

The Ultimate Guide To Embrace Your Body and Experience Food Freedom



sarahvance.com

“What is now proved was once only imagined...”

...waking up the morning after having pizza and beer with your girlfriends without feeling the need to step on the scale or go on ‘celery with a side of tuna’ diet for the rest of the week (...because that is soooo delicious. *rolls eyes*)

...walking into a clothing store with excitement to purchase the red dress that you have been eyeing up in the window, then rocking it like a star from an old Hollywood glamour movie.

...having sex (WITH THE LIGHTS ON) and thoroughly enjoying it rather than trying to play mind reader into what your partner is thinking about your body.

...speaking your mind, going after what you want, and not giving a damn about what others will think about it versus reaching for the nearest doughnut filled with ‘numb my emotions’ crème.

...moving your body when, and only when, you feel like it. Not because you “have to” or else you’ll end up like “jabba the hut”

...never falling off the wagon again. Rather you will be in the driver’s seat going full throttle!

...forgetting that you were ‘supposed to eat lunch by now’ because you are too busy becoming full on experiences, laughter, and moments that matter in life.

...living a life where you walk down the street with a pep in your step known as “This is me world”.

...not being consumed by thoughts about food or your body because you have better things to do with your life. **Period.**

What if I told you that you could have all of these things? No, I am not kidding. You really can! Want to start feeling amazing in your skin, step into the badass woman you are within, and stop letting food control your life- then keep reading. Isn’t it time to start living the life you truly deserve? Join me...

Hi! I'm Sarah Vance...

My purpose in this world is to help you feel amazing in the skin you are in, get off of the never ending diet cycle, and start living the life you want right now. Not 10, 30, or 50 lbs from now..

I am a diet ditcher, dog lover, lip gloss wearin', ICU RN, self-love advocate, activist, speaker, foodie, truth tellin', empathetic badass. I am here to pull you out of the box you are trying to live from, and welcome you to the world of freedom.

I understand what you are going through. I struggled with hating my body and being in a war with food for years. I tried it all, only to be pushed even further into body-shame and food obsession. I spent years yo-yoing with my weight and hopping on various diets. So much so, that I didn't even know who I was outside of counting calories or my jeans size.

It wasn't until I was sick and tired of fighting my body and food that I decided something had to change- *and it wasn't my body or how many calories I was going to consume that needed changed. I had been there and done that already.*

It was a mind shift around my relationship with food, my body, and myself. It came from working from within first. This is when everything I wanted started to occur: love, a sense of belonging, confidence, happiness, a sense of worth, and knowing I am enough as I am.

Now I eat whatever the hell I want 'guilt/shame-free' and I know I have more to offer this world than my physical appearance.

This guide is for you to start reclaiming yourself too, however I can only put so much in this guide. For more, check out my [coaching and programs](#), join my [FREE supportive anti-diet body posi group](#), or say hello on social media. I love hearing from you!

[Website](#) | [Facebook](#) | [Instagram](#) | [Twitter](#) | [Podcast](#)

Talk to you soon,



Food and Weight Are NOT The Problem Or Solution!

We have been doing things completely backwards. We have been working so hard to change what is going on with the outside in hopes that it will eventually lead to us feeling more confident, loved, and worthy.

In reality, we need to change what is going on with us internally first, and the outside piece will fall into place exactly where it needs to be. The problem isn't food or how much we weigh...

The problem is that we are deeply shackled to the diet mentality. You know what I mean - the whole "I am so disgusting - my diet starts now!!" Restriction sets in, willpower is finite, and life occurs, leading to a 'slip-up'. Which leads us to the all-or-nothing mentality of: "Well - I had one cookie...might as well have another..and another..and another. Omgosh I am such a failure, and I suck."

Which may or may not lead to overeating/binging, all wrapped into feelings of guilt, shame, and worthlessness.

And the only way we know how to deal with this issue is to start the diet all over again or go on an 'undoing' rampage in the gym. This cycle repeats it self - over and over. Diet - sabotage - rinse - repeat. Are you dizzy yet? I know I was.

We are spending so much time, energy, and emotions on fighting something that isn't the issue. We are not getting down the nitty gritty and facing the REAL issue that is creating such turmoil in our relationship with ourselves, food, and our lives.

What we need to get to the bottom of is how we think about food & our body, how we use food & exercise, and why we are not accepting ourselves unconditionally (not on the condition of 10, 30, or 50 lbs from now).

