

[CONNECT] Now in Week 3!

From: Dr. Venus (team@doctorvenus.com)

To:

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Welcome to Day 15 of your CONNECT TO HEALTH experience!

How is it going for you so far?

Can you believe we are starting week 3 already? WOW!

Let's look at what we've covered so far!

Week 1 - We focused on planning ahead to save time, money and calories.

Week 2 - We addressed exercise and finding a physical activity you enjoy.

This week we are covering something that is super important and can help us have more energy, keep our immune system strong, *and* get to (or stay at) a healthy weight.

Week 3. Stay fueled.

This is a BIGGIE!

It's common for people to think that when they skip a meal, they are "saving" calories.

Randomly skipping meals to "save calories" often backfires and by mid-afternoon or early evening, you'll feel famished. And, you overeat – or worse, you snack while making dinner, and fill up on junk. Then, you'll feel guilty because you think you have no will power. I know because I have done this too.

Our body needs fuel in the form of food to function, so when it's deprived, it screams out for what it needs – food! **Most times, willpower is no match.** Skipping meals sets you up for failure and feeling guilty. You start to wonder "What's wrong with me?" and "Why can't I control my appetite?"

What you need to know...

When you are eating on a regular schedule and giving your body the type of real food fuel that it needs, it's much easier to keep your appetite under control.

So when I'm talking about skipping meals, I'm NOT referring to the case of intermittent fasting, which I brought up in Week 1 (sent on [March 27th](#)).

Intermittent fasting is a purposefully designed eating routine in which you train your body to keep a certain eating schedule. If you skip meals in an haphazard fashion, that is NOT intermittent fasting.

Eat regularly-scheduled, whole food meals each day, and have healthy snacks when needed. You'll notice you get through the day with more energy. And when you plan your meals out for the day, you'll find yourself making healthier choices. It is more tempting to make unhealthy choices when you need to eat something **now** and you just grab the closest thing you can find.

By planning ahead, you'll be less likely to skip meals and you'll surely notice a difference in how you feel. You'll also find that you usually end up eating fewer calories during the day. Even if you're doing intermittent fasting, you can still have breakfast, lunch, and dinner - and even throw in a healthy snack, too! Remember when I described my eating schedule?

- Breakfast: 9:30am
- Lunch: Around 1:00pm.
- Dinner: 5pm (finished by 5:30pm)

- And I usually carry something with me for an afternoon snack - like a banana, carrot sticks, or a healthy food bar (perhaps you can [find one you like HERE](#); I thought the Raw Rev Organic Chocolate Raspberry Truffle bar was pretty tasty).

Here's a good tip: Eat until you feel about 80% full, then wait a few minutes to see if you feel satiated and comfortably full. This will help with that feeling of being overly full and uncomfortable. And there's science behind this...

When food enters your stomach, receptors there send a message to your brain to say, "Hey, we're getting full down here." But this is not an instant message — it actually takes about 20 minutes to arrive.

Do you randomly skip meals a lot? Notice how you feel when you eat 3 balanced meals. Do you have more energy? Feel less moody?

What can you do this week to plan ahead, so you have three meals (and healthy snacks, if needed)?

Head over to the [Facebook group](#) and tell me!

If you haven't done so already, be sure to check out the [Delicious Healthy Recipe Guide](#), [Sensational Smoothies and Juices Guide](#), along with the helpful [Grocery Shopping Guide](#). These resources will give you some new quick and healthy meal and snack options.

Plan ahead for your day. If you have to head out on an essential task, bring a meal and/or snacks with you.

For those of you that work outside of the home: If you can't bring your own meals with you, plan ahead by finding out what healthy restaurants offer takeout or what grocery stores are close by.

REMEMBER our workout session, LIVE in the [Facebook Group](#) tomorrow!

LIVE ONLINE SESSIONS:

- Tues. April 7, 2020. 4pm PT / 7pm ET (US & Canada) - **LIVE** workout in the [Facebook Group](#). [Sample workout] Week 2, Workout Day 5.
- Thurs. April 9, 2020. 4pm PT / 7pm ET (US & Canada) - **LIVE** workout in the [Facebook Group](#). [Sample workout] Week 2, Workout Day 6.
- Sat. April 11, 2020. 10am PT / 1pm ET (US & Canada) - Zoom Call for Breathing Meditation, Q&A, and Group Chat.

Join me on the Zoom call at:

Time: April 11, 2020, 10:00 AM Pacific Time, 1:00 PM Eastern Time (US and Canada)

Join Meeting Link: <https://us04web.zoom.us/j/996429857>

Meeting ID: 996 429 857

What is your biggest challenge right now or what has been your biggest win so far? Let us know over in the [Facebook group](#).

[NOTE: If you joined our program a little late, you can check out the previous emails and downloads on [this page](#).]

Stay Fit! Be Happy!

-Dr. Venus

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