

## **Charlene's *Lose Weight, Feel Great, Meditate!* Diet**

This is a variation of the *Sacred Heart Diet*. Supposedly, the *Sacred Heart Diet* came from the cardiology department at Sacred Heart Memorial Hospital where it was used for overweight heart patients, but like most diets that have circulated for many years, it's a myth. The Sacred Heart Diet has been called a number of different names (such as the Spokane Heart Diet, the Miami Heart Institute Diet, Sacred Heart Memorial Hospital Diet, or the Cleveland Clinic Diet) but I came up with my own version. I hope you like it!

### ***In a big, tall soup pot, put:***

- 3 -16 oz cans organic stewed tomatoes, seasoned OK, or plain, whatever you prefer.
- 1 small can tomato sauce
- 2 - 32 oz boxes organic beef broth
- 1 can beef broth
- 2 packages Mrs. Weiss' chicken noodle soup mix
- 2 leeks, chopped
- 3 bunches green onions, chopped
- 1 bunch of celery, chopped
- 2 cups frozen green beans
- 2 lbs carrots, chopped
- 1 large or 2 small yellow sweet pepper (not hot pepper!)
- 1 teaspoon Lawry's salt free 17 seasoning
- About two cups water
- Big handful of chopped fresh basil
- Pepper and parsley to taste

If you want to season this soup, choose something you like: sea salt, pepper, or curry, dill, parsley, bouillon, hot sauce, Worcestershire sauce, taco seasoning – whatever sounds good to you. However, the above recipe tastes great and really does not need any more seasoning. Boil fast for 10 -15 minutes, then reduce to low. Simmer until veggies are tender but not mushy. You will enjoy the soup better if the carrots are still a little crunchy.

### **To start, here is the basic diet:**

**DAY ONE:** Eat as much soup as you want. You can have any fruit, except bananas. Cantaloupe and watermelon are best. Only soup and fruit today. (I ate green grapes, watermelon, and cantaloupe.)

**DAY TWO:** All vegetables: Fresh, raw, cooked or canned vegetables, Green leafy vegetables are great. No beans, peas or corn. Eat the soup. At dinner time, have a giant baked potato with butter. No fruit today. (I ate Butternut squash). I was hungry at bedtime: I ate half a raw zucchini.

**DAY THREE:** Eat soup, fruit, and vegetables. *No baked potato.* (I had a medium spaghetti squash at lunch along with the soup. Baked Fennel and a ½ acorn squash for dinner, along with soup.) Lots of tea and coffee. Ate a bowl of blueberries in the evening with Agave syrup to sweeten.)

**DAY FOUR:** Bananas and skim milk (I use soy milk only). Eat at least 3 bananas today. Breakfast: 2 sliced bananas with a TBS flax seeds and TBS Agave Nectar. Eat soup. Your body will need potassium and carbohydrates today. I ate a couple of handfuls of steamed Edamame. Dinner: I ate sweet potatoes and spinach; roasted cauliflower and tomatoes. Snacked on organic, Michigan grown lettuce in the evening.

**DAY FIVE:** Beef and tomatoes: 10-20 oz of beef and a can of tomatoes, or up to 6 tomatoes today. Eat the soup at least once today. Go for home-grown, fresh, local grown tomatoes at your local Farmer's Market. They are delicious and smell great. (I also ate lettuce that day, and didn't eat that much meat).

Overall, you can substitute lean chicken (no skin!) or fish for the beef if you'd like. Grilled, baked or steamed, with seasoning, lemon, or vegetables but no sauces.

**DAY SIX:** Beef and veggies, eat green leafy vegetables. You can have as much steak as you want. *No baked potato.* Eat soup at least once.

**DAY SEVEN:** Brown rice, unsweetened fruit juice, vegetables, and eat soup. Add cooked vegetables to your rice. (I made a vegetarian Moroccan stew with all vegetables- it was spicy and delicious. Check the internet for fabulous vegetarian recipes!)

***I stayed on this diet for 2 weeks with no cheating, and then slowly began adding foods to create sensible meals: protein (lean chicken, beef, or fish) in small portions. I still stayed away from the No-No's (see below). You will steadily lose by getting more creative with vegetarian dishes and pairing them with small amounts of protein.***

After the initial two weeks, you'll want to start creating your own food plan and a sensible variation. Ask yourself: what does my body need? Ask: If I love my body, what foods would I give it to show that love and appreciation? Remember, your body propels you all day long and serves you well. It is the housing for your *spirit*. Because of your beautiful body, you can bring your gifts to the world. Absolutely EVERYTHING you put into your body should be with a feeling of gratitude for the miracle that your body *already is*.