And it all starts with our mindset. This is how we make REAL changes to the way we eat, and feel in our body. We begin cultivating self-love, acceptance, confidence, compassion, a fulfilling life, and general badassery!

We will stop saying that our diet starts Monday, eat pizza because it freakin' taste good, build our own damn wagon, rock who we are, throw the middle finger up to the scale, deal with our shit courageously, and just START LIVING. Join me? **Let's Go...**

#1: Smash Your Scale

Neither your success, or your worth, or who you are, or your health is dependent on this number.

Tell me if this sounds familiar to you:

You step on the scale and the number glaring back at you is not the number you expect to see considering your are busting your ass trying to lose weight. You feel your heart sink to the depths of your stomach. You feel disgusting. You feel like a failure. Your head is

filling up with thoughts that you have no self-control and lack willpower. You decide that you will either A) Go on a celery and tuna diet only to end up face deep in a pint of ice cream or B) Go ahead and jump head first into a pint of ice cream because you feel like a failure.

Or maybe you wake up and the number glaring back at you is what you want to see- or less! You feel attractive, confident, that you could take on the world. C'mon- be honest here. **I did it too!**

The problem with the scale is that it enables us to hold on to a ridiculous way of measuring our self-worth. Depending on the number we see, we either feel like a failure and worthless or feel confident in our boss-lady-status. On top of that, we allow this numerical value to determine our self-worth, love for ourselves, and how we are going to show up in the world.

Here is the thing: it is just a number. Yet, we hold onto it because we think there is a Promise Land at the end of the rainbow. We tell ourselves that if we don't make movement towards the other side of the rainbow, we are hopeless, which leads to us throwing our hands up while making it rain chocolate cupcakes all around.

Mindshift 1: Smash your Scale. You shouldn't be surprised that I am going to tell you to get rid of your scale. As a matter of fact, I encourage you to set it on fire, run over it, beat it with a sledgehammer, throw it off a cliff- whatever it maybe! Just get rid of it. Start learning who you are without that number. Tap into what is important to you like: Authenticity, Happiness, Respect, Life Experiences, Values.



#2: Purge the Propaganda

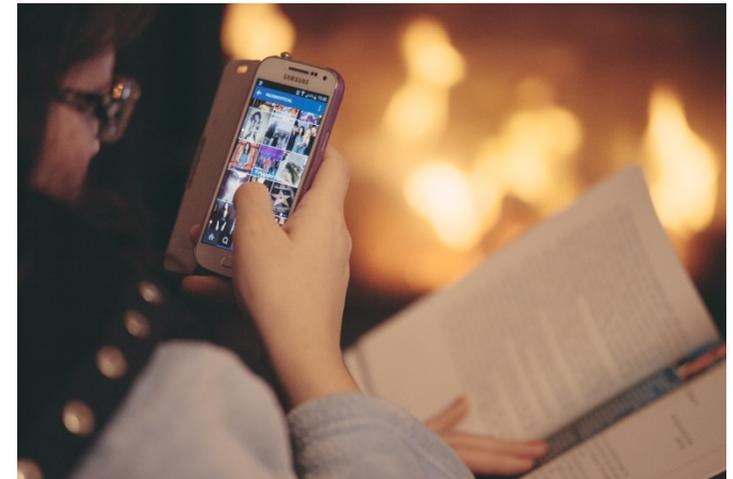
This was by far one of the most powerful things I ever did for myself, more so than ditching the scale. Many of us go down Comparison Lane to develop our self-esteem and worth. We also use it as a motivating factor in guiding us through what we choose to do with our life. There is so much power in what we see, but half the time what we see isn't the reality of things anyways.

It is no surprise that we live in an overly photo-shopped world. This is a HUGE issue because it conveys a false sense of reality. We lose sight of what "normal" looks like- **and by that I mean that there is not a 'normal'**. Subconsciously, the media is sending us a message that we must walk this way, talk this way, act this way in order to be loved, worthy, happy, successful. And there is no doubt about it that this is heavily linked to looking a very specific way. We see it in movies, magazines, billboards, TV- literally everywhere.

