

GABRIEL METHOD “FAT TRIGGER” REPORT

Overcoming False Beliefs



How False Beliefs are Affecting Your Weight

Your logical mind takes the sum of all your experiences with diets and exercises and forms a very strong belief that there is no hope, that you're lost, and that you're destined to struggle forever.

This is absolutely NOT true, and thousands of my students and I are living, breathing proof that you can totally transform your body no matter what.

But here's what happens...

For many of us, these false beliefs started from a very young age, growing up in households where someone (or everyone) struggled with over eating.

For other people, these false beliefs take hold with age, from negative experiences (endless yo-yo dieting) or from a social group that discourages rather than encourages health and wellness.

Whatever your beliefs are, they are shaping your reality, and if you don't believe that you can lose weight, you won't.

Not now, not ever.

So how do you change those beliefs? How do you undo years or decades of mental conditioning?

I'll be the first to tell you that there is no quick fix, but there is a very effective process we use at The Gabriel Method that I can recommend unequivocally for this trigger.

Here are my top 3 recommendations for you:

- **DAILY VISUALIZATION:** you can do this on your own, or most people like to listen to my evening visualization program.
- **CELLULAR RELEASE THERAPY:** you can find a local therapist and if you need a referral, we have a great network available.
- **MAKE GREAT FRIENDS:** if your social circle is negative and discouraging, you've got to find people who support you and who will continue to support you during your transformation

I know in my own transformation, when I was able to move past my family history, my personal struggles, and my self-defeating beliefs, that's when everything changed.

Transform your body... in your sleep!

One of the best discoveries I made during my weight loss transformation was learning to harness the power of my mind...

... you can leverage your mind power through many different mind-body practices, but my favorite (because it's so easy and so accessible to everyone) is visualization.

Visualization is a simple practice where you communicated directly to your subconscious or "animal brain" by using mental imagery rather than words.

Here's what I did...

When I learned that my subconscious was most receptive at night, I started practicing an evening visualization before I went to sleep.

The visualization was simple, anyone can do it, but it completely changed my night's sleep (and then the energy and vitality I had the next day was mind-blowing).

Since I know you struggle with negative beliefs, what I'd suggest for you is to use visualizations that help you reclaim your inner power and confidence.

I teach 2 practices, the Living Goddess and Living Warrior Visualizations that are targeting for this trigger specifically.

When you visualize properly and then go to sleep, your subconscious is affected by those images you created and your thoughts start to manifest as reality in your life.

The outcome of my nightly practices was nothing short of incredible.

Not only was my body transforming into the ideal image of myself I'd been visualizing, my

personal and professional goals were coming to fruition like never before – and all from listening to an mp3 audiobefore bed!

What could be easier than that?

Since visualization played such a crucial role inbreaking down my negative beliefs, I made it an integral part of the Gabriel Method and insist that all my students commit to listening before bed eachnight.

Mind As Medicine

Although mind-body practices are fairly new in the Western World, many cultures in the East have been using them for healing for centuries.

Since many people are skeptical about visualization and the mind-body connection, I want to share with you a fascinatingstudy conducted by a Japanese doctor, MasuraEmoto.

Dr. Emoto used positive and negative words on different water samples to see if it was possible that even beyond the language of understanding, if the feelings of those words affected nature on amolecular level.

And you know what he discovered?

In his now-famous photos documenting the experiment, the water crystals of the negatively affected samplesappear disfigured and ugly while the positive crystals are beautiful and in perfect formation (like snowflakes).

This experiment caught the world’s attention becauseit showed quite literally that your thoughts becomethings.

For this reason, you’ve got to be careful because the trash talk in your head becomes part of your living cells; butsimilarly, you’ve got to get to work because the positive, uplifting moments in your day do more to help you lose weight than years of dieting ever could ever do.

So what does all this have to do with you?

Your beliefs, that’s what. The key here is to break this negative cycle with positivity; which I know from my own experience, can be a lot easier said than done.

But it is possible, and there are thousands of peopledoing it right now as you read this. Dieting is about removing things from your life, aboutrestriction and deprivation. Does that sound positive ornegative to you? Think about it...

The Gabriel Method is about adding. I want to help youflood your life with positivity, and let the negativity just drop away on its own.

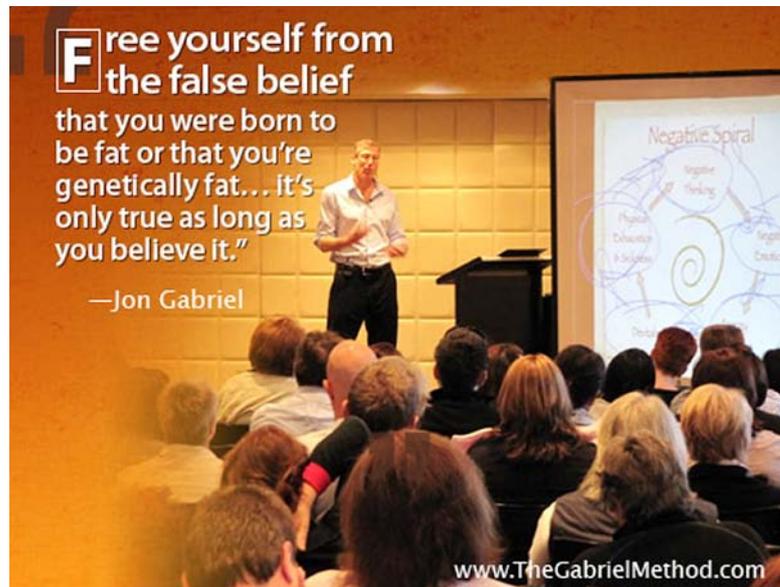
Are You Genetically Fat?

