

SLIMMING *Secrets*



written by Julia Sana

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Prologue

Imagine it is the 1st of June 2030 and something is different. You wake up in your room, feeling full of vitality and energy.

You get out of bed; your heart is filled with joy. Your body feels light and agile.

As you go to the bathroom, wash your face with cold water and brush your teeth, you notice your own reflection in the mirror, which shows the most vibrantly alive, glowing version of you.

Your belly is flat, your face looks lean. Your thighs show that you've become very fit. You're grateful for how far you have come.

You grab your keys and go out for a 10-minute walk in nature.

After coming back home you enter the kitchen. The counter is topped with the most delicious fruits. A fragrant smell of ripe mangoes enters your nose and you know it's time for breakfast. You pick out a few of the ripest mangoes and cut them open. You sit down at the kitchen table and enjoy this tasty treat.

With every bite you eat, the meal becomes more flavorful and sweet. Once you're satiated you get up from the table and start your day. After this luscious meal, you feel truly energized and ready to create a magnificent day.

Why I wrote this book

Hello and welcome to Slimming Secrets.

My name is Julia. You might or might not yet know me from my YouTube Channel called [Julia Sana](#).

Either way, I am super excited you found your way here and are interested in releasing weight.

Because my vision is a world full of healthy, fit and slim people who love their lives and who love the way they feel.

I feel a strong calling to help create that world with everything I do. That is also why I wrote this book; to help everyone who wants to shed some fat, with a few simple tips and strategies that are effortless and implementable into everyday life.

How it all started

At the age of 13, I discovered the impact that the foods we eat have on our body.

I had been spending the afternoon with two new vegetarian friends I made at school.

Since my mum was at work, we needed to cook something ourselves. I had prepared some unhealthy junk foods for us, but they saw them and were like "Let's make something fancy!".

So we cooked some couscous with veggies and some vegetarian burger patties.

I was used to eating cheese bagels or bread with Nutella after school so this was an upgrade.

To this day I remember how good I felt afterwards.

I had more energy, good mood and I felt so satiated. So I continued on this path of clean eating and meanwhile also got into running through my parents. They went running and started taking me along. Quickly eating healthy and running became part of my routine and I started losing weight and looking leaner without any intention or goal to do so.

I think that had been the secret back then. I didn't try. It just happened and I felt truly amazing, healthy and vibrant.

Running even became such a big part of my life that I started participating in races.

Thanks to my clean diet I even won a few.



One day at age 16 I met a guy at a birthday party who told me about a ketogenic diet. Even though I had already been lean at that point and felt amazing and balanced, I still always knew there must be something even better for the body than what I was doing. He said that he lost 20 kg with this diet and had previously been obese.

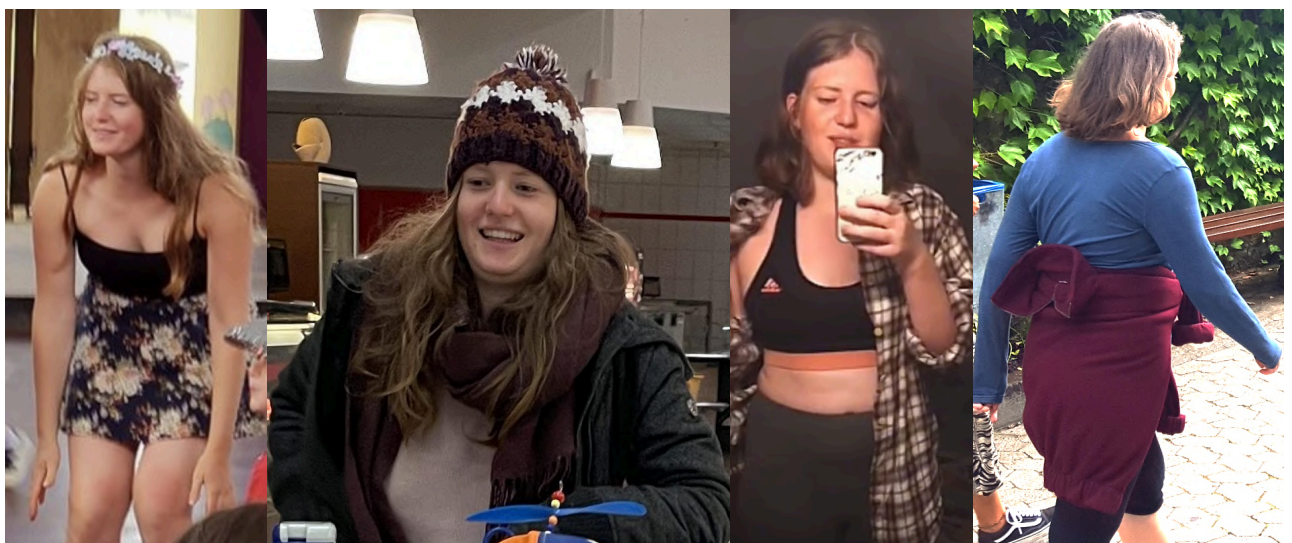
Back then I didn't know the difference between weight loss and health yet. I assumed both would be the same.

And I thought to myself: "If he had lost 20 kg with this diet, it must be super healthy". So I started cutting my carb and fruit intake and within 2 days I lost weight. And I was like "Wow this is amazing"

Only later I realized that it was just water weight. And every time I ate carbs the weight came back. Consequently I assumed "Carbs make you fat and are unhealthy".



This went on for almost 1.5 years. A constant cycle of cutting carbs, eating them again and then feeling guilty for it. Until at one point, I had enough and started eating whatever and however much I wanted. Due to the prolonged carbohydrate restriction this ended up to be more than what felt comfortable to my body. If you ever had such a period in your life you know what happened so I won't explain any further.



Fast forward a few years and I discovered the high carb low fat plant-based lifestyle. I jumped on it and immediately saw results. Over the span of 2 years I was able to release almost 40 pounds.



I ate as much as I felt like at every meal and over time I came back down to my happy place with my body weight.

Today I am so grateful for having discovered this way of eating. That's why I can't help but want to share it with the world.