If we watch TV for 20 minutes, we are told that we: have too many wrinkles, our lips are not full enough, our eye lashes are too short, our cheeks are not rosy enough, our hair doesn't look beachy enough, that our teeth are not white enough, and that we need to really do something about those blemishes on our face. And if we do all of that then we will be able to: Get the man of our dreams, get the job that we want, have an orgasmic sex life, and have no issues in life. **Totally one heaping pile of propaganda.**

However, it isn't even about general media anymore. Thanks to social media, we get to see too much of other people's lives. This just makes the comparison bug bite us really hard. We start to compare ourselves to:

- ✓ The woman who is able to manage a full time job, a house full of kids, goes to the gym every single day, and does so effortlessly. #teamnoexcuses
- ✓ The woman who seems to have all the willpower in the world as she posts another kale and banana smoothie. #itsalifestyle
- ✓ The woman who is flashing her six pack as she is holding a doughnut or pizza. #itsnotgeneticsitshardwork



- ✓ The woman who seems to have the best relationship ever. Her and her significant other never have issues. It is literally butterflies and unicorns. #relationshipgoals

The list really can go on. We see these things and it makes us question ourselves. We think we are flawed, aren't trying hard enough, we are not good enough, and leaves us chasing comparison, all-or-nothing, and perfection.

Due to this comparison trap, we sometimes do things that really don't have our best interest at heart. Maybe we go to the gym and go #beastmode when we really need to rest. Maybe we end up eating a salad, but we really want a cheeseburger (and then end up eating cookies and a cheeseburger anyways). Maybe we end up creating drama in our relationship because how dare our significant other not bring us flowers (but yet pours love into us in other ways). Maybe we purchase a 21 day sugar detox program because obviously we have a sugar addiction and that is why our willpower blows (which is total BS! Willpower isn't a thing, and neither is sugar addiction.)

So what do we do with these situations? How can we break free of the shackles of comparison that is fueled with self-doubt and desire for perfection? How do take a leap off the of the all-or-nothing train to insanity? How do we stop allowing things to make us feel insecure and question our choices in our life, food, and self-care habits?

It's simple really. We get rid of it. Not only do we get rid of things that are stealing our power, but we also start adding in things that ignite the confidence flame within.

Mindshift #2: Give Your Media A Makeover

I want you to unfollow, unfriend, stop watching, stop supporting, get rid of, smash to pieces, or remove anything that makes you feel less than, question your worth, or makes you think that diet and exercise are going to solve everything that is bothering you. Here are some examples:

- Magazines
- Scales (including food scales)
- Fit Bits, MyFitnessPal, or other tracking devices.
- Health and Fitness 'experts' that make you question your eating habits or that there is something wrong with your body.
- TV shows and movies that shame other people.

- Blogs which go directly in line with health and fitness 'experts'
- Social media friends that post fitspo or thinsp BS.

On top of purging our media of all those things that make us question our self-worth and want to get on the next diet train that takes us to the land of nowhere, I want you to fill it back up with some really powerful, supportive, soul building things. This is HUGE. It is one thing to get rid of the gremlins, it is another to fill those holes back up. Here are some suggestions:

- Read books you actually enjoy that are not based around telling you that everything and anything is wrong with you. Fiction is a great place to start!
- Join my [Facebook group for FREE](#).
- Start spending time on social media with people who share common interest with you ASIDE from the fitness, weight loss, dieting madness. Some of my favorite things to search are: #selflove, #bodyacceptance #effyourbeautystandards, #bodyimage to name a few. This will also allow you to start seeing diversity in body shapes, sizes, and people. There is so much power in the visual effect of seeing diversity. Start following people who are not 'goal bodies', but rather bomb ass chicks.
- Take a social media break, and go out and be in the world. Start living your life...today.

#3: Watch Your Mouth

Have you ever really listened to the way we talk to ourselves? We are so quick to use our tongues as knives that slice through our self-worth and esteem.



It is incredibly easy to attack ourselves versus deal with an issue that is going on. It is also way easier to pass judgment onto others versus dealing with our own shit.

Our words and thoughts are powerful. Whatever we say to ourselves is what we are going to believe internally, and often times it will manifest as so. I know this sounds really woo, but it is true. If you constantly believe you are a failure, no one will love you, or that you will never be successful then you will believe it wholeheartedly.

Here is the thing: **we don't treat things we love with hate.** Think about something/someone you love...would you ever speak that way to them? No. Because you care for them- so why do we do it to ourselves?

I know it may seem that calling yourself disgusting, a failure, or unlovable will seem to make you want to *finally* stick to your diet- but it doesn't. If anything it has the opposite effect. This language will catapult you straight into a bowl full of animal crackers covered with sprinkled icing.

