

BODY BELLA™

THE BODY BELLA STARTER GUIDE

5

Things Your Body Needs Before It Can Release Weight

A thoughtful introduction to the foundations most plans skip

Dr. Brookh Lyons

Creator of Body Bella

Eat Good Food. Love Your Life.

mybodybella.com

A NOTE FROM DR. BROOKH

You have probably tried harder than anyone realizes.

You may have counted calories, skipped meals, exercised more, purchased supplements, or removed one food after another.

And when your body still did not respond the way you hoped, you may have wondered what you were doing wrong.

I understand because I lived it. I gained more than 50 pounds and spent years searching for answers.

Everything began to change when I stopped looking at weight as a problem of eating less and started learning what my physiology actually needed.

Your wellness and weight can be influenced by hydration, nourishment, food patterns, sleep, stress, movement, and consistency.

This guide will help you notice five foundations that many plans overlook.

**Instead of asking, “What else should I eliminate?”
begin asking, “What might my body need?”**

With you,

Dr. Brookh

FOUNDATIONS ONE AND TWO

1 Hydration

Water supports digestion, circulation, elimination, energy, and the transportation of nutrients throughout your body.

When hydration is inconsistent, thirst can feel like hunger and fatigue can feel like a need for more coffee.

Ask yourself:

Do I drink water consistently, or do I realize late in the day that I have barely had any?

WHAT BODY BELLA CLIENTS OFTEN TELL US

"I'm drinking more water. My skin feels better. And I think I actually like water now!"

Based on recurring themes in Body Bella Client Win Sheets. Individual experiences vary.

2 Enough Nourishment

Eating less and nourishing your body are not always the same thing.

Your body needs real food and consistent nourishment. Protein, produce, and naturally occurring fats each provide different building blocks and signals.

Ask yourself:

Are my meals nourishing me, or are they mainly designed to contain as little as possible?

FOUNDATIONS THREE, FOUR, AND FIVE

3 Clear, Steady Signals

Your body notices when you eat, what foods arrive together, and how long you go without nourishment. One food is rarely the entire story. Timing, combination, and consistency matter too.

Ask yourself:

Do I skip meals when I am busy and then find myself reaching for snacks, chocolate, or whatever is quickest later?

4 Recovery

Sleep, stress, discomfort, and the demands of daily life can influence appetite, energy, movement, and food choices.

Recovery is not doing nothing. It is recognizing when your body needs support as much as it needs effort.

Ask yourself:

Are exhaustion or ongoing stress affecting the way I eat and care for myself?

5 Consistency

Your physiology learns from repeated signals.

One imperfect day should not erase your progress. Constantly changing plans, however, makes it difficult to understand what is helping.

Ask yourself:

Have I followed one clear approach consistently, or am I always searching for the next answer?

WHAT DID YOU NOTICE?

Which of these five foundations stood out to you?

- ☐ Hydration
- ☐ Enough nourishment
- ☐ Clear, steady signals
- ☐ Recovery
- ☐ Consistency

You do not need another pile of conflicting rules.

You need education that helps you understand your body and a clear plan you can follow consistently.

Ready to Learn More About Body Bella™?

Body Bella is available online, bringing Dr. Brookh's wellness and weight education, clear plan, and personal guidance to you wherever you live.

Complete the short questionnaire to tell us what you have tried, what you would like to change, and what kind of support you are looking for.

There is no obligation to enroll. This is simply your next step toward learning whether Body Bella may be right for you.

SHOW ME BODY BELLA

Eat Good Food. Love Your Life.

Body Bella provides wellness and weight education and support. Dr. Brookh's role is to educate and guide you. Participation does not establish a doctor-patient relationship or replace care from your licensed healthcare provider. Body Bella does not diagnose or treat medical conditions. Individual experiences and results vary.