Chapter 1

The best time to start

If you have weight to lose, you might be thinking right now that this might sound good and all, but this wouldn't work for you.

Or maybe there is some sort of belief in your head as to why you cannot get down to your dream weight.

Everyone else can, but you are special in that way and you can't.

And you are probably right.

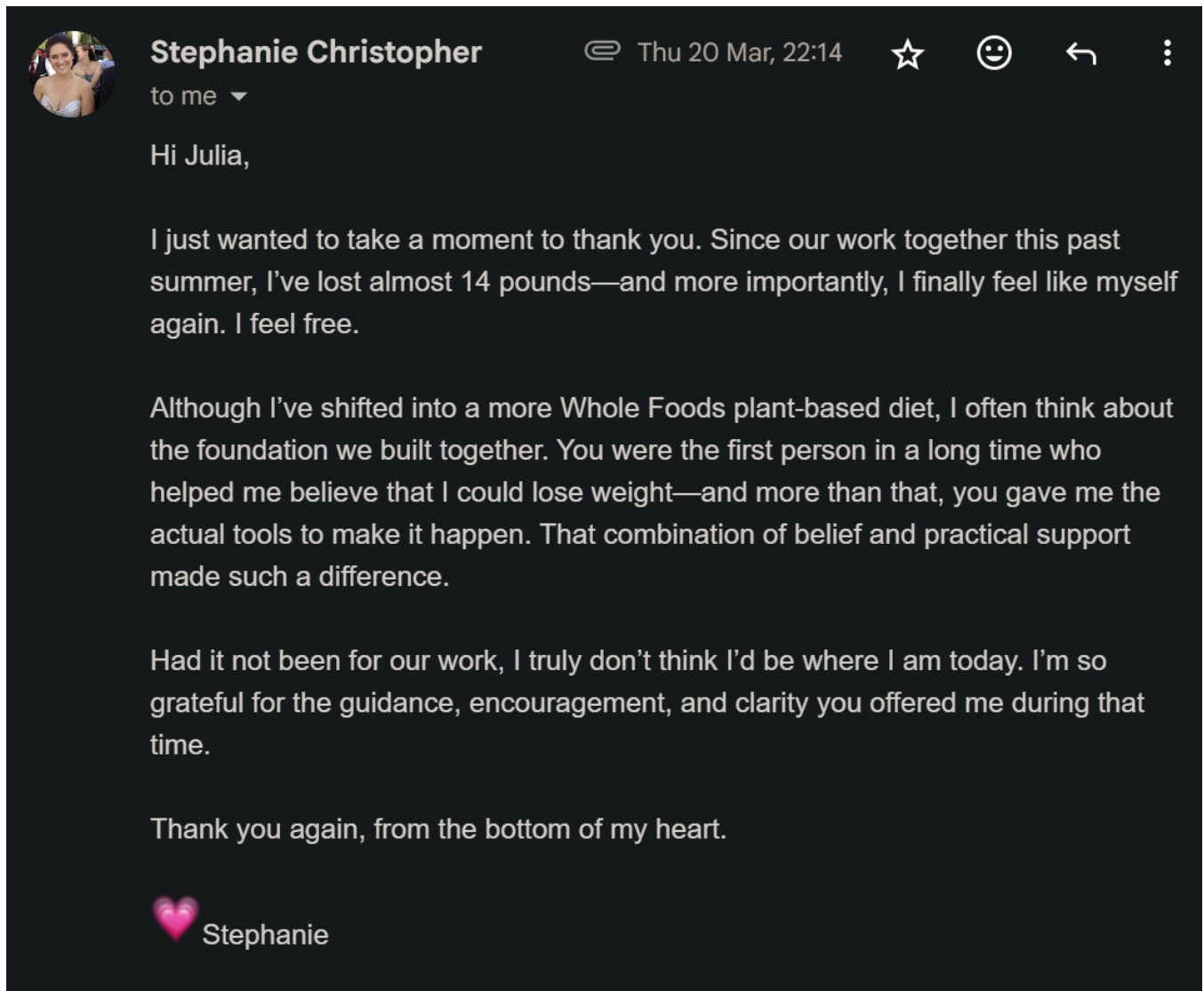
If I have learned one thing from my journey and now also having coached more than a dozen people to their dream bodies, it's this:

“Whether you think you can or think you can’t, either way you are right.” - Henry Ford

And trust me, I have no doubt in my mind that you CAN do it.

I have had too many clients who told me "they can't" but lost the weight anyway.

Like Stephanie who told me she has tried EVERYTHING. She went on different diets, to the gym, did dancing and rebounding but nothing seemed to work. Until a few weeks ago I received this email from her:



Or like [Brian](#) and [Connie](#) who told me they couldn't because of their overeating habits and unsupportive families and environment.

Yet, after helping them understand the power that lies within them, in a few weeks both of them got down to their goal weight.



Once you crack the code, weight loss can happen rapidly without any effort involved.



Watch their full stories at www.juliasana.com/stories

The magic really lies in our attitude towards life and challenges. Plus in the secret strategies I am about to share with you.

But those strategies are only able to transform your body, when you know that your dream of a leaner body is 1000% possible.

So now that you have accepted that you can do it (in case you haven't, please read the beginning of this chapter one more time :D), the question remains, when should you start?

And the short answer is right now. Because tomorrow will never come, you only ever have today.

But the long answer is a bit more complex so let's get into it...

If your goal is to lose weight I wouldn't focus on anything else other than upgrading your diet right now. We often associate weight loss with exercise, but that is not really what is going to give you the results.

I still love exercise and I think it is amazing for health and vitality. It can also help with curbing one's hunger.

So exercise as much as you want. It's completely optional though.

Adjusting your diet however, is essential. It's not really possible to out-exercise a bad diet. Trust me.

So phase 1 is to adjust your diet today, if you haven't already yesterday.

