

THE
GABRIEL
METHOD

Welcome to The Gabriel Method...

STEP-BY-STEP

with Jon Gabriel

Email questions

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THE
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METHOD

Step-by-Step Core Transformational Series





Step-by-Step

Core Lesson 1

**Why would your body
want to be fat?**



1. Why would your body want to be fat?
2. How do you get your body to want to be thin?

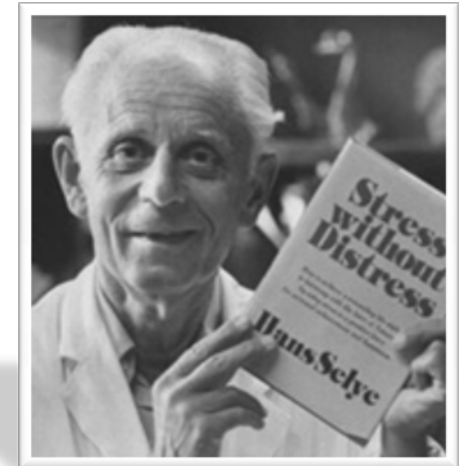
You Must Understand How Our Bodies Adapt to Stress

- Stress - anything that's perceived by the body to be potentially harmful in any way
- Adapting- adjusting to new situations in our environment in such a way to minimize the potential threat
- Our bodies are trying to keep us safe
- We've been able to populate every different type of living environments because...
- Our bodies are brilliantly designed to adapt to stress and adapt to our living environments



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- General Adaptation Syndrome – When a stress is applied to our bodies, our bodies adapt so as to make the stress less stressful
- This allows us to be better suited to the environment which means we have a better chance of surviving



Dr. Hans Selye
"The Father of Modern Day Stress Research"

Example 1: General Adaptation Syndrome

- Too much sun is a stress so your body adapts
- Your body produces melanin which makes skin darker to absorb ultraviolet rays
- Next exposure will be less stressful
- You are then better adapted to your living environment



Example 2: General Adaptation Syndrome

- In the wintertime, not enough sun is a stress
- Your body adapts by making your skin lighter to better absorb the healthy rays
- Your body is always trying to come up with an ideal skin color that is not too dark or too light, an example of how your body adapts to stress.





Fat is a Protection Mechanism

- Designed to protect you against famine and cold weather
- Thousands of years ago, if you were living outdoors without enough to eat and you were cold, those are stresses
- Stresses cause chemistry in your body that alerts you to the fact that you could starve to death or freeze to death
- This activates your....



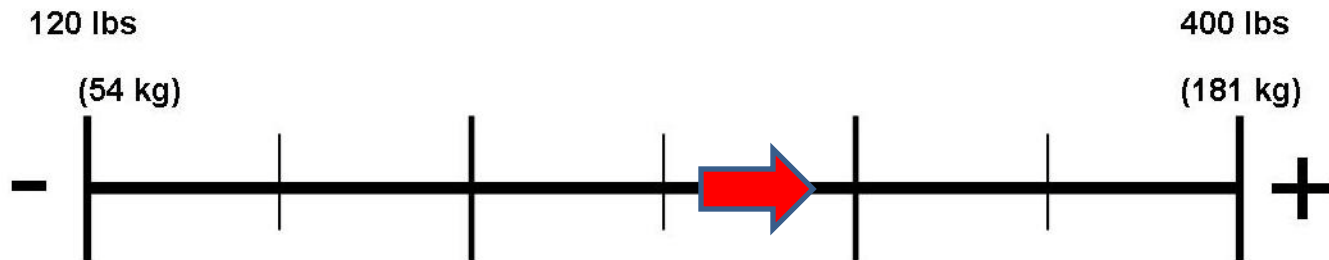
FAT Programs ***(Famine And Temperature)***

- Makes you hungrier
- Slows metabolism
- Perpetual fat storage mode
- Lose the ability to burn fat
- Makes you crave more fattening foods

Combine these factors together and your body conspires to make you gain weight.

