



The Gift of Perspective
Life Coaching by Karen

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WEEKLY NEWSLETTER



INSIDE THIS WEEK'S ISSUE:

Why Most Diets Fail

*This is the beginning
of anything you
want.*

Welcome 2021!

Karen McKeivitt • Life Coach

We didn't ring in 2021 with anything fancy. My husband had to be at work at 5 a.m. the next day and I just didn't feel like waiting up solo. I think I was semi-conscious when the Times Square ball dropped, so I knew we could put 2020 behind us... well, sort of!

No, nothing bad happened, but it's not like we can forget 2020 passed. We still have a pandemic after all. But I've been reflecting a lot. What good came out of 2020. For me, it was the friends that I made despite the virtual nature of life. It was the friendship that didn't give up on me that strengthened in more ways that I could have even imagined... even after 5 years of friendship.

For years, I've heard "what's your word" for the new year. I don't think I ever gave it more than a passing thought before. More like a fad I didn't buy into. But this year, after doing some small events with groups and having one scheduled tonight for a much larger audience, I'll share my word. BRAVE.

Why brave? Because being on your own in business, you need to be brave to see your dream. So I'm going to do things that require me to be brave. Follow my journey! It should be interesting!



Why Most Diets Fail

Did you know that research shows that regular dieting is a waste of time and energy? Don't believe me?

Read on to find out why...

Why am I dissing on dieting? (And do we have to talk about this after I already started on my New Year's Resolution?)

According to Dr. Mark Hyman, functional medicine doctor, Director of the Cleveland Clinic Center for Functional Medicine and New York Times bestselling author of "Ultrametabolism" and "Ultrawellness" most diets predictably fail because of 5 reasons... (hold on to your seats here...)

1. You try to exercise your willpower to control your appetite instead of understanding there is science behind hunger.
2. Your focus is too much on counting calories.
3. Your diet consists of all low-fat foods.
4. Your weight is actually affected by hidden reasons that require medical attention.
5. You lack a solid health and weight loss plan to guide you on your journey.

Dr Hyman also says that when the average dieter loses weight, they lose muscle AND fat. But once they regain the weight, they gain back only the fat... which will ultimately slow down your metabolism.

Boooo! That's not what we want!

How can I succeed with my health without dieting?

Here are 5 success tips that will keep you in peak health *without* dieting:

1. Eat enough whole fresh food to satisfy your appetite (your body will be less hungry because it's fully nourished).
2. Eat protein for breakfast to boost your energy for the day.
3. Eat your last meal three hours before bedtime to give your system time to digest before sleep.
4. Make low-glycemic foods your diet staple such as nuts, seeds, chicken and fish so your blood sugar stays level.
5. Eat good fats at every meal such as avocado, nuts, seeds and olive oil (healthy fats are your friend, not your enemy).

So what do I do now?

In my coaching practice, I help my clients learn how to lose weight, gain energy and feel better than ever... *without* dieting. That's huge! If you want to take control of your health the right way and make a commitment to being the healthiest and happiest version of yourself, then click below now to schedule a time to talk with me today!

In Health, Karen

Happy New Dreams, New Days, New Desires, New Ways!