Phase 1: FUEL UPGRADE

The 2 most important changes that have given me the biggest results are the following:

- Starting my day with unlimited ripe, delicious and juicy fruit (so much that fruit is the only thing I'll eat that meal)
- Lowering the fat content in my diet to about 10% of my daily calories

Bonus: Sleeping as much as I want and can, to help lower the appetite

If you want to see what a day of low-fat eating can look like, you can check out my [What I Eat In A Day Playlist](#) or search "What I Eat in a Day Playlist Julia Sana" on YouTube.

If you want to learn more about the science behind a low-fat diet, I recommend the Book "80/10/10 Diet by Dr. Douglas Graham" who I even had the honor to [interview on my YouTube Channel](#). Amazing Doctor.



Me with Dr. Douglas Graham

Phase 2: CHOP WOOD CARRY WATER

For the first few weeks, I recommend hitting your daily calorie requirements or even eating more than that if you feel like it.

Because if you are in a caloric deficit that will require some level of willpower from you and if you are changing the way you eat it will as well.

Think of your ability to use willpower and make decisions like money in your bank account. You want to spend a little bit of money every day but be careful with making many big investments all at once.

So I recommend first finetune what you eat and then how much.

The beauty of the (high) raw vegan lifestyle is that initially, you are going to release weight even if you eat in a slight caloric surplus.

Because the body has a hard time storing carbohydrates as fat it will just heat up your body a bit to burn the excess off. On top of that it is going to release a lot of waste from your digestive tract and lymphatic system because most high-carbohydrate plant foods, like fruits, are high in fiber and water and low in sodium which helps flush all that out.

To make sure you hit your minimum daily fuel requirements, I recommend going to www.calculator.net/calorie-calculator to see how much you need every day. Then make sure to hit the "Weight Maintenance" target or more every day.

You only really need to track your calories for 3 days or so. And after that, you can go with the flow. The best calorie tracker I have found is www.cronometer.com

What can simplify things is to have 1-3 meal ideas for breakfast, 1-3 meal ideas for lunch, and 1-3 meal ideas for dinner, which you can rotate every day.

When it comes to take out or eating at restaurants, I would pause on that for a little while to build up some momentum.

Once you have momentum, I don't think there's a problem with going out once or twice a month, if it brings you joy. Personally, I probably go out 3-4 times per year with family or friends and I fuel up before.

The portions in restaurants are too small for me 😊

Also, restaurant foods are usually high in calories and high in sodium. This makes them highly addictive. And the easiest way to release addictions is to say no to something for now.

But this is just what has worked for me and most of my clients.

If you feel like choosing a different strategy I am sure your inner guidance is more accurate than what I am sharing with you inside this book.

Follow your heart and the joy of life.

Phase 3: BECOMING STRATEGIC AND SMART

Now that you have adjusted and dialed in your diet in Phase 1+2, it's time for the final phase: **Becoming strategic and smart.**

This is the fun part in my opinion. If you do this right, you are seeing your body change in front of your own eyes, which I find is truly magnificent.

You start feeling lighter every day. And with that feeling of lightness, you also release so much energetic old baggage.

I remember when my body lost all that weight I also started having this immense desire to declutter my whole apartment and kitchen. I simplified everything.

But how exactly did I lose the weight?

Firstly, I choose the right time. I know I said earlier that the right time to start is now. But when it comes to actual fat loss I do not recommend doing it any other time than late spring/summer.

When living in the tropics/subtropics, it's easy to do it any time of the year. In case you live in a country that has 4 seasons, summer is the easiest way to go.

If you are reading this in the winter, focus on building healthy habits and maintaining your body fat percentage for now.

If summer is around the corner for you however or you're in the middle of it, now is the absolute best time to make this happen once and for all.

Here's why...

Reason 1: I have found that our bodies have a natural tendency to want to hold on to fat in the colder times of the year whereas in the summer because it is so warm, the body wants to get rid of that layer of fat and will do so if we give it the right conditions.

Reason 2: When losing weight the body naturally cools down a bit because it is trying to save energy. In the summer this is a super nice bonus benefit because you are not feeling so hot. Versus in the winter you would be feeling cold which can be inconvenient.

Reason 3: Melons. They're in season in the summer (April-September in Germany). If you get them sweet and high quality, there is no better food on the planet for weight loss. High in water, minerals, fiber and carbs. And most importantly so delicious. Make sure to eat them first thing in the day on their own. Combining melons or eating them after a denser meal can lead to digestive distress.

Reason 4: Due to so much sun in the summer, serotonin is being released, which helps regulate appetite and mood. So make sure to get out in the sun for a little bit every day (ideally when the sun is less intense)

Reason 5: Due to longer days and more sun exposure melatonin is being released more which also helps with sleep. And I am sure you know the feeling of having had a super good night's sleep and just not feeling as hungry that day.

Bonus hack: If you go outside without sunglasses it will help even more with serotonin and melatonin production. Even in

the winter, I make sure to get sunlight into my face whenever I can. Of course, it is important to not overdo it when the sun shines very strongly.

So Phase 3 starts in spring or summer. Phase 3 is simple. Do the same you did in phases 1 and 2 but with the addition of adding in a bit more high water content foods like melons, berries, cucumbers, salads etc .

For most people, this would be enough.

If this is not giving you your desired results or you start struggling with junk food cravings here's what you can do:

Go back to www.calculator.net/calorie-calculator.

This time you want to find out the target for weight loss or mild weight loss. And then you can again track your food intake for around 3 days and rotate the meals you had on those days of tracking. There's no need to overthink it too much though. It's just to help you hit that edge and feel confident that you aren't undereating and to see the first results. This will build a lot of momentum and get you excited about your new way of eating.

I have found that roughly knowing that I have had enough calories in the day has helped me tremendously on my weight loss journey to be ok with getting up from the table at the point of "I could eat a tiny bit more, but I'm good and satisfied".

However, I encourage you to experiment and see what works best for you.

Most people I have worked with so far have seen results without counting their calorie intake.

So tracking your calories can be a great tool if you feel like you would like to speed your things up a bit and build momentum and confidence.

While some people feel stressed out about having to put a number on food and being in the head, others find safety and security in knowing the calorie content of their meal.

I find myself somewhere in the middle of that spectrum leaning slightly towards the "Knowing the approximate calories" side, even though I don't count them anymore.