Ideal Weight

- In the same way your body comes up with an ideal skin color, your body comes up with an ideal weight
- Your body maximizes the benefits of fat and minimizes the harmful effects of fat
- If you were experiencing famines on a continual basis then your body would adapt carrying extra weight at all times because we don't know when the next famine will be
- The more famines you experience the more your body would adapt by wanting to have extra weight, the more your body would want to be fatter





Some Environments Make Your Body Want to Be Thinner

- Imagine a tropical paradise with abundant food where you can eat whenever you want (a natural state of being) where and there is never a famine. You wouldn't need fat to protect you from cold or famines
- If you were living in that environment for an extended period of time, your body would no longer want to be fat. The extra weight would not be needed
- Your body would want to be thinner

Some Environments Make Your Body Want to Be Thinner

- Imagine there are predators that require you to move fast
- This different stress causes different chemistry which alerts your body to the fact that you've got to be thin and fast to survive
- Get Thin or Get Eaten (GTGE) adaptation



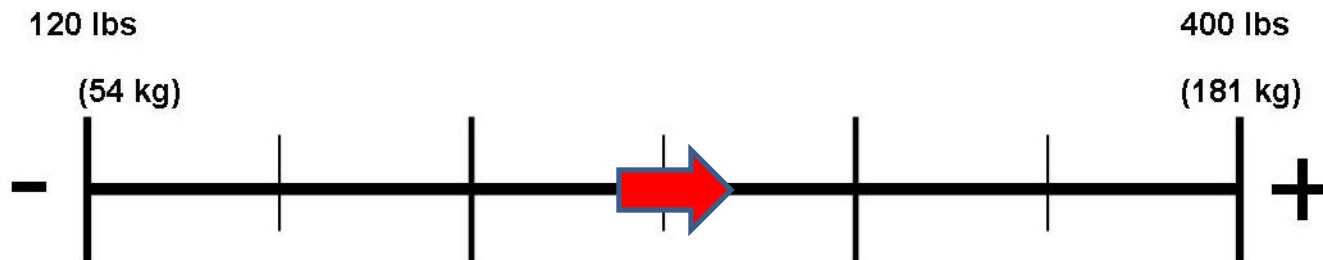


Get Thin or Get Eaten

- You must be lighter than ever
- You become very efficient at burning fat
- You have abundant energy
- You're not craving junk food
- You eat a little bit and you're full
- Chemistry takes place that forces you to lose weight until you become a weight that makes your body feel safe

Set Point

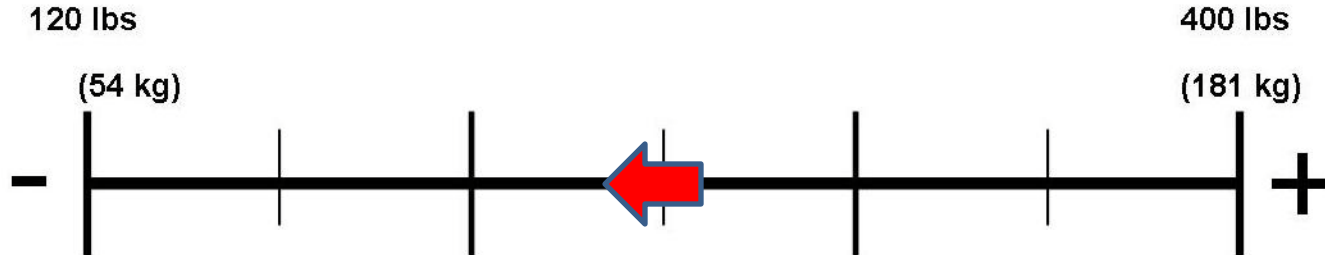
- Thousands of years ago, our weight would vary depending what our most ideal weight would be for survival's sake



- During famine and cold, we'd carry extra weight

Set Point

- In a warmer environment with food and tigers we'd be thinner, less hungry and we'd be a thinner ideal weight



- We maintain a set point that's always shifting depending on the stresses in your life

Today We Don't Have the Same Environments

- But, we still have stress that causes the same chemistry as a famine
- Our bodies get tricked into activating the FAT Programs
- In modern day all you can eat, excess empty calorie, carbohydrate type food, it's how you get to obesity
- A mental, emotional, physical, environmental stress activates the FAT programs causing you to eat
- The stress remains regardless of how much you eat
- You get fatter and fatter as your set point keeps shifting upward





Today We Don't Have the Same Environments

- Normally, in a famine in a cold winter, thousands of years ago the FAT programs would cause you to carry some extra weight but the stress would go away
- Today the stress isn't a famine, and it doesn't go away
- Gaining weight doesn't solve the problem but your body doesn't know that
- Your body continues to try and adapt but not having any other resources to solve the problem your body keeps forcing you to gain weight



Why Do We Gain Weight?

- Not because we're weak, lazy, undisciplined or we eat too much
- We gain weight because our bodies are trying to adapt to a stress, forcing us to gain weight.



