



## Patient Testimonial: Reset + Revitalize

I first created Resets based on years of real-life trial and error, mostly to find out what works for me and my patients. I like to live my days full of energy and my patients and kids depend on me to thrive. This level of health is something that I've fought for in my life to achieve. I suffer from 2 autoimmune diseases and have a history of an eating disorder and depression. Yet, I've found that if I take care of myself, I feel well all day long and have more energy than most people around me.

As much as diet and self-care are vital to my wellbeing, I've also learned that a rigid eating plan simply doesn't work for me. In fact, it likely backfires.

In 2015, I decided to pursue a doctorate focusing my research on the benefits of an anti-inflammatory diet as it pertains to Integrative Chinese Medicine, intestinal permeability, and endocrine health. It is essential to cut through the noise of nutrition marketing and get to the core of what really works physically and emotionally.

For so many of us living in a culture that profits off of compulsive eating and consumption in general, re-learning how to best take care of ourselves is a challenge. In addition, many of us have fallen into lifestyle habits that leave us feeling distracted, lethargic, overworked, and grumpy. Or worse, living in constant cycles of dieting, deprivation, and bingeing.

This is why I've developed a gentle approach to nourishment. Now more than ever we need to be at our strongest and most vital. I believe that comes from healthy eating habits, restful sleep, and addressing underlying disharmonies. Integrative Chinese Medicine sees the human body as an ecosystem. When we take care of one part of ourselves, everything else benefits, which is what I do in my medical practice, but the Resets are the deepest way you can explore your own relationship with food. Following is an interview with a previous participant in my Resets, Kimberly Twist. I hope you enjoy it and are moved to consider working with me in the future.

*Rachel*

Dr. Rachel Farber, DAOM, LAc



## KIMBERLY TWIST

Age: 56

Home: Warren, RI



### Reset Goals:

- Explore emotional eating habits
- Lose weight
- Feel more energized

Welcome, Kim! Tell our readers a bit about you:

Kim: Hi! I'm Kim, I'm 56, I live in Warren, RI with my dog, Sasha. Rachel has been riding my food train with me for a while now.

What brought you to the Reset?

This is the third Reset I've done with Rachel, and for me, it was my finest. Not in terms of eating or weight loss, but more in terms of better choices, and finally digging deep enough to figure out some of my issues! Rachel is never judgmental, always encouraging (even when you feel like a failure), and helps you get to the heart of it. This time, the "Reset and Revitalize" was a really positive experience - I dug deep - and felt better somewhere along the way.

Did you have any feelings about doing the Reset? Sometimes, making changes can stir up all kinds of emotions.

Having been mostly trying to live this lifestyle for the last nine months, I felt ready. Day 0 was all about prepping good meals. Then came Day 1, and with it, the "I'll show them, I don't have to do this" attitude I get when someone tells me I "can't" or I "should avoid" certain foods, and that I really "should" or "try to" be eating these types of foods. The good news is that I put the donuts back on the shelf that day.

Donuts can be tempting. Tell us, how did Week 1 go once you made the commitment to Reset?

Week 1 was about really getting my mind ready for something that suddenly I wanted nothing to do with. BUT I kept reminding myself that I am already doing it - no dairy, limited gluten, not as much sugar since the holidays. I'm not going to the vending machine. I didn't binge (yet) but that one time I did, I made it gluten and dairy free. Better choices now come more easily to me.

What about Week 2? For many, that's when they go deepest.

Week 2 I had issues at home and was depressed for a few days - still, I noticed I didn't binge. On the one day I didn't have a good snack and went to the vending machine (all the while not wanting to, but unable to fight the push) after I ate the processed Cheez-Its, I felt sick to my stomach. Since then, IF I have something in a bag, it is gluten-free, but junk foods in a bag haven't really been my thing. Huge change.

At the end of Week 2, I had a major breakthrough with food and my past and the "screw this, I'll show you" attitude. I realize I have more work to do, but that breakthrough really helped me during Week 3 to focus without



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fixating. And somewhere in between weeks 2 and 3, I weighed myself for the first time since around Christmas, and I was 12 lbs. lighter.

*This moment when Kim realizes she is depressed but not bingeing is an opportunity for a huge turning point. When we are depressed, our neurotransmitter levels drop, and addictive behaviors give a little dopamine rush that temporarily soothes the discomfort, but it really perpetuates an addictive cycle. Stopping the cycle requires replacing the binge with alternate self-soothing techniques until we can rest in a more continual state of equilibrium.*

Kim, we’re so glad to hear you’ve had some breakthroughs through this Reset. But since you’ve done others, we have to ask, what did you like about this Reset compared to others that made it more successful?

The Reset + Revitalize Workbook was my savior, I think, in helping me to feel, if not successful, at least A-for-effort, for the first time on a Reset. It gave me invaluable insights into myself and my feelings, for the first time in nearly a decade; I’m very grateful for that tool. I also really liked Rachel’s “words of wisdom” short, quick, affirmations to let us know she’s here with us.

Support matters so much when making any lifestyle change. Did you learn anything?

I was reading about the re-introduction as the Reset ended and using Rachel’s guide to slowly bring foods back into my diet and understand how they might affect me. I’ve learned dairy is my number-one trouble food, certain glutes are okay, and I need to continue to lower my sugar. I just wanted to THANK YOU so much for including me - it is such a wonderful gift to have these Resets.

What Results did you see that you can share?

Well, I lost 12 pounds, so that was pretty exciting, as it felt effortless. This time, the “Reset and Revitalize” was a really positive experience - I dug deep - and felt better somewhere along the way.

Would you Reset again?

Yes! I can’t thank Rachel enough for the care and thoughtfulness, she’s put into the Reset. It just keeps getting better!

JOIN ME FOR MY NEXT RESET

Let me help you achieve your personal lifestyle goals with my Reset + Revitalize program.

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