I did so for a few weeks towards the end of my journey when I wanted to release the last few kilos. But since I eat similar meals every day and am in weight maintenance now, I just eat when I am hungry and stop when I have had enough.

All of this is to say that you need to tune in to your heart and find out which side of the spectrum you are on. And then go with it.

If one or the other doesn't bring you joy or results, be fearless and switch it up.

Lastly, I want to mention that even when having been in the mild weight loss-calorie target, I have always felt super satiated, full and energized.

I assume that that had to do with the fact that my calories have always come from whole plant foods, predominantly raw.

It is almost impossible to overeat when we combine whole foods with a low-fat way of eating.

Even the clients I have worked with who struggled to lose weight did not struggle because of overeating on whole foods but under-eating them and then going to calorie denser refined foods.

So the goal of counting calories is to make sure we hit the edge where our body starts utilizing our fat stores for energy.

IN SUMMARY

Split your weight loss journey into 3 phases.

Phase 1: Fuel Upgrade

- Start the day with ripe fruit for breakfast
- Lower the fat content in the diet
- Increase sleep to support the satiety in the body

Phase 2: Chop wood, carry water

- Eat in maintenance or surplus calories to get your new eating routine going

Phase 3: Become Strategic (start this phase in summer)

- Go into fat-burning mode through either or both of the following strategies:
 1. Eat more high-water content foods like melon, berries, cucumber, lettuce etc.
 2. Track your calories for a few days to make sure your eating routine is now in a slight deficit

Chapter 2

The solution to end overeating

When it comes to addictions, food addiction is not the easiest one to release.

People might try to convince you that you don't need to change anything to convince themselves that they are doing fine, too.

Some will do it in a caring and loving way and some will do it in a judgmental, controlling and negative way. In either case, make sure to stay true to yourself in those moments.

Another reason is because eating is part of human existence. If you want to quit smoking or drinking you remove it completely, but with food that isn't really possible.

Of course you could stop eating completely and go on a fast but fasting is an ineffective long-term solution for breaking food addiction and releasing weight.

Back in 2018, I went on a 29-day water-only fast. My intention was to break my junk food addiction and lose weight.

I was under the supervision of someone experienced but still I experienced detox retox a few months after the fast.

Detox retox is what I call it, when the body is rebounding after a cleanse, that is, too rapid, intense and unfamiliar.

It might do so by reaching for old time comfort foods because it might not feel so safe and in balance.

This can be caused by making too many changes at once.

When we allow our bodies to heal in its own time, the body will feel much more safe along the way and sticking to new habits, routines and foods will feel like the natural thing to do.

Slow and sustainable healing will allow the body to maintain a well functioning metabolism.

It will also keep the hunger hormone ghrelin in check.

Personally, I am not completely against fasting.

However, I think if weight loss is your primary goal, it's not the best idea to do it.

I also think that there are more convenient and sustainable tools we can utilize, to achieve what most people are looking to achieve through a fast.

But if fasting isn't the way to cure food addiction, what then?

Well, first of all I think it's important to understand what causes the over-consumption of calories.

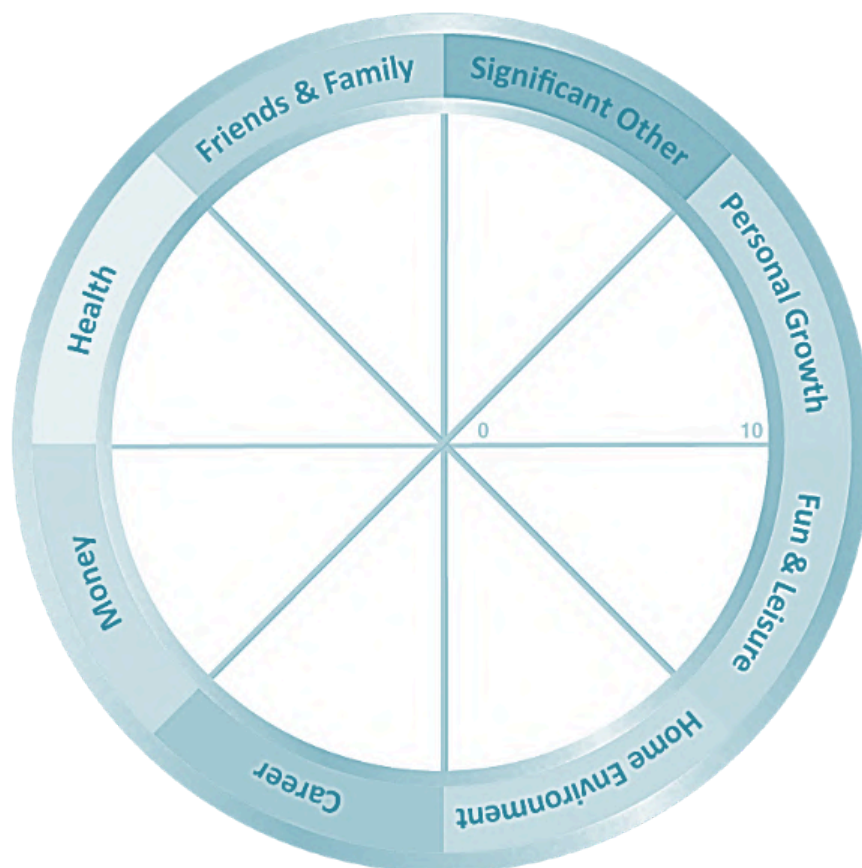
There are 5 causes I have found.

To end overeating for good, find out the biggest cause for you and then tackle that cause. Usually, it's a mix of a few of those, but I recommend starting with solving one for now.

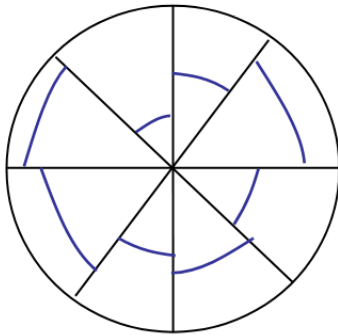
Solution 1: Life Situation

Challenges in life can bring up unwanted negative emotions which we don't want to feel. Food can numb what we are feeling. But it typically doesn't resolve things.