The Brain and Fat Levels

- The same part of our brain that controls how fat you need also controls how much blood you need, how much oxygen you need and how much sleep you need
- Asking someone to eat less is like asking someone to sleep less
- After continued sleep deprivation your body would force you to have a big “binge” sleep because your body had decided it needs a certain amount of sleep and your body can force you to sleep
- The same is true with fat. Fight your weight and your body will force you to gain weight. It thinks it’s fighting for your survival

Fighting Your Body Doesn't Last

- You can fight it in the short term
- You can't control how hungry you are or what you hungry for
- You can't control your metabolism
- Your system slows down and conserves
- We're living in a modern day famine
- Sooner or later (on a diet for example) you have a big binge and the weight you lost comes back quickly
- Rather than fight your bodies natural instincts, understand your body and learn how to work with it





Modern Day Stresses That Activate the FAT Programs

- The number one stress that activates the FAT programs is dieting
- Dieting is artificially inducing a famine and you go to war with your body
- If diets worked there would be one diet, everyone would lose weight and that would be the end of it
- Diets don't work because they are based on a flawed premise that you can force yourself to lose weight

Modern Day Stresses That Activate the FAT Programs

- The next reason why your FAT programs could be activated is a nutritional famine
- Nutritional famine- the food your eating is devoid of essential nutrients or the nutrients have been corrupted
- We're going to learn how to ADD foods that your body is starving for, at every meal





Modern Day Stresses That Activate the FAT Programs

- Your body has lost the ability to **digest** and **assimilate** nutrients
- Digestion issues apply to almost everyone
- If you've lost the ability to digest nutrients effectively, you stay hungry, you stay in a famine and your FAT Programs stay activated

Modern Day Stresses That Activate the FAT Programs

- **Chronic dehydration** can activate the FAT Programs
- 80% of Americans and Australians are chronically dehydrated
- Years ago all of the food we ate was live and full of water. Much of the food we eat today does not have water
- We need more water today to flush out additional toxins from our environment



Modern Day Stresses That Activate the FAT Programs

- **Sleeping problems** can activate your FAT Programs
- Sleep apnea affects a large number of overweight people
- Sleep apnea elevates cortisol levels, the same thing that happens in a famine which activates the FAT Programs



Modern Day Stresses That Activate the FAT Programs

- **Toxins** can activate your FAT Programs
 - In foods, drinking water, plastic containers, air
- There are over 800 different toxins in our fat cells
- Your body uses fat as a storage place for excess toxins and won't want to burn fat
- We'll learn how to detoxify and eliminate toxins





Some Other Modern Day Stresses That Activate the FAT Programs

- Certain **medications** and **artificial ingredients** can activate the FAT Programs
- **Periodontal disease** can activate the FAT Programs
- **Inflammation** elevates the level of hormones in your body that activates the FAT programs



Modern Day Stresses That Activate the FAT Programs

- **Mental** and **Emotional** stresses can activate the FAT programs
- Chronic stress can cause a chronic chemical condition that activates your FAT Programs
- Your body thinks your under some physical danger
- Stress- anything perceived by the body to be harmful or a threat
- Stress causes chemistry that can be very similar (in some people) as a famine response



Modern Day Stresses That Activate the FAT Programs

- Emotional Obesity (different from emotional eating) – the need to be fat in order to feel safe
- 70-80% of people who've had a lifetime of weight issues have some sort of emotional obesity. They feel safer having extra weight



Modern Day Stresses That Activate the FAT Programs

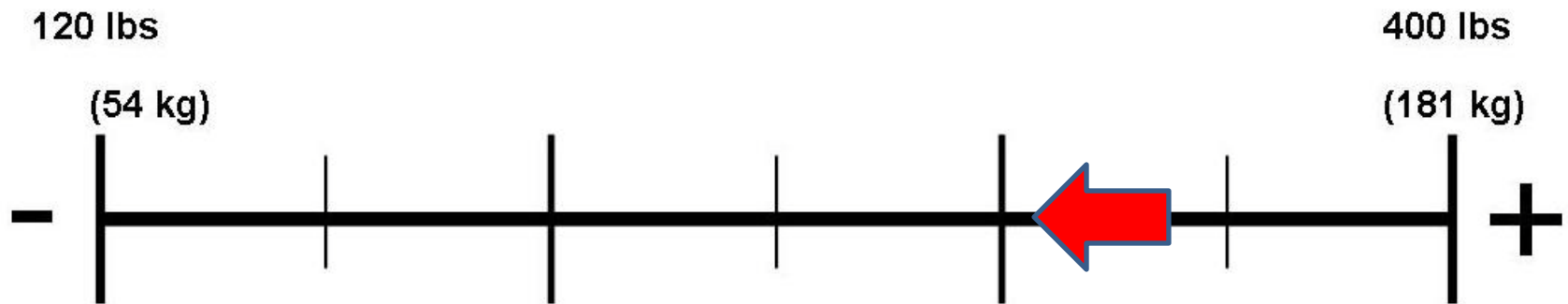
- Limiting beliefs can activate your FAT Programs
- These limiting beliefs have an effect on your behavior, your actions and your chemistry



