



The Inspirational Way To Lose Weight Through Intermittent Fasting

Waist Away

THE CHANTEL RAY WAY

In this book, you'll learn how to recognize true hunger, the balance of eating clean foods without depriving yourself of foods you love, 10 Biblical Principles that will transform the way you eat, 10 Chantel Ray Way Rules that will give you practical ways to curb your cravings and delay your hunger.

To find out more visit the website below...

WWW.CHANTELRAYWAY.COM





Chantel Ray Way Rules

Chantel Ray has interviewed over 1,000 women who have been thin eaters their entire life. These are women who have never been on a diet and have been naturally skinny. From her personal research, Chantel created the 10 Chantel Ray Way Rules to help you become a thin eater! There are 10 CRW rules and 10 Biblical Principles. **To see all of them, visit chantelrayway.com/buythebook.**

Savor The Food **CRW RULE 1**

To help yourself recognize when you're satisfied and not overeat, you need to develop "stop eating" cues. So, you can develop "stop eating" cues for yourself. Since I have trouble knowing when to stop eating, I have ways to signal my body that it's time to call it quits.

Give these a try: Chew a piece of gum, brush your teeth, have a cup of tea or coffee, flee the scene of the food.

Never Eat Past 4 **On The Hunger Scale** **CRW RULE 2**

Learning to wait for your stomach to growl before you eat is one of the most important aspects of this entire plan! A thin eater only eats when she's truly hungry. If you put food in front of a thin eater, no matter how amazing it is, the thin eater will not eat it if she's not hungry.

INTERMITTENT FASTING



I.F. BENEFITS

1. Helps you lose weight and burn belly fat
2. Reduces Insulin Resistance
3. Minimizes Inflammation
4. Increases Mental Clarity
5. May Help Prevent Serious Diseases
6. Promotes Cardiovascular Health
7. Heals Your Gut
8. Protects Against Autoimmune Disease
9. Aids In Erasing Chronic Pain
10. Leads To Clear Skin

TO LEARN MORE ABOUT INTERMITTENT FASTING

VISIT OUR WEBSITE...

CHANTELRAYWAY.COM/BUYTHEBOOK

Introduction

As you pick up this book, you may be asking yourself some questions.

Who is Chantel Ray?

Why should I take advice from her?

Good questions! So, let me tell you a little bit about myself.



My name is Chantel Ray and I run a multi-million-dollar real estate company. I'm not a medical doctor or a nutritionist (red flag!); I actually have my degree in mathematics. I'm a 42-year old mother to a 15-year-old daughter and a six-year-old son. I have a loving husband who owns a competing real estate company and has always called me beautiful even at my highest weight. That leads me to what makes me qualified to write this book you're reading.

I may not be a doctor, nutritionist, fitness trainer or anything like that, but I am someone who, like you, has spent most of her life obsessing over diets and struggling with her weight. If I could gather up all the pounds I've gained, lost, and gained again, I could build a whole new person.

I have tried almost every weight loss strategy that's out there. I've read almost every weight loss book. The topic of weight loss is something I have always been passionate about, even when success escaped me. I'm the kind of person to walk right up to a thin stranger in the gym and ask, "What did you have for breakfast?" You can see how direct I am! What you're reading is the result of my passion to solve the mystery of my own weight loss once and for all.

A lot of this book is a combination of information I wrung out of my thin friends, personal research, and the “secret sauce” that finally cracked the code for me and my weight loss. That “secret sauce” is heavily based on the technique known as **intermittent fasting**. You see, I was raised to believe that I could do anything I set my mind to, but for some reason I just couldn’t seem to lose weight. This plan that I developed around fasting got rid of all of the complicated dieting rules I struggled with and gave me back control in the one area of my life I didn’t have it.

Who am I? I’m the woman who lost so much weight doing diets that people thought I was anorexic, and then I gained it all back. I’m the woman who met 75% of her friends at the gym asking them to text me pictures of what they ate for every meal. I’m the woman who got sick and tired of being in bondage to diets that made me so obsessed with food and counting calories! To be honest, I’m probably you!

If you’re sick of trying to find the perfect diet that fits you and you’re ready to finally move over and do it God’s way, then this is the plan for you! On this plan, you’re not going to deprive yourself of the foods that you want. You’re going to learn how to listen to your body and regain self-control in your life when it comes to food. When you’re finished with this book, you’re going to be empowered with the tools to never stress about losing weight again!

Best of luck!
Chantel Ray