Solution: Find clarity on what you want in life. If you change your life to be the way you want it to be, more positivity will flow into your life. A tool that always helps me to find clarity on the changes I need to make in my life, to feel my best, is the wheel of life.



Example:



After evaluating all areas on a scale from 1-10, you can brainstorm on a few action steps to improve 1 or 2 of the areas with a lower score.

Solution 2: Calorie density

Satiety is created by 3 factors: calories, volume (aka fiber and water) and the absorption of vitamins and minerals.

So when we consume an abundance of vitamin-rich and fiber-rich foods, we experience a new level of satiation which makes it easy to stop eating when we have had enough calories.

The consumption of calorie-dense refined foods on the other hand can lead to delayed satiety.

Solution: The food with the highest water, fiber and vitamin/mineral content are fruits and vegetables. So have fruit for breakfast (and lunch if you want) and add an abundance of your favorite vegetables into your diet as well.

Focus on all food groups that will help you to your goal and put your attention to the abundance within those food groups. There are more than 7500 apple varieties alone. Think of all the different vegetables you can get at most supermarkets. You could even have a different type of fruit every single day for the rest of your life and you would still not have tried all the different fruits that exist on our planet.

Solution 3: Produce quality

The quality of produce we eat, vastly impacts how well it satiates us.

I recently had some organic biodynamic blood oranges which were almost fresh from the tree.

Eating them felt like an ecstatic experience.

After only 5 oranges I felt super full and satiated and didn't want anything else.

Normally, when I buy oranges from the store, I eat more than 5 in one meal. That's because they aren't as fresh.

They still taste great but nothing compared to those blood oranges I had.

This experience reminded me that our taste buds are there to help us find the most nutrient dense foods. The better a plant tastes, the more nutrient dense it is.

Sticking to a clean way of eating sensitises our taste buds and brings back our ability to differentiate a good orange from a bad one.

When we apply that skill to choosing which food we put into our bodies, we feel more satiated. So always remember, the higher the quality of produce you eat, the easier it is to stick to a clean way of eating.

Solution 4: Consistent Routine

A consistent routine prevents under-eating which in turn increases not only trust between you and your body but also the satiety hormone leptin and the happy hormone serotonin.

Solution: Start crafting your unique routine that includes 2 or 3 consistent meals a day.

This is something you can play around with and be loose about/ have fun with.

Solution 5: Nervous system regulation

The vagus nerve (a part of the nervous system) connects the brain and the intestinal tract. It plays an important role in regulating appetite and digestion. ¹

So when your body is under stress for too long, cortisol is elevated and consequently appetite increases.

Solution: Create an environment that you feel safe in. If that means making major changes in your life, it will be worth it.

Another thing you can do to regulate your nervous system is to do breathwork, yoga or meditation.

My favorite is a combination. In the morning after waking up I stretch my body in bed while breathing slowly.

This has worked wonders for me. But find what works for you.

There are many different techniques that one can utilise to regulate the nervous system.

Working with the breath being the most effective one from my experience.

If you're interested in further exploring this topic, I recommend using YouTube to find the right type of technique for yourself.

For example, search for something like "regulating nervous system meditation" or "breathwork" or "yoga class".

IN SUMMARY

There are 5 great solutions to overcome food addiction:

Solution 1: Transforming your life situation

Solution 2: Eating foods with lower calorie density

Solution 3: Focusing on high quality produce

Solution 4: A consistent routine that excites you

Solution 5: Nervous system regulation

Looking at these areas one by one has allowed me to release weight with ease, while it has also helped create a positive impact on my relationship with food and my sense of hunger and fullness.

Chapter 3

Exercise // Less is more

Before we talk about exercise I want to reiterate that more exercise is not necessary for weight loss and can even be a hindrance to having your dream body.

Because if you push yourself too hard, you increase cortisol which can elevate your sense of hunger. Especially if you're female this is something to be aware of.

I went from doing crazy HIIT workouts that made my muscles burn and sore the next day to calm and soothing fitness activities.

I thought I had to do Ashtanga Yoga (the most intense form of yoga) every morning but later realized that doing Yin Yoga (the most relaxing form of yoga) is way more enjoyable to me.

If it ain't fun, don't do it! - Jack Canfield

When it comes to weight loss, less is really more: Less stress, less digestive burden, less physical discomfort, less clutter in the kitchen.

This is the effortless and easy path that creates room for more simplicity, freedom and inner joy to come in.

You become like a feather in the wind, flying above the things that don't serve you anymore and flowing through life with more ease.

You no longer feel like you need to push to lose weight but you realize that you need to drop your heavy baggage and start living the most vibrantly alive version of yourself in the here and now.

The version of you who does the activities she loves and engages in joyful play to her heart's content and stops when she has had enough.

There is no need to push past the point of satisfaction when it comes to exercise. Especially if your goal is to get fitter, healthier and leaner the only thing you need to focus on is to challenge yourself enough to feel a sense of excitement but stop at that sweet spot. There's no need to squeeze the joy out of exercise by setting high expectations.

We often think we need to move mountains and do all these crazy things but in reality, I have found that I get the best results and the most joy out of short, sweet and relaxing activities.

This could mean going for a slow 30-minute jog 3 times a week with the goal of running as slow as you can. Because the slower you run the more effortless it feels. Additionally, you'll be much more likely to do it again.

If running isn't your thing, then choose a sport you love. Think of your childhood when you were a kid.

What were some of the things you loved doing back then?

I remember when I was a kid I loved gymnastics. It was my favorite hobby. So I got myself a pull up bar and a mini trampoline for my home and whenever I feel like it I jump on the rebounder, do a couple of pull ups, push ups etc.



Oftentimes I don't even follow a specific program. I just put on some music and imagine being a kid on a playground, exploring what my body can do.

This is the secret to a consistent fitness routine. Instead of pushing, imagine a force inside you pulling you.

Imagine using your body like a car powered by a super strong engine inside of you.