Losing Weight Does Not Have to Be Hard

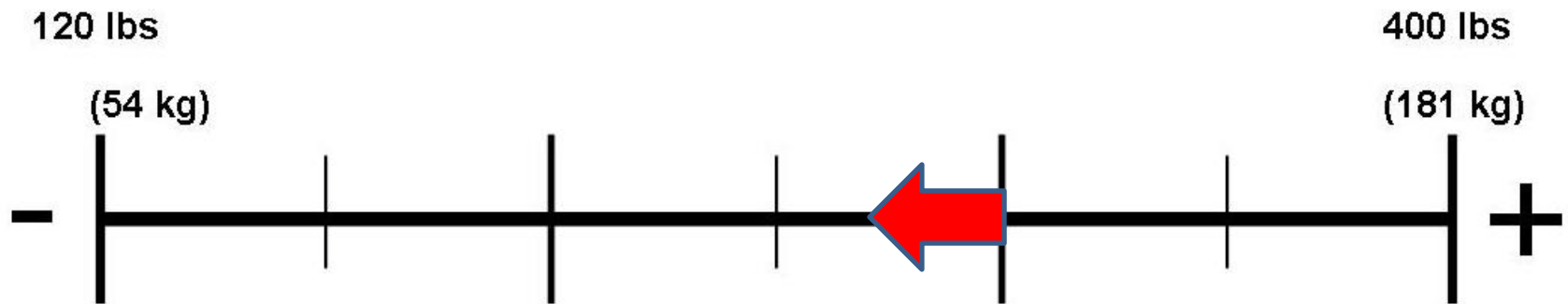
- Losing weight isn't hard as long as you do it the right way, by addressing and eliminating the *real* reasons why your body wants to be fat
- It's not simply about diet, exercise, calories in and calories out or willpower and discipline

We've Devised a Step by Step Approach

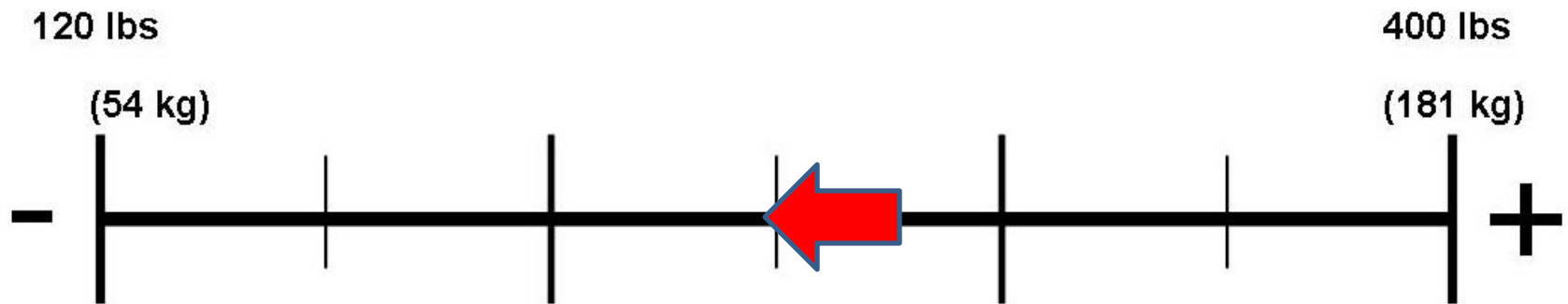


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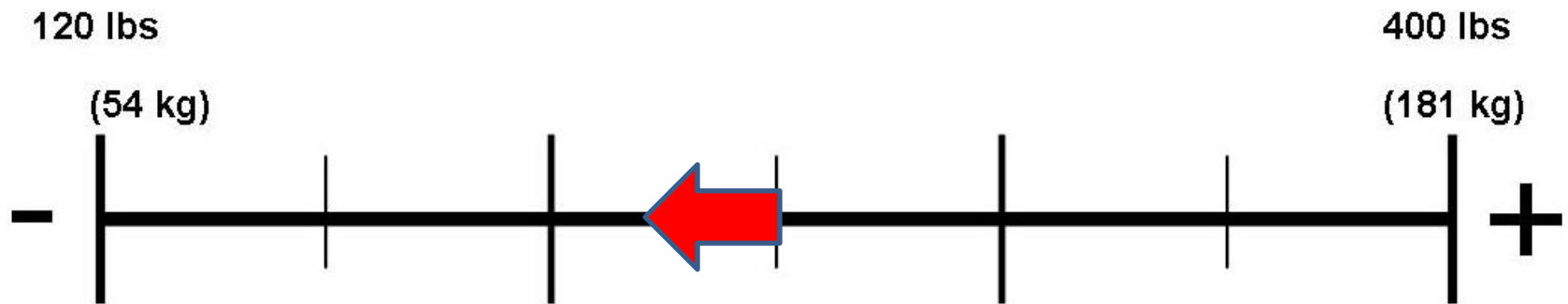
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We've Devised a Step by Step Approach