When I changed my relationship to food, and began recognizing that I was not at war with my body, and wanted to show it appreciation instead, I seemed to re-set my body chemistry. With a new attitude and better food choices, I stopped craving sugar and starch and had no blood sugar crashes. Without starches and sugars, my body felt steadier, and my energy was more consistent throughout the day. I ate less with no problem.

#### **My favorite drinks:**

- Water with lemon, lime, or orange twist.
- Laci Le Beau Super Dieter's Tea – I like Cranberry Twist.
- All types of herbal teas, detox teas, "get clean" teas. Favorites: Acai Berry, Green tea, Buchu tea, and Uva Ursi.
- Black coffee – I use soy milk. No cream or powered flavorings.
- Unsweetened cranberry juice or pomegranate juice (about ½ or 1 inch in a tall glass that is mostly filled with water.)
- Decaffeinated ice tea (brew your own!)

- Soy milk (in coffee only or sprinkled on a bowl of gluten free breakfast cereal)
- Regular water: Drink purified water in a cooler if you can. It tastes great and with a hot water tap, teas are easy to make.

## THE NO-NO LIST

- Alcohol. No mixed drinks and no wine. Sorry!
- Soda pop, no carbonated beverages, no Perrier or sparkling waters for a month.
- Refined sugar. Use Stevia if you must sweeten your squash or use Agave syrup.
- Dairy or dairy products: cheese, yogurt, cottage cheese, milk, sour cream are all off-limits. Drink soy milk, rice milk or almond milk if you need it in your coffee. No coffee creamer, no half and half! Get your calcium from supplements and vegetables, like broccoli.
- Limit your orange, grapefruit, mango juices: juices are high in sugar and calories. Stick to unsweetened juices for now or use 1" of juice in a tall glass of water. Don't drink straight juice! Pomegranate or cranberry juice is tasty and healthy– put about an inch in a tall glass, fill with water.
- No wheat and wheat products: crackers, bread, starches, cakes, cookies, noodles, dumplings, pie crusts. Do without bread entirely for a while.
- No popcorn, even diet popcorn until you go at least a week on this diet. When you need a popcorn fix, buy a bag of Skinny Pop popcorn. It tastes great with only 35 calories per cup.
- No snacking! No cheating! Eat more soup and vegetables!
- No eggs for a week. Introduce those in your diet after you've been dieting for a week.
- No salad dressings, bacon, croutons: eat everything plain. Try new types of lettuces and radishes for your salads. No dried fruits on this diet. You can introduce those after a couple of weeks.
- No artificial butters (spray butter)
- No Iodized salt. If you want to salt something, use sea salt and use sparingly.
- No desserts, candy, junk food, carry-out food, fried, fast, or greasy foods, nuts, olives, sausages, It's what got you in trouble in the first place!
- No sandwiches, lunchmeats, and mayonnaise. Stay out of the deli!

**Think: plain, organic.** Rejoice in natural and wholesome food. Your body loves living food. Food is FUEL!

**You can use the diet above as a transition to more reasonable eating.** Introduce low calorie foods. Eat organic, raw and unpreserved foods, low fat proteins, and more green stuff like Superfood powder in Odwalla Superfood juice. Limit your dairy, starch and wheat even if you do not need to go gluten-free or are not lactose intolerant. Give up wheat for a while and see how you do. Most people report feeling less bloated.

**Weigh yourself daily and count calories.** It took you awhile to get where you are today. A pound of fat equates to about 3500 calories. If you have a calorie deficit of 500 calories per day (you would have to burn 500 calories more than you eat each day), you'd lose one pound a week, e.g.,  $500 \times 7 = 3500$ . A calorie deficit of 1000 calories per week means you'd lose about two pounds per week, which is accepted as a healthy rate of weight loss. Exercise will keep the process moving along.

**Overall, give yourself permission to take time to remove your fat and let your body transform at reasonable pace.** I lost 32 pounds by changing my approach to food, and exercising every day but it took 9 months. Be patient!