This gets easier over time. As your body gets fitter and builds up strength and endurance, you increasingly experience the desire to move and use it.

The first step is to JUST DO IT.

If the thought of exercising stresses you out or makes you feel inner resistance, chances are, you are approaching it from a place of "not being good enough yet".

And I know it's easy to feel that way because so many sports are competitive and attach numbers to what one's body can accomplish. But I can honestly tell you that you don't need the numbers and you certainly don't need to win *against* someone in order to feel excited and motivated to do a sport.

For me winning means the fact that I put on my running clothes and went out the door.

For me winning means that I fell asleep within seconds last night because I used my body that day.

For me winning means that I enjoyed every second on my rebounder this morning.

For me winning means that my meals taste luscious because I moved my body before them.

For me winning means that I know that I am already good enough and perfect whether I exercise or not.

For me winning means that I had an amazing time regardless of how I performed.

IN SUMMARY

- Throw your expectations out the window and have fun
- Fitness is part of your natural being
- Find what excites you and be brave enough to start and stick with it

Chapter 4

Bounce your way to health

After trying out many different fitness activities, I have found rebounding to be by far the most effortless, fun, and effective way to move.

A study done by NASA has concluded that 10 minutes of rebounding on a mini trampoline is equal to 30 minutes of jogging.²

Rebounding came into my life about a year ago.

At the place I worked, they installed a rebounder so whenever I had a break I would go on there for a couple of minutes. I could instantly feel my energy levels go up; even if I just rebounded for 2-3 minutes.

In the beginning, whenever I started bouncing I could also feel how things inside my body felt kind of stagnant.

But the longer I rebounded on a regular basis, the more I could feel the energy inside my body flowing more freely and also feeling increasingly clear-headed.

A few months had passed and I saw a video of my Friend Chris Kendall who had also purchased a rebounder for himself.

All of a sudden I just started hearing about rebounding everywhere. On YouTube, from friends and even one of my coaching clients who has one. So I knew it was time for me to get a rebounder as well. I wanted to extend the use of this amazing tool into my leisure time as well.

Nowadays I jump on it daily. My favorite times are after rising and about an hour after dinner. I either put on some good music to dance and sing on it or I enjoy my favorite TV shows or watch a couple of YouTube videos from my Watch-Later-Playlist while bouncing.

The biggest change I have noticed is that my digestion has become so good. My belly has also flattened out a lot. And I am sorry if this is TMI but my bowel movements are so quick and regular since I started rebounding. It only makes sense of course, because when bouncing up and down everything inside the body comes into effortless flow.

There are many, many more benefits so to keep it short I thought I would just share a few more bullet points.

Experience-based benefits of rebounding:

- Has vastly improved my athletic performance in running and cycling
- Improved my sleep quality by helping me relax
- Toned my legs, thighs, abdomen and arms
- Helps me to let go of negative feelings and emotions and enter a positive inner state

Science-based benefits of rebounding:

- Boosts detoxification in the body by increasing lymph flow up to 15 times
- Burns fat by improving insulin sensitivity while decreasing blood fat
- Supercharges the metabolism and helps burn calories even after bouncing
- Improves the muscle-to-fat ratio
- Lowers circulating cholesterol and triglyceride levels, contributing to a healthier lipid profile
- Supports strong bones by improving bone density
- Strengthens the immune system by tripling the white blood cells during the bounce ³⁴⁵⁶⁷

Why I prefer rebounding over other fitness activities:

- It's very gentle on the joints
- Immense fun factor; you feel like a kid again
- Time effective
- It's very easy to get started because you don't need to go out of the house or change into workout clothes or running shoes for it
- You don't need to have a certain level of fitness to start (like you would need with running for example)
- You can combine it with watching something entertaining or educational
- It is quiet. Before rebounding I had been into dancing and rope skipping and my neighbors who live underneath, have always been able to hear me. Now they can't hear much
- A rebounder takes up very little space and is easy to move around

If you want to dive deeper, I have put together a playlist of all the videos I have made about rebounding so far:

[Rebounding Playlist](#)

Last of all I want to mention that if you genuinely feel the calling to get into rebounding, I highly recommend getting a high-quality one.

I have tried cheaper models in the past but they were not that fun to jump on.

So I decided to make an investment in my health and spend 600€ on my new rebounder. And I can now, only after a few months say, that it was worth every penny.

Almost everyone I had talked to recommended me to get a Bellicon Rebounder. It is the Ferrari among the different rebounders out there.

And after watching a bunch of YouTube Videos which compared different models and additionally doing my own research, I decided to get a Ferrari.



If you want to get a Ferrari as well, here is a QR code for you.

Or [click here](#) :)

If you need help with picking out the right model and/or bungee strength, feel free to reach out to me via e-Mail at julia.yoga.contact@gmail.com and I can help you out completely for free. I might even have a seasonal discount code for you ;)

Additionally, there's also a test on the [Bellicon site](#) that you can take to identify the right bungee strength for your size and goals.

IN SUMMARY

If you're looking for an effortless and fun way to incorporate fitness into your everyday life, rebounding is a great option.

[Here you can find the best rebounder money can buy!](#)



Chapter 5

The power of slowing down

Alrighty we talked about what to eat, how much to eat and fitness. Now we also need to talk about how to eat. This is probably my favorite subject because I love talking about the inner state and mental and emotional well-being. It is such an underrated topic and I cannot tell you how much the way I eat my food has changed the way I feel and even look. Crazy right?!

Slowing down when eating has a huge impact on how satiated and energized I feel after my meals.

When I started chewing my food to a smoothie-like consistency, taking deep breaths here and there during my meals and even putting the fork, spoon, or food down while I was chewing, the weight started falling off.

And it only makes sense. The body needs time to start the digestive process and the more we chew our food the more time we give it to fulfil these processes.

We also mix enzymes and saliva into the food which helps with the absorption, assimilation and breakdown of those calories.

Consequently, satiation starts kicking in before we are even done with our meal.

This little switch of slowing down + tasting and chewing my food properly has had such a profound impact on my weight loss success, vitality and level of health that I sometimes wonder why more people aren't talking about it.

