



# Creating a Healthy Mindset to support a Healthy Body

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HEALING HABITS WITH HEPINSTALL HEALTH LLC

# My WHY!!



# Registered Nurse

- ▶ 8 Years as a Patient Care Technician
- ▶ 11 years as an RN in Medical/Surgical Critical Care, Cardiac Surgery ICU
- ▶ 2 years in Case Management
- ▶ 2.5 years as a Transformational Health Coach



# Gym Revenue in the United States is the HIGHEST of any other country followed by Germany and the UK.

- ▶ Only 34% of US gym members believe that their gym is worth what they pay. [Statista - 2016]
- ▶ About 6.3% of Americans don't ever use their gym membership [RunRepeat].
- ▶ About half of new gym members quit in the first six months (Livestrong.com)





**Weight Loss  
Happens in the  
Kitchen. Strength  
training happens  
in the Gym.**

➤ **Coach**



➤ **Community**



➤ **Education/Mindset**



➤ **Nutrition Plan**



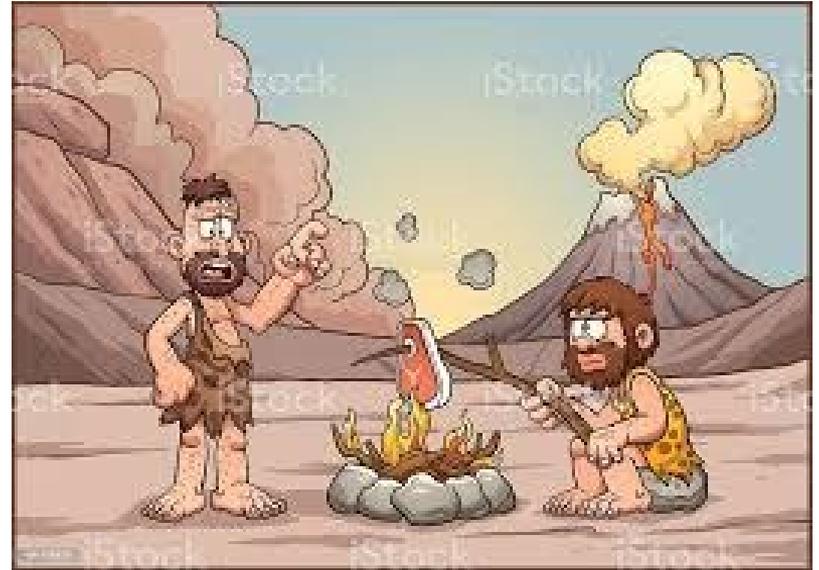


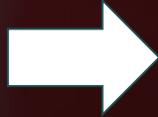
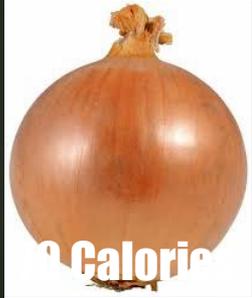
**We All Know what we need to do!**  
**So why don't we stick with it??**

# 10,000 year old programing

Our Bodies are designed to protect themselves. They are designed not to starve. Back in Prehistoric days we hunted for food. We never knew when we would eat so when we found food - an animal or a berry bush - we ate it all.

Our bodies in turn stored the fat, calories and carbs to burn off later for fuel.





**Both Dunkin and Starbucks Drinks can range from 0-1200 calories Depending on size and additives. And Carbs in upwards of 80-100 grams of carbs.**

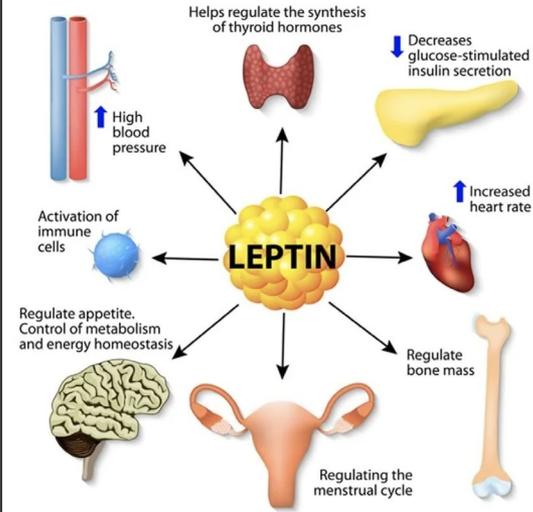


**That is more than half of the calorie intake the average person should have in 1 day.**

# What's Wrong with ME?

You have chemicals in your brain that are designed to help you stop eating.