#### **THE YES-YES LIST:**

- Plan what you are going to eat ahead of time. Have your "food day" visualized and/or jotted down the night before. It's easy and keeps you disciplined to stay on track.
- While you are cooking dinner, eat an entire tomato. It will lessen your desire to cheat – don't eat cheese and crackers or unnecessary snacks that add calories. Or, crunch on vegetables the entire time you are cooking.
- Buy a water cooler that has a hot and cold mechanism. It makes making a tall glass of hot tea easy and instant and you'll drink more water throughout the day because it tastes good.
- Choose dedicated exercise at least 30 minutes – to one hour a day. Cardio, weights, walk, swim, dance .... as long as you are moving and sweating. No exceptions. Sitting in a hot tub does not count as exercise! Remember, you must do something for 30 to 60 minutes a day. Don't watch TV unless you are on the elliptical trainer, stair machine or working out. Walk after dinner. Walk the dog! If you can do more exercise, that is better! Have fun with exercise and dance your fanny off!
- Eat dinner before 6 or 6:30pm so you can digest your food before you go to bed. Don't eat late! If you must have a later meal, eat BEFORE 8 pm. NEVER eat after 8 pm
- Put flax seeds on fruit in the morning, if you are really hungry after the first week, be sure to limit portion size when you go back to introducing proteins – eggs, sunflower seed butter (instead of peanut butter). Choose small portions of fish, steaks, chicken and go for grilled or steamed, with no sauces. Stick to 4 to 6 oz. or protein at a meal.
- After a few weeks, treat yourself to a glass of red wine every now and then, but don't overdo – (1) small glass! None at all in the first two weeks. Remember, you want to EAT your calories, not drink them. Once you start losing, you won't miss it and one small glass occasionally will suffice.

**TAKE YOUR SUPPLEMENTS AND VITAMINS! Check with your health professional about what you need.**

If you want to get rid of water and bloat quickly, I recommend *Aloe MaxLax* by Natures Way. You can find them on line in vitamin websites or at your local health food market. Take 2 before bedtime the night before your diet starts. Will totally clean you out and get rid of water and bloat.

### **Use Affirmations to help you center yourself**

An affirmation is a positive, present day statement that declares something as real and present in your life. We want to create wonderful energy and joy when we transform our bodies, right? So, let's change our thinking because beauty, joy, and wonder are always created from the inside-out. When we feel these qualities inside, and love and wholeheartedly appreciate ourselves, the body will naturally respond as well as our external circumstances. We will create and demonstrate a new reality!

Let's get quiet and center ourselves before we say our affirmations. Move your mind aside and all thoughts about any tasks you need to accomplish. Sit in a chair and straighten your spine. Place your hands on your thighs and breathe deeply. Feel energy and light poring through the top of your head, and allow it to freely flow into your body – into your arms, legs, and all the way down to your toes. Pull a peaceful feeling from the universe and let go of hurt and heaviness. With every breath, imagine you are drawing in health, wealth, love, and joy, and exhaling chaos and negativity. When you feel full, then open your eyes, and repeat one of the affirmations below that you feel will best help you maintain a healthy attitude toward your body. Remember, transformation begins within!

### **Overweight**

I am in the process of creating a beautiful and meaningful life. I am safe and protected by Mother and Father God every day. I no longer have a need to hold on to the past because today is what matters. The past has no power over me. I am grown up and step into a complete vision of myself. From this day forward, I take responsibility for my life and shed old mental habits that do not support a healthy vision. I love taking care of my beautiful body!

### **Don't Like to Exercise**

My body is an extension of my mind. Just as I exercise my mind with new thoughts, I move my body to keep it alive and nourished. I am flexible in my thinking and create more flexibility in my life by moving my body. I love my body because it is a miracle. I am thankful for this beautiful body and lovingly take care of it!

### **Eating Too Much**

Today I reset my priorities to include a healthy and nourishing routine. My diet is about purging all negative thoughts, including guilt. I love and approve of my body and of myself. I shed this weight easily as I become more positive, lighter and in love with my true self. I am not afraid of being on this earth. I am protected by Mother and Father God, who watch over me at every moment. My path is safe and I feel good about being here. I am unafraid of my emotions because they are a normal part of who I am. I love feeling safe and protected. From this day forward, I choose a healthy and nourishing diet and state of mind.

More affirmations can be found in **The Women's Book of Empowerment**. Click [here](#) to buy the paperback and digital.

#### **Charlene's Disclaimer**

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