For many, eating fast is an ingrained habit so this might be a bit challenging to change at first.

The good thing is, the harder it is to change a habit to something more positive, the easier it will be to do it consistently once it has become part of you.

The second tip I want to give when it comes to slowing down while eating is to focus on abundance and pleasure.

Dr. Douglas Graham loves to say "Eat the foods you love the absolute most, that love you back just as much"

This sentence has such a profound meaning to me because it invites me to always choose the foods and amounts that make me feel good on all levels.

Not just in the moment of eating them but also afterward.

It is also an important reminder to not fixate on nutrition to the point where we lose sight of what we enjoy.

It took me quite some time to realize that eating what I love and feeling good go hand in hand.

When we eat something because we think we need to eat it, it is very hard to be present and slow with the food.

Slowing down comes when we truly enjoy something. My banana-berry smoothies with fresh apples on the side taste so good that I naturally want to slow down when eating to savor every bite.

IN SUMMARY

Slowing down during our meals helps us absorb our calories more efficiently and thus feel more energized after our meals.

It is also a nice weight loss hack because it helps us finish our meals at the peak point of satisfaction.

Here are a few tips that have helped me to slow down during my meals:

Hack 1: Chew the food till a smoothie-like consistency

Hack 2: Put the spoon, fork or food down in between bites

Hack 3: Take slow and deep breaths here and there in between bites

Hack 4: Eat the foods you love the absolute most, that love you back just as much

Chapter 6

The social side of things

This is probably the part I hear most of my clients struggle with.

So in this last chapter, I would like to share how I dealt with this roadblock.

Initially, when I started moving more towards a high raw vegan lifestyle, some of the people close to me started resisting me.

Later on, I realized however that that was because I wasn't fully confident in what I was doing and tried to mask that by emanating an energy of "This is the best diet on the planet and everyone who isn't doing it is harming themselves" and "What I am doing is better than what everyone else is doing".

I never said these words out loud but people can often hear our energy louder than our words. So when it comes to wanting to feel more accepted by the people around you, start by accepting them for who they are and what they do and choose.

When I started gaining more confidence in what I was doing, people started caring less about my dietary choices.

Even if they did care, nowadays I have such a strong conviction in what I am doing and how good it is for me, the planet, and all the animals on the planet, that I no longer get affected by it.

I mean yes, sometimes it is a bit irritating, but then it happens so rarely anymore that someone even makes a comment or gives me a weird look that I can deal with it in the moment. And more often than not, the reactions are very positive, because people can see that I truly love and enjoy what I do.

I don't expect anyone to eat the way I do because I know how many sacrifices one needs to make initially when changing one's diet. I respect that not everyone is willing to do that.

All I know is that I feel destined to be walking this path of high raw vegan eating and to me the return on invest is 1000% worth it.

With that all said, another wonderful outcome of changing my diet has been that I slowly drifted apart from people who would judge me and want to change me when I started eating differently.

I am naturally an introvert and I love spending time by myself, so in the beginning, I started spending more time in solitude.

By staying true to who I am, over time new people started to come into my life.

Nowadays most of my friends are high raw vegans and almost everyone I hang around on a regular basis, eats plant-based.

My family is pretty much the only exception here.

We accept each other's choices and love each other unconditionally. I am very grateful for them.

When it comes to finding like-minded friends, the best way to do that is to leave your comfort zone and show yourself.

I went to raw vegan retreats/festivals and visited different yoga centers.

I even created a YouTube Channel through which I have been invited by other raw foodists around the world.



My vision is to bring people together like that and create regular retreats where they can come to rejuvenate and adopt a new long-term lifestyle which supports their healthiest, leanest and most vibrant self for the rest of their lives. Exciting times are ahead.

I hope that maybe you were able to draw some inspiration from me sharing all of this.

Always remember: **"Those who mind don't matter and those who matter don't mind."**



Find the most authentic and vibrant version of yourself inside of you and bring it out with all your heart. The world needs it.

IN SUMMARY

If you feel like people wouldn't accept you, if you changed into a healthier and leaner version of yourself and started eating differently, feel the fear and do it anyway

Most people will love you for taking great care of yourself, if you also accept and meet them where they are at

Not everyone is willing to change. And that is ok

If people still judge you, let them.

And make sure to get around new supportive friends.

Vegans, Raw Vegans and High Raw Vegans of all ages are popping up everywhere around the world. There are many retreats and festivals happening in all kinds of countries.

This lifestyle is on the rise! We're not alone.

We're all in this together <3

Chapter 7

A chapter on Self Love

I know what you probably might be thinking right now. "Nah, I don't want to improve my level of self love, I have heard this too many times"

But let me convince you otherwise. The reason you might be tired of hearing about this (and trust me, I was too for a long time) is because you don't have a strong enough reason as to why improving the way you speak to and think about yourself might be a good idea.

So I am here to do that for you right now. Not only will the relationship you have to yourself massively improve the relationship to the people in your life, but it will also help you slim down. I would even say it is a fundamental piece for sustainable weight loss.

If you love yourself it is sooo much easier to love others, which in turn will nourish you on such a deep level that the need to go to food for comfort dissolves.

On top of that, once you quit wanting to change your body and love it unconditionally, that is when true change happens inevitably. Because the action you take towards a leaner and more vibrant version of you is a reflection of the level of love you have for your body.

Things like eating clean, moving your body and sleeping well will naturally happen through you as a result of pure love towards your body. Just like you naturally want to take care of your child because you love it so dearly, the same thing happens to your body when you cultivate this unconditional love for your body which you would have for your baby.

My kids haven't been born yet however I can tell you that once I applied this secret to my own body, I set myself free and effortlessly started to nourish my body with the foods and quantities I had always known to be best for me; the exercise that I had always known to make me lean and happy and the bedtime and pre sleep routine I had always known to make me wake up feeling refreshed and energized.

I used to believe that others would like me more when I am slimmer because I look better. But please let me help you erase that thought if you ever have similar thoughts.