On top of being aware of our own words and thoughts, it is important to be aware of those who we surround ourselves with.

Mindshift #3: Check Yo' Self Before You Wreck Yo' Self

The biggest thing that you can do is to become aware of your thoughts and words (as well as others). These thoughts are not your thoughts. When you find yourself thinking negatively about yourself, immediately stop and combat it with gratitude. Say three things that you are grateful for. It could be that you have a house, some chocolate, or something with a deeper meaning. If you are thinking something ask yourself: would I say that to someone I love - like my significant other, animal, mother, or child? If you are dealing with the words of others you have every right to change the conversation and not give that conversation power.

#4 Stop Waiting & Start Doing

How many times have you said you are going to do X,Y,Z when you finally can fit into your goal jeans? Or what about when you finally reach your goal weight? Or maybe when you finally can be cellulite free you will rock shorts in the gym or a bikini? Or that you will feel good about yourself when your polar watch/FIT BIT says you reached your goal steps. I know I have done this.

Oftentimes, we play the waiting game with our life and we place conditions on how we will show up in this world with our body. If its one thing I want you to know it is this: **true self-love and acceptance is unconditional**. Meaning it isn't based on meeting certain criteria. It is simply: I love and accept myself. The reason this is incredibly important is because our bodies are going to change. I am sorry to burst any bubbles, you are not going to look the same as you do now in ten years.

Do you really want to place your self-worth and esteem on the condition of your body? Hell no. If you go down that route, I promise you that you will end up disappointed and in a pint of Ben and Jerry's Chocolate Therapy (how fitting for a name right? Ha!).

Here is what you need to know. **Your body-esteem is not the same as your self-esteem**. We have intertwined these two things tightly together so that we cannot seem to see the end of the knot to get them apart. In reality, you can do whatever the hell you want in your body now. That is something you really have to adopt and trust.

One of the best ways to get more comfortable in the body you have, and to start untangling the knot of body-self-esteem is to start doing those things that you placed on the 'condition' list. It doesn't have to be some life changing major event- it can be something small. But something that you have been holding back from doing because 'your body isn't good enough'. Because *you* are good enough now.

Mindshift #4: Stop Waiting, Start Doing.



Close your eyes and envision how you would act, think, and be in your 'ideal' body. How does this woman feel? How does she think? What does she value? How does she act? Connect with this woman, because inevitably this woman is YOU as your inner badass self. Really connect with the feelings of this woman.

This is the woman that is clawing to show ALL THE WAY UP in this world, and this woman is no longer going to be held back in the shackles of body conditions. Make a list of around 10-15 things you have been waiting to do on the condition of your body. Run with this- I am talking about anything that really moves your soul...or something you have just wanted to try. Don't allow your mind to limit your ideas on the basis of fear of judgment from others. This is for you! Once you have your list take 3-8 (or all of them!) of those items and DO them. You may feel uncomfortable, but I urge you to work through that discomfort. Doing this is how you will build trust, compassion, acceptance, and resiliency.

Here are some examples to get the juices flowing:

- Rocks the shit out of whatever dress she wants. Horizontal stripes. Bright color. Skin tight. Sassy!
- She values the memories with her family on holidays versus worrying about the calories in your Grandma's secret recipe.
- Is able to stand up and give a presentation to her peers- and blow their minds.
- Goes shopping and has fun doing so because she doesn't let the sizes dictate her worth.
- Goes to the beach and only thinks about the feeling of the sun & waves on her worthy bikini body. (All bodies are bikini bodies)
- Has sex with the lights on ...and enjoys it. (Rawr!)
- She tries everything she wants to, at least once, even if she is scared. #fearless.
- Says no to things that don't jive with making her happy, versus being a people pleaser.
- Skips the gym to do something else that will make her happy- like maybe doing nothing.
- Eats the birthday cake..on her birthday, or whenever the hell she wants!
- Dances- as if no one is watching, while at a huge event.
- Wakes up daily without needing to weigh herself or picking her body apart.
- Wears bright lipstick, or bright colors rather than ones that dull her...she is worthy of being seen.
- She gives no shits what others think of her. She is her to the fullest and unapologetically.

#5 Unconditional Permission To Eat

I have stated this before- but I am going to say it again. Food is not the problem. Your body isn't the problem. It is your relationship and mindset about them that creates issues.

Through the rest of the mindshifts we have challenged mostly the idea of body, and the perception of ourselves, and now I want to switch gears to hit on a topic that many struggle with. FOOD.

