



**“YOUR MIND CONTROLS YOUR BODY YOUR
BODY DOES NOT CONTROL YOUR MIND”**

That’s the GOOD NEWS!

Your body is like your mind it responds to reverse psychology. If you are reading this newsletter by now, it is because you are making a step towards a healthier lifestyle and a better body. I have great news for you, The motivation behind the creation of THE METHOD, was to avoid DEPRIVATION. I like to eat, you like to eat, we like to eat ! this is a fact, and there are no mind games you can play on yourself to trick your stomach into feeling otherwise. I will not serve you up some clichés on here, just facts and truths that will help you combine exercise and healthy eating (as opposed to