People will like you when you like and accept them the way they are and when there's a vibe between you. The outer form doesn't really matter that much to be honest. Of course, personally I like hanging around people who take good care of their health which might reflect in their size but that is because of the fact that we share similar values and not because of their looks.

Some of my friends prioritize other values and I still love being around them because we are able to make each other feel good on a deeper level. So always remember that this is about loving yourself and your body and not about being able to receive validation, recognition and conditional "love" from the outside.

Another point I do want to bring up here is that of course being slimmer might help you feel more attractive and thus have a better sex life or attract your soulmate more easily.

But ultimately that is not because of how you look but truly because of how you feel.

Confidence and self love is magnetic.

Just like gravity pulls things towards the earth, you attract people to you when you are emanating a field of love, joy and radiancy.

People will want to be around you because of the frequency you vibrate on.

The vibrant, slim and glowing looks of your body might in that case be one of the many possible reflections of your positive inner state.

Now that we covered that, hopefully you can see that you are absolutely free to choose whether you want to stay where you are or move towards a slimmer version of yourself.

It is completely up to you.

It is not a necessity and you can have an amazing life with or without that lean body.

And this is a very nice place to be in. Because things come naturally when we are ok with or without them.

That's why, as the law of attraction says it, it is so powerful to imagine already having something you desire.

Because you consider it done and the neediness disappears.

IN SUMMARY

- Self-love will improve the relationships with the people around you which in turn will nourish you much more deeply than any food ever will
- An easy trick to cultivate unconditional love toward your body is to give it the same kind of care, love and attention you would give to your newborn child
- This new found inner state makes you magnetic and truly attractive

Chapter 8

The greatest secret of all

My best success secret to a long lasting lean body is wealthy thinking. And I don't mean that in a money making sense even though having financial stability has definitely been a requirement for me in order to be able to release body fat.

But I mean it more in a wider sense. Think of wealth as something that is always available and all around you. All you need to do is open yourself up to it and it arises effortlessly from there.

What you want to remember is that you are an infinite being which deserves all the abundance in the universe.

The best most delicious foods

The beautiful romantic relationship

The most comfortable bed

The luxurious home

And the most vibrant and healthy body

When you approach life from that angle everything comes to you with ease.

The action required to have it flows through you.

For that however it is necessary that you not only believe, but you know that you deserve all these things.

Feel like you have them already.

Give your body the same kind of love which you would give it if it was exactly the way you envision it to be.

Today, in this moment, see yourself having a wonderful, lean and perfect physique.

Feel what it would feel like to have it right now in the essence of this present moment.

When you do that, all need for what you want subsides and with that feeling gone, a true lasting change can enter your life.

You might have heard of the book 'The Secret' by Rhonda Byrne. (If not, I highly recommend checking it out)

People think that what she shares is too good to be true.

What if they are wrong and you can actually have everything you want?

The fact that you picked up this book and are almost at the finish line of reading it, makes it clear to me that you are dedicated to a lean body.

And if it's something you want, you should absolutely have it.

So now that you have all the tools you can need, it's time to start creating that body of your dreams.

While you do, have fun with it, be bold and make it happen.

What will you do today to make your dream of being lean come true? What is the one little thing you can fulfill in the next 24 hours?

I can't tell you, but I know that you know exactly what that one thing is.

So take a pen and paper now and write down the following words:

For the fulfilment of my dream body, I am going to ____ today.

And then do it.

If you ask yourself this one question daily and commit to doing it for the next 30 days, I cannot see how you couldn't be successful.

By writing it down and taking action towards it every single day, you send out a vibration into the universe.

From there, the universe matches your frequency and delivers. Bum. It can happen so quickly. Like it did for Brian and Connie.

When it happens, I will be in the front lines, cheering for you.

And if you ever need someone to help you believe in yourself and hold you accountable, I am always here.

I have made it my mission to help as many people on the planet as I can, manifest their dream bodies and maintain it for life.

Because I believe that if we as a civilization become healthier and leaner, we also become happier and more energetic. And the more happy and energetic we are, the more positivity we can bring into this world to make it a better place and live a joyful and meaningful life.

IN SUMMARY

- Give your body the same love right now you would give your leanest self
- See yourself having a wonderful physique
- Feel what it would feel like to have it right now; in the essence of this present moment
- Ask yourself daily: “What is the one thing I am doing today for my lean body?”; one thing is all it takes
- Most importantly, go do that one thing

Last Word

I would like to thank you from the bottom of my heart for picking up this book and reading it all the way through.

Wherever you are on your journey, please know that there's no overnight success.

No matter which area in life you choose, success happens when you go the extra mile every single day for a long period of time.

And with going the extra mile I don't mean that in a literal sense of course.

I mean it in the sense that you are rewarded immeasurably, when you find the courage inside of you to do the things that most people are not willing to do. To listen to the small subtle signs that life is sending you and to always follow your heart.

The things I shared with you in this book are all suggestions. Please tune into your own heart to find out what it is that you need to do to get into your dream shape. Most likely you have all the answers inside you already.

I hope these suggestions can be an inspiration for you and that some of the things that have worked for me and my clients, will have worked for you as well. I believe in you and your ability to do this!

Let's stay connected!

If what I shared inside this book resonated with you and you would like to apply these principles + have someone holding you accountable and help you get amazing results for yourself, then I would love to support you further 🤗😊😄



Knowing what to do is the first step but actually doing it is the second and most important one. And you don't have to do it all alone. In order to help others on their journey towards the greatest health, I have created Slim & Satisfied:

Slim & Satisfied

12 weeks together where we take everything I've shared inside this book and apply it to your unique lifestyle and preferences. I will be by your side during the whole journey.

[Learn more](#) →

www.juliasana.com/workwithme

If Slim & Satisfied is not for you right now:

You are welcome to join us over at Meme Monday where I send out weekly inspiration and joy to your inbox every Monday, to help you stay on track:

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[YouTube](#)

Julia Sana



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Julia Sana

Thank you for being here 🥰❤️

I hope we see each other somewhere else on the internet, or
in real life 🤗

I'm sending you the biggest and warmest hug.

Yours,

Julia Sana



JULIA SANA

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