- Leptin is a hormone produced by our adipose cells (fat cells). Leptin tells our body to STOP EATING!!
- Insulin is produced to lower your blood sugars, however, it blocks the leptin receptors. So there is no way you will be able to stop eating.
- Dopamine is released when you eat sugar and ultra refined flour. - This is the pleasure sensor in your brain. So it feels good to eat these foods so you keep on eating them. This is a form of Addiction.



## 6 ways to increase DOPAMINE



Eat lots of protein



Consume Probiotics



Eat less saturated fat



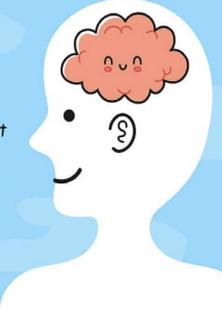
Do a lot of exercise



Get enough sleep



Meditate



# How Susceptible are you to Addictive Behavior?

**Answer with Rarely, Occasionally, Daily.**

1. I find it difficult to control how much I eat:
2. I crash in the afternoon and have trouble waking up in the morning:
3. I have cravings for specific foods:
4. I suffer from moodiness, headaches, or fogginess:
5. When I only eat a moderate amount of food I am not satisfied:
6. I feel guilty after eating:
7. I spend a considerable amount of time thinking about food:
8. I eat even if am not hungry because I crave a specific food:
9. I eat large amounts of food and feel powerless to stop:
10. I crave carbohydrates like pasta, bread, white rice, or deserts:



Prioritizing Your Life:

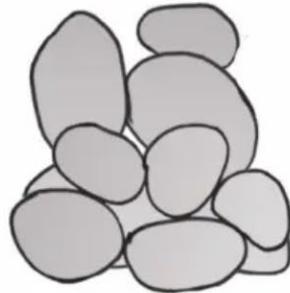
# Rocks, Pebbles and Sand



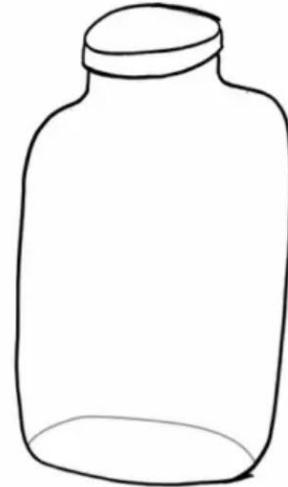
Sand



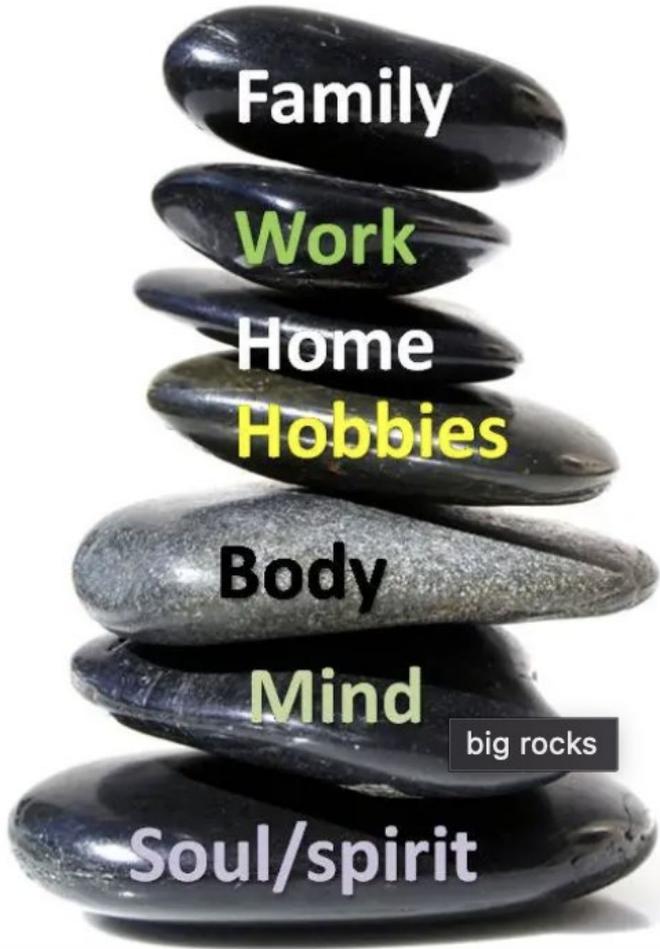
Pebbles



Rocks



Jar



Jar



Rocks



Pebbles



Sand



Time

Life

Priorities

Importance

Urgencies

Small Tasks

Distraction

Leisure

A night-time photograph of a soccer game in progress on a grassy field. The scene is illuminated by bright stadium lights, creating a high-contrast environment. The players are in motion, and the overall atmosphere is one of intense competition. The text 'STOP CHALLENGE CHOOSE' is overlaid on the image in large, bold, sans-serif fonts. 'STOP' is light blue, 'CHALLENGE' is pink, and 'CHOOSE' is red.

**STOP**

**CHALLENGE**

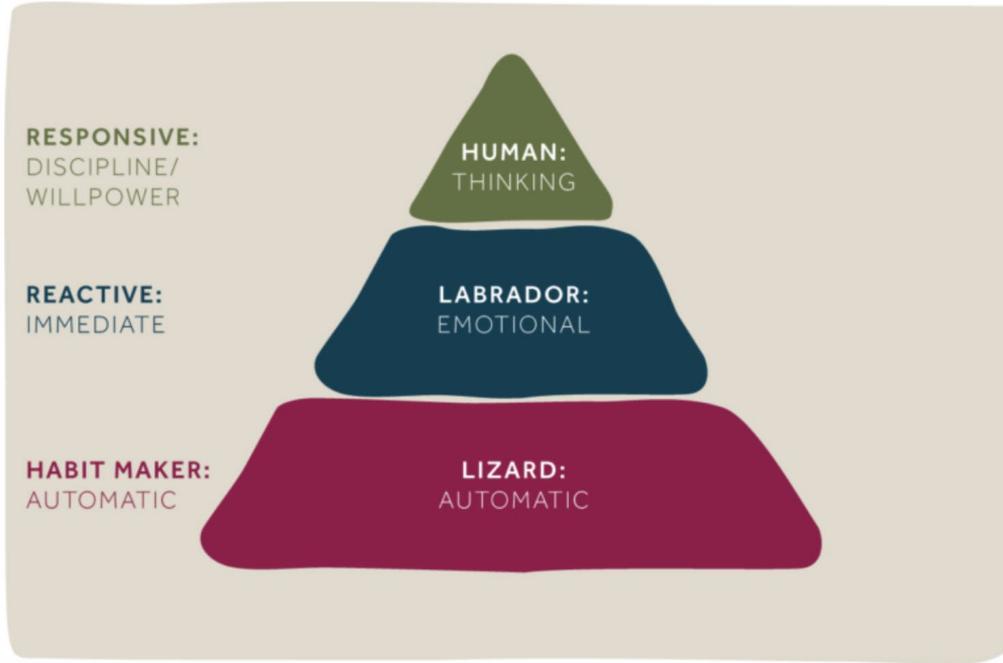
**CHOOSE**



How you eat is merely a symptom of what is happening inside your mind.  
Once you fix your mindset, changing the way you eat is simple.

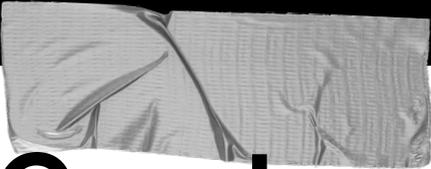
## OUR THREE BRAINS

Your brain contains three "levels" for processing information and making choices.



# THE DRAMA TRIANGLE





# Create a PLAN

- Write down what you are going to do when you face temptation to make an unhealthy choice?
- Write down what else you can do to your surroundings/environment to minimize the triggers that cause you to make an unhealthy choice.
- Write down Healthy options to reward yourself when you consistently make those changes.



**YOU ARE  
WORTH  
FIGHTING FOR!!**



Questions????

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