If you're like me and come from a family with a history of weight problems, you might feel that it's your genetic destiny to be fat.

Have you ever felt this way?

My own family had a history of obesity, and I remember that when I started gaining more and more with each year that passed, I initially resigned myself to the fact that obesity was an inevitable condition that I'd inherited.

Thankfully, I had a strong background in biochemistry, and my own research revealed that the “genetically fat” concept was fatally flawed.



The truth is that we humans all have a nearly identical genome. What makes us different in terms of weight and other health conditions is primarily the expression of those genes.

Listen to this...

Epigenetics teach us that what we do, eat, and say will either activate or deactivate certain traits.

This new field of science, epigenetics, is revolutionizing the health world and nowhere is it more pronounced than in weight loss.

You have the power to change. I did it and so can you. With the right tools, it's you that's in control, not your “bad genes” or history of your family.

Why You Should Stop Dieting Now!

When I was overweight, I spent countless hours (and dollars) plowing through different diet books searching for some miracle program that would actually work for me.

There was Atkins, The Zone, Fit for Life, low-fat, all-carb, no-carb, you name it, I tried it! And each new diet ended with the same old result, a result I was all too familiar with... failure.

Not only did I gain back all the weight I worked so hard to lose, I'd often end up gaining more than I started with.

With each yo-yo cycle, I’d lose confidence, lose hope, and spiral deeper and deeper into despair. I felt as if I was destined to be fat.

And then it all changed.

Out of pure desperation one evening, I pulled my car over on the side of the freeway and rested my forehead on the steering wheel.

At 409 lbs, I was borderline diabetic, I had terrible sleep apnea, my brain was in a constant fog, and I was struggling just to get through the day.

Right then, I declared (out loud) that I would never diet again. I was going to focus on getting healthy because after over a decade of struggle, it was 100% clear to me that diets don’t work.

I’m begging you too to make this shift today. To focus on adding not restricting, to focus on abundance and self-love, not lack and self-hate. That single statement on the side of the freeway is what led me down my path all the way to what has become my life’s work.

What started as a best-selling book has now turned into an international movement for holistic, sustained weight loss; and I’m so excited to see the momentum growing with each passing year.

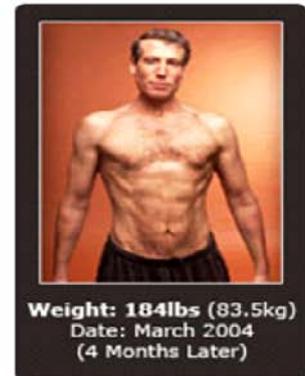
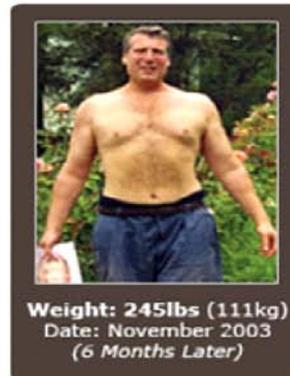
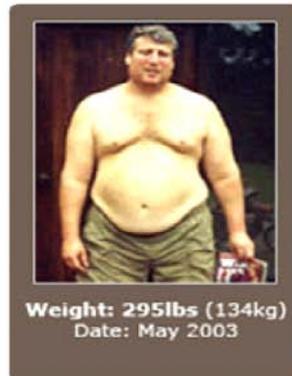
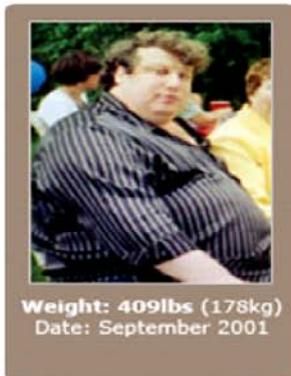
As humiliating and frustrating as it was for me to try and fail on so many diets, and as horrible as it felt to be 409 lbs (my highest weight), those experiences gave me an unparalleled insight that I now channel directly into my research and teaching.

Here are My Top 3 Discoveries:

1. Dieting puts your body in a state of famine and ensures that you’ll gain back the lost weight.
2. Exercising to battle overeating is like running away from a burning fire... the moment you stop, you get burned.
3. Real, sustainable results are archived holistically, by balancing your physical, emotional, and spiritual bodies.

End of Gabriel Method "Fat Trigger" Report!

I hope this has given you some tools you can put to use in your life right now, and more importantly, I hope this is the beginning (not the end) of our work together. If you found this report useful and would like to continue learning immediately, the Total Transformation Package includes everything you need to begin your Gabriel Method transformation. [GET STARTED NOW](#)



My Total Transformation program has proven to be the most effective way to learn The Gabriel Method right now, from the comfort of your home or office!

In the Complete Program You'll Learn:

- The 3 things I did every single day to turn off the fat switch
- Why you're NOT fat because you eat too much
- The ONLY difference between you and naturally thin people (it's not what you think)
- The most important fat loss concept you need to know

....And much, much more!

