“When you realize that the pain of staying the same is far worse than the pain of changing, you begin to create real, permanent, lasting change in your life.”

- Cynthia Pasquella
Hi! I’m Cynthia Pasquella, clinical nutritionist, best-selling author, founder of the Institute of Transformational Nutrition, host of What You’re REALLY Hungry For TV series, and creator of The HUNGRY Method 6-Week Transformational Program.

Over the years, I’ve helped thousands of people lose weight so they can finally fall in love with their body – and themselves.

I’ve worked with women who were obsessed with food, who ate food whenever they felt emotional or needed comfort… women who were overweight all their lives, secretly binged on food, and spent years yo-yo dieting. I’ve also worked with ultra-successful women who had all the resources in the world (including personal chefs) who simply could not lose weight.

Now, as a nutritionist my success was always – and still is – based solely on real results.

If a client wasn’t feel happy about her body and herself as a person, my work with her wasn’t finished. So I was never stopped at a diet plan and exercise routine.

That just wasn’t enough.

Because here’s what I found out: Losing weight has NOTHING to do with food. It never has and it never will.

I’ll get into more detail later, but know this: The ONLY time I’ve seen radical, permanent change in both weight and mindset was when someone searched deeper to learn what they were REALLY hungry for.
Based on this idea, I’ve created many effective tools, guides, and plans that I apply and recommend – over and over again – because I’ve seen the huge difference they’ve made in creating lasting transformation.

And of all the programs I’ve ever created, The HUNGRY Method is by far the most powerful for weight loss and lifelong happiness — EVER.

On the pages that follow, I have provided all the information you’ll need to get started with The HUNGRY Method.

But first I wanted to provide you with this FREE, actionable tool called The HUNGRY Method Quick Start Guide you can use right away to give you a hands-on preview of this very powerful program and feel the transformative effects for yourself—right away!

Ready? Let’s get started!

“I can only hope that many other women can have the same experience that I have had and that they can take control of themselves and let go of everything that holds them back. I never realized how much I was letting myself down. But, I stand before you a stronger, healthier, happier person and it all started with the knowledge in your program.

I am currently down 106 pounds in the past 9 months. I NEVER thought I would be able to say that. But, I am here! And I did this for myself! And I am still going!! I have never been so motivated in my life! And it is amazing! Thank you for everything!”

— Christine Davis
Honor the journey that got you here

Ask yourself: How did you get here?

Unhealthy eating and lack of activity kills 13 times more people than guns.

The statistics are shocking. Our world is in serious trouble! And there’s a reason why the current solutions aren’t working. Why everything you’ve tried until now has failed.

Today’s diet industry doesn’t focus on why we eat but solely on what we eat! Diets take away your power and they don’t get to the root cause of why you know what to do and still won’t do it.

One thing I know is that the root cause of our desire to overeat (even when we’re not hungry), of being overweight, and being unhappy in our own skin all stems from our emotions and not understanding what we’re really hungry for.

You see, the problem is never the problem. The problem is only a symptom of something underneath that is dying to get out. If you want to solve a problem, you have to understand what the root cause is.

The reason we feel like we have tried everything and nothing has worked is because we haven’t done the right KIND of work.

The roots of our weight problems are planted deeply in our childhoods and then perpetuated throughout our adult life.

Take some time and think back to the things that have led you to this place. What are some ways you’ve been influenced by others and their expectations of you?

Explore how those events have led to your hunger void. What are the hunger void fillers you use?
Write them down so you can be aware of them the next time you start to choose one of these fillers.

Example: My family has always taught me that being skinny means more people will respect you. My hunger void fillers are alcohol and cigarettes.

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Then, write down other things you can do when you feel these fillers coming on instead. This will create awareness and preempt you from succumbing to these fillers.

Example: I will take a brisk walk around the neighborhood while listening to a guided meditation.

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For additional support in exploring this topic, check out these episodes:
Resistance: Why We Know What To Eat and Still Won’t Eat It with Christa Orecchio
Weight Loss: What’s Holding You Back (Hint: It’s Not Food) with Kerry Tepedino
UNDERSTAND WHAT YOU REALLY WANT IN YOUR LIFE

ASK YOURSELF: WHAT DO YOU WANT?

As women, we’re born these amazing little baby girls. If we want something, we cry and people give it to us.

But as you start growing up, all of this changes. You’re told things like, “You’re being too this… you’re being too that.” We start to hear the message that we are inherently flawed, that there is something wrong with us.

So we change ourselves – we conform – so we’re not different or weird.

And over the years we become so busy trying to be what “they” say we should be that we forget who we really are.

