

Healthy Eating

Unconscious and Perfect Eating

mindpersuasion.com

Instructions

Listen with headphones and eyes closed. Visualize any situation where you are ingesting the perfect foods in the perfect quantity, just what your body needs. Visualize your body in the perfect shape, with the perfect amount of energy. See yourself as an energy system operating with perfect efficiency.

Tips for Success

Keep a daily journal and record any objective evidence that you are eating healthier and healthier. Record any objective changes to your behavior, or any comments that others make about your eating habits.

Please visit our forum to share your successes, or to ask any questions:

mindpersuasion.net

Affirmations

I subconsciously eat the perfect amount of vitamins my body needs everyday

I subconsciously eat the perfect variety of vitamins my body needs everyday

I subconsciously eat the perfect type of vitamins my body needs everyday

I subconsciously eat the perfect balance of vitamins my body needs everyday

I subconsciously eat the perfect amount of carbohydrates my body needs everyday

I subconsciously eat the perfect variety of carbohydrates my body needs everyday

I subconsciously eat the perfect type of carbohydrates my body needs everyday

I subconsciously eat the perfect balance of carbohydrates my body needs everyday

I subconsciously eat the perfect amount of protein my body needs everyday

I subconsciously eat the perfect variety of protein my body needs everyday

I subconsciously eat the perfect type of protein my body needs everyday

I subconsciously eat the perfect balance of protein my body needs everyday

I subconsciously eat the perfect amount of nutrients my body needs everyday

I subconsciously eat the perfect variety of nutrients my body needs everyday

I subconsciously eat the perfect type of nutrients my body needs everyday

I subconsciously eat the perfect balance of nutrients my body needs everyday

I drink the perfect amount that my body needs everyday

I love to drink water

Every drop of water that I drink is filled rich in all of the minerals that my body needs

I subconsciously eat the perfect amount of sugars my body needs everyday

I subconsciously eat the perfect variety of sugars my body needs everyday

I subconsciously eat the perfect type of sugars my body needs everyday

I subconsciously eat the perfect balance of sugars my body needs everyday

I only eat healthy sugars

I subconsciously eat the perfect amount of salt my body needs everyday

I subconsciously eat the perfect variety of salt my body needs everyday

I subconsciously eat the perfect type of salt my body needs everyday

I only eat healthy salt

My subconscious mind seeks and finds reasonably priced, wholesome organic food that I can afford

I am a magnet for reasonably priced organic, wholesome organic food that I can afford

I am my ideal weight

I deserve to be my ideal weight

I easily shed excess fat

I deserve to shed excess weight

My skin is radiant

My skin is healthy

My skin is clear

My skin is glowing

My complexion is youthful

My muscles are strong

My muscles are powerful

My muscles are lean

My muscles are flexible

My muscles are healthy

All of my muscles support one another

All of my muscles are in perfect harmony with one another

I have perfect posture

I release back pain

I am straight backed

My back is strong

My back is youthful

My back is healthy

My back is happy

Every muscle in my back supports one another

Every muscle in my back supports me

I love my back

My back loves me

All of my organs are healthy

All of my organs are in peak physical condition

All of my organs are youthful

All of my organs are becoming healthier everyday

All of my organs are becoming more youthful everyday

I love to exercise

I live to exercise

I look forward to exercise

Exercise makes me happy

Exercise makes me feel alive

Exercise loves me

Exercise rewards me with a body I love

Exercise rewards me with good health

I love my body

My body loves me

I am a fantastic cook

I am a brilliant cook

I am a natural cook

I love to cook healthy food

I live to cook healthy food

I have super human powers of coordination

I have super human powers of organization

Everything I cook is delicious

Everything I cook is tasty

Everything I cook is healthy

Everything I cook is nutritious

Everything I cook leaves me and my family feeling satisfied

Everything I cook is making me and my family healthier

Everything I cook is making me and my family fitter

Everything I eat is making me healthier

Everything I eat is making me fitter

People love my cooking

I love cooking for other people

I can cook any dish in a matter of minutes

I can master any dish in a matter of minutes

I smell a dish and immediately know how to cook it

You subconsciously eat the perfect amount of vitamins
your body needs everyday

You subconsciously eat the perfect variety of vitamins
your body needs everyday

You subconsciously eat the perfect type of vitamins your
body needs everyday

You subconsciously eat the perfect balance of vitamins
your body needs everyday

You subconsciously eat the perfect amount of
carbohydrates your body needs everyday

You subconsciously eat the perfect variety of
carbohydrates your body needs everyday

You subconsciously eat the perfect type of carbohydrates
your body needs everyday

You subconsciously eat the perfect balance of carbohydrates your body needs everyday

You subconsciously eat the perfect amount of protein your body needs everyday

You subconsciously eat the perfect variety of protein your body needs everyday

You subconsciously eat the perfect type of protein your body needs everyday

You subconsciously eat the perfect balance of protein your body needs everyday

You subconsciously eat the perfect amount of nutrients your body needs everyday

You subconsciously eat the perfect variety of nutrients your body needs everyday

You subconsciously eat the perfect type of nutrients your body needs everyday

You subconsciously eat the perfect balance of nutrients your body needs everyday

You drink the perfect amount that your body needs everyday

You love to drink water

Every drop of water that You drink is filled rich in all of the minerals that your body needs

You subconsciously eat the perfect amount of sugars your body needs everyday

You subconsciously eat the perfect variety of sugars your body needs everyday

You subconsciously eat the perfect type of sugars your body needs everyday

You subconsciously eat the perfect balance of sugars your body needs everyday

You only eat healthy sugars

You subconsciously eat the perfect amount of salt your body needs everyday

You subconsciously eat the perfect variety of salt your body needs everyday

You subconsciously eat the perfect type of salt your body needs everyday

You only eat healthy salt

Your subconscious mind seeks and finds reasonably priced, wholesome organic food that You can afford

You are a magnet for reasonably priced organic, wholesome organic food that You can afford

You are your ideal weight

You deserve to be your ideal weight

You easily shed excess fat

You deserve to shed excess weight

Your skin is radiant

Your skin is healthy

Your skin is clear

Your skin is glowing

Your complexion is youthful

Your muscles are strong

Your muscles are powerful

Your muscles are lean

Your muscles are flexible

Your muscles are healthy

All of your muscles support one another

All of your muscles are in perfect harmony with one another

You have perfect posture

You release back pain

You are straight backed

Your back is strong

Your back is youthful

Your back is healthy

Your back is happy

Every muscle in your back supports one another

Every muscle in your back supports you

You love your back

Your back loves you

All of your organs are healthy

All of your organs are in peak physical condition

All of your organs are youthful

All of your organs are becoming healthier everyday

All of your organs are becoming more youthful everyday

You love to exercise

You live to exercise

You look forward to exercise

Exercise makes you happy

Exercise makes you feel alive

Exercise loves you

Exercise rewards you with a body You love

Exercise rewards you with good health

You love your body

Your body loves you

You are a fantastic cook

You are a brilliant cook

You are a natural cook

You love to cook healthy food

You live to cook healthy food

You have super human powers of coordination

You have super human powers of organization

Everything You cook is delicious

Everything You cook is tasty

Everything You cook is healthy

Everything You cook is nutritious

Everything You cook leaves you and your family feeling satisfied

Everything You cook is making you and your family healthier

Everything You cook is making you and your family fitter

Everything You eat is making you healthier

Everything You eat is making you fitter

People love your cooking

You love cooking for other people

You can cook any dish in a matter of minutes

You can master any dish in a matter of minutes

You smell a dish and immediately know how to cook it