Here is the thing about food. Food is a huge topic and one in which I could write an entire book about in and of itself, but the one thing you need to know about food is this: we often times use food as a means to control our body. **The very basis of food issues is lack of body acceptance, shame, guilt, and not dealing with our own shit. That is why body image work is vital in obtaining food freedom.**



When we get rid of shame and guilt within our eating habits we can start moving forward on the spectrum of food freedom- or 'normal' eating. Normal eating is a way of eating where you don't think about food and guilt and shame are no longer present.

Meaning you are not thinking about when you can eat, how much you are eating, if what you are eating is 'healthy/good/bad', when we can eat again, ect..

One of the best ways to start breaking away from the diet mentality is to give yourself unconditional permission to eat food. This is huge. That means getting rid of any rules or restriction you may have been living by. Many times this statement creates a panic within- I get it. It did to me too. I

thought without a diet I know I will go crazy, and that isn't the case.

Food freedom is about honoring your body completely and that may mean enjoying cookies, pizza, or salad. It is about being able to accept food as more than just fuel. Food is nourishment. Whole body nourishment—**meaning it provides us with fuel, emotional support, social connection, memories, and pleasure.**

Mindshift #5: Pick Up The Damn Fork

This mind shift has a few points to it.

- 1) **Break the Rules.** Meaning rid your vocabulary of ‘good/bad/unhealthy/health/clean/dirty/cheatmeal/anything else’ the sooner you can start seeing food as just food the sooner you will be able to move forward in your journey. Try to make all foods equal in your mind. You really have to just believe in the fact that you can eat whatever you want, when you want it- because you can. And that food will always be there. This is how you step off of the diet train and avoid binging, sabotage, and feeling like a failure.
- 2) **Eat Mindfully.** One thing that we can start doing to help us when it comes to food is to start being present while we are eating. Being on the diet train has totally obliterated our connection with our intuition and our own body’s cues on hunger/satiety/cravings. Start connecting with yourself and listening to your body. Slow down when you are eating and actually taste the food you have in your mouth. Not only will this provide you with more pleasure, but you will be able to connect with your body in how it is feeling during your meal. This isn’t a rule- so do not adopt it as such...learn to figure out your own body!
- 3) **Fake It Til You Make It.** I bet you are thinking that without a plan, diet, ect...that you will go crazy and eat the entire house (made of gingerbread). I want you to first tell you to *CHILL GIRLLLLL*. This is because we don’t trust ourselves yet. We have been putting our eating habits in the hands of ‘experts’ who think they know better- and with that we have not developed trust within ourselves. What I want to say to you is this: **Fake it!** Go with the flow..its going to be up and down- but roll with it. Remember WHY you started this in the first place. Eventually you and your body will find its own individual ‘normal’. But this only occurs when we truly stop restricting and stop following rules.

A Final Note....

This really is just a taste of the journey towards body acceptance and food freedom. I am going to be very honest with you- attempting to break free from the diet mentality and start living in your body that you have right now can be difficult, but it is a journey that is so worth it. **It is revolutionary to stand up and say I am going to love myself in a world that is telling you to everything but that.** As you can see all those things you are imagining can occur right now...we just have to change our relationship and mindset with our body and food. Your goal is to pick start doing these things- even if it is just one of these things. **Do something today.**

I would love for you to reach out to me on [Facebook](#), [Twitter](#), or [Instagram](#) and let me know how you did with this mindset makeover- and let me know if there is anything I can do to help you. I reply to EVERYTHING. Little or big, because you deserve my attention and I truly do want to see you succeed in feeling totally kick ass in your bod. I also urge you to join my free [BoPo group](#), I am active there and you will find support from people who get it.

If you really like what I am preaching and find yourself saying HELL YEA, and want more, feel free to check out my programs and services. My signature life changing [Breaking Boundaries](#) program is the best place to start, I also have more in depth [one on one coaching](#).

It's time to start living sister - **this world needs YOU.** The real, authentic, imperfect, badass, unapologetic- YOU.

Talk to you soon!

A handwritten signature in black ink that reads "Savannah". The signature is written in a cursive, flowing style.

PS: I have a favor to ask- I would be forever grateful if you would share this with one (or more) friend(s) who may need to hear it. You can tell them to sign up [here](#). Let's really make this a revolution, build each other up, and start helping others break free from the diet cycle!