during this fresh start course to not let sugar and refined carbs cross your lips for the entire time that you are doing this course. That is the only thing I really would love if you could diligently commit to. This is a boundary that I would say protect at all costs. I can tell you that this new habit will be hard starting out, but with others and with support, you might even get angry with me for in a few days wondering why you decided to do this course. That's just the sugar withdrawals telling you you're crazy. Don't listen. Don't let sugar cross your lips because it is harder to start over each day than the first time you commit. So just don't cross that boundary.

I have a free webinar masterclass. If you want to know why your body has turned to sugar, why your body has turned to carbs for comfort, that webinar is free to you, and we'll link it below. So the best thing that you can do is just promise yourself that you're not going to quit. That's all. It does get easier. I don't have to wake up each day and use willpower to decide not to eat sugar. I created my habit back in 2006 after a daily struggle for a long time, probably a year.

It's much easier to detox 100% of the time than 98% of the time. Having one foot in occasionally. It's much easier to just for me. I had to become an abstainer. And there's so much freedom in that. I'm not tempted. You don't have to make that decision right now in this course. But just stick with the programme, follow the lessons in the modules, and just commit. No sugar and refined carbs crossing your lips. You can do it.