

You find your appetite is now easily satisfied with a small quantity of food. Your body needs proteins and vitamins for strength, so you enjoy eating a small quantity of lean meat. You enjoy eating all the body building foods that give you strength and a proper balance of minerals and vitamins.

Your body already has an abundance of fat. Your body has no need for additional fat. You are ready to use this fat that has been stored in your body. As this fat is used, you feel the way you desire to feel, energetic, vigorous, and slender. Because you have no need for fat now, you have no taste for fats, sweets, and starches. You strongly dislike fat in meat.

You dislike butter and cream. You dislike ice cream and you strongly dislike candy. You dislike pie and cake. You dislike potatoes. You dislike white bread. Your strong dislike for these foods is so great; it is now impossible for you to eat them. You dislike these foods intensely. You dislike these foods so much, that if you tried to force yourself to eat them, you would become nauseated. Your body has no need for these foods right now.

Foods that are not needed are nauseating to you. If you were to try to force yourself to eat a piece of candy or cake, you would feel ill and nauseated because you have a strong desire to be slender and healthy.

You are discovering new pleasures in eating the foods your body needs. You eat slowly and take small bites. You thoroughly enjoy each bite as you chew it. You always take the time to taste the flavor of the foods that you eat. You are rediscovering enjoyable differences between foods. You enjoy the taste of a small quantity of lean meat, and a very small quantity of it makes you feel full, and satisfied. You enjoy the taste of leafy vegetables. You enjoy the taste of cheese. You enjoy drinking skimmed milk because of the valuable minerals you receive.

You enjoy the taste of fresh fruits. You enjoy the taste of colored vegetables. You enjoy all these foods so much that a very small quantity of them makes you feel as if you had just eaten a Thanksgiving dinner. You are completely satisfied with a small quantity of food daily because you have a strong desire to become more healthy, attractive, and slender.