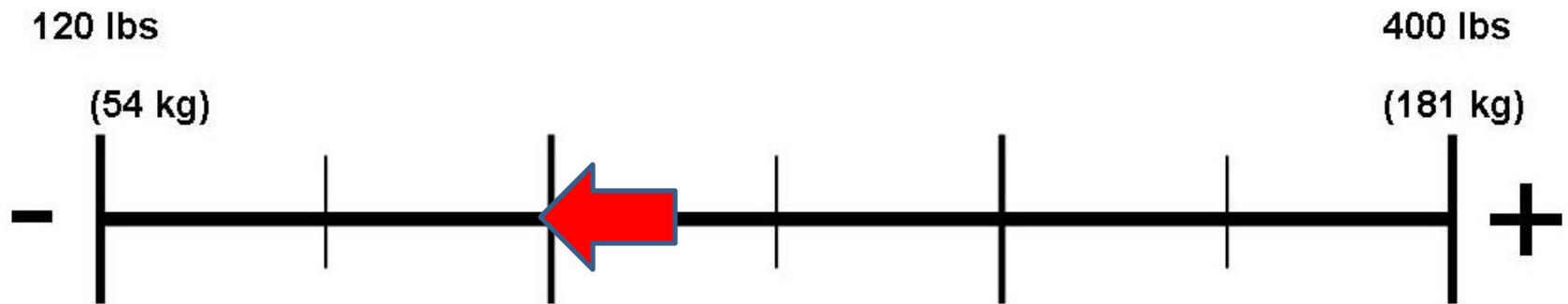


We've Devised a Step by Step Approach



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We've Devised a Step by Step Approach





We've Devised a Step by Step Approach

- Step by step we'll be eliminating stresses
 - Dieting
 - Nutritional famine
 - Digestion
 - Dehydration or sleep
 - Toxins and artificial ingredients
 - Periodontal disease
 - Inflammation
 - Chronic stress
 - Emotional obesity
 - Limiting beliefs

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Step by Step

Point by point, step by step
we will **shift your set point** so
that your body continually
wants to be thinner so that
over time your body wants to
be...
your most perfect ideal
weight!



THE GABRIEL METHOD

STEP BY STEP

Week 1 Daily Checklist

	M	T	W	Th	F	Sa	Su	
1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Week 1 morning visualization
2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	After visualization, drink 2-3 glasses of warm water with lemon or apple cider vinegar
3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Drink glass of water before each meal
4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Throughout the day, 2 TBSP of ground flax seeds sprinkled on food as desired
5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Evening visualization

Sometime during the week

1 Over the next week, find a local farmers market, health food store or juice bar and locate these items:

- | | |
|---|--|
| <input type="checkbox"/> Digestive enzymes | <input type="checkbox"/> Stevia |
| <input type="checkbox"/> Probiotics | <input type="checkbox"/> Organic grass-fed or free-range meat/chicken/fish |
| <input type="checkbox"/> Flax seeds/linseeds | <input type="checkbox"/> Locally grown spray-free produce |
| <input type="checkbox"/> Coconut palm sugar | <input type="checkbox"/> Unsweetened, unflavored whey protein powder |
| <input type="checkbox"/> Xylitol | <input type="checkbox"/> Fresh wheat grass juice |
| <input type="checkbox"/> Unsweetened cocoa powder | <input type="checkbox"/> Himalayan salt crystals |
| <input type="checkbox"/> Nori sheets | |

2 ☐ Make an appointment to get checked for sleep apnea, if applicable.

3 ☐ Make an appointment to get teeth cleaned.

4 ☐ Locate an emotional trauma therapist if applicable.

Journal

Keep a journal handy and, whenever you feel inspired, write down any thoughts you have about your health, your life, your dreams, your future or any questions you have about weight loss.



NOW! LIVE Q & A Session

Email questions to
class@thegabrielmethod.com

Check membership site for time for an
additional Live Q & A call later this week and
additional support.

Stay tuned for guided visualization.