When we forget who we are, we end up being hungry, very hungry. Not for food necessarily, but food just happens to be one of the ways we fill that void.

It’s time to focus on what YOU want – not on what others want for you. This is your time! It’s your time to choose. And the great news is… you can choose anything. In fact, you can choose everything!

You can break out of the prison of the “shoulds” and start to create what YOU want.

My only word of caution is to make sure you want it.

Dig deep and understand what you really want in your life. It’s time to be courageous and honest. Find a quiet place where you can be still and open up your heart to hearing the truth.

And explore the question, what do you really want? What have you always wanted to have or be?
You may feel like “I want something to be different.” So explore what different might mean to you: I want to be skinny, I want to be prettier, I want to be at peace and not angry, I want to be confident, I want to be in a happy relationship, etc.

Example: I want to get rid of my cravings for sweets and finally lose weight. I feel like sugar controls my life and I just want it to stop.

Now, let’s explore why you want these things.

There’s always a little something deeper and more potent that can really jumpstart your motivation. Why exactly do you want to lose the weight?

Do you want to be able to keep up with your kids? Maybe you want to run a marathon? Remind yourself of what drives you the next time the cookies call your name from the kitchen or you feel like skipping a work out.

Example: I want to lose weight to make my ex jealous.

For additional support in exploring this topic, check out the episode: Perfection: How Having It All Is Sometimes Too Much with Gina DeVee
NOTICE THE BELIEFS THAT ARE KEEPING YOU STUCK

ASK YOURSELF: WHY DO YOU BELIEVE YOU DON'T HAVE IT?

We form beliefs to give meaning to events, that don’t have any meaning, in order to make them real. In other words, we tell ourselves stories.

For example, when you were little, maybe your parents pressured you to get good grades. When they sat you down to talk about your report card, the meaning you might have given this event was “I’m not good enough”.

But what your parents’ intention might have actually been was that they wanted something better for you that they didn’t have.

There is no meaning to an event, but we give it meaning. The meaning is the story we tell ourselves, which in this example is “I’m not good enough.”

And once we form a belief, we spend the rest of our lives looking for evidence to make it true. To validate that belief.

Our beliefs are important because the Law of Deservedness says that you only get what you unconsciously believe you deserve and nothing more.

And if you find yourself pushing past your beliefs and finally getting more, then you usually sabotage it, push it away, or don’t enjoy it, out of fear.

You see, these false beliefs we create don’t help us or protect us. They only hold us back!

So, it’s time to choose to start letting go of these beliefs that are keeping you stuck.
Explore the beliefs you have created about yourself and around the thing you want.

What are some of the reasons you believe you don’t have what you want? This isn’t an easy question, but take your time and be courageous and honest.

*Example:* I don’t believe I’m worth it. I believe I am bad and continuing to eat sugar keeps me overweight and unhealthy and that’s what I believe I deserve.

For additional support in exploring this topic, check out these episodes:

- **Acceptance: How To Believe You're Good Enough When You Feel Like You're Not**
  With Nina Savelle-Rocklin
- **Self-Worth: How To Stop Comparing Yourself To Others** with Celia Ward Wallace
Go back to where it all started and let go of those beliefs

What happened that led you to believe this?

Beliefs are formed when we’re young children, usually before the age of 8, from lots of similar incidents – usually with our parents.

For example, even the best parents may – at some point or another – respond to their children by getting annoyed or disappointed, changing their tone of voice, failing to acknowledge your achievement, or saying you didn’t live up to their expectations, without realizing the impact of these actions.

When you experience these things as a child, you look for ways to explain them. You form beliefs – everything from “I’m not good enough” to “I can’t do anything right” to “Mistakes are bad” and more.

These beliefs follow you your whole life unless you find a way to deconstruct them and let them go. In fact, if you remember from last week, we form beliefs and then spend our lifetimes looking for evidence to back them up. To prove that they’re true.

But if you can remove the meaning and emotion from these events that triggered your limiting beliefs, all you’re left with is the event. Your limiting belief has no more power.

This is really exciting, because if you can change your beliefs, you can change everything!

And one last tip – the most effective way of letting go of these beliefs for good is to use forgiveness.

Forgiveness isn’t always, but trust me, it is worth it.

The key to forgiveness is, you don’t have to know how to forgive in this moment. You just have to want to. There’s no “right way” to forgive. You just have to be ready and willing.
Choose a limiting belief from the last exercise and start remembering another time in your life where you felt this way. Keep remembering events until you get back to your earliest memory of this belief.

Describe that event in detail – including sights, smells, sounds, tastes, and touch.

*Ex: My mom was dating someone who didn’t like