

Barnard Mind Solution's Secrets to Your Weight Loss.

- 1 It's all in your unconscious mind.
- 2 It has nothing to do with willpower or force.
- 3 Inappropriate eating is a habit you have learned along the way, so it can be unlearned!
- 4 Look after your mind and body and they will look after you.
- 5 Listen to what that quiet inner voice is telling you, it has all the answers.
- 6 The thought of "I want to eat", is like the red light going off on the dash of your car.
- 7 Telling you something's wrong and needs to be fixed. There are 4 red lights but you can't see them.
- 8 If you're snacking, grazing or eating more than every 6 hours then your fuel levels are too low. Indicating you are on a roller coaster ride of toxic sugar highs and lows.
- 9 Diet = deprivation=disaster.
- 10 Most people do the exact opposite of what their mind is telling them to do. Which is why they fail long term.
- 11 Gimmicks like diets, fads, powders, pills, weight loss retreats, or the latest fad from a celeb fail to address the underlying issues that live in your unconscious mind. Leaving your body and mind in a worse state than when you started. They are, go on, go off regimes. Externally imposed upon you. Simply trading one bad habit for another.
- 12 Racing cars need racing car fuel and looked after to perform at their best. It's the same with us. You wouldn't put dirty toxic fuel in your car but most people unwittingly put dirty toxic fuel into their bodies and wonder why they don't feel great!!
- 13 90% of supermarket consumable products have toxic processed sugar in them. Unknown to most people.
- 14 Processed toxic sugar is sweet poison holding you back from unleashing your potential.
- 15 Now is the time to leave those old habits in the past and fuel your mind and body with racing car fuel. Giving you freedom to feel great and live life to the full.
- 16 If you remove the batteries from the smoke detector because the noise is annoying you the house will still burn down with you in it!!!



# Barnard mind solution

Call us now to remove the toxic fuel and fill up the tank with racing car fuel. Regain control of your thoughts and actions. Creating new habits that work for you and your unique lifestyle.

Eat to live not live to eat. Unleash your true potential in all ways. Feel great. Live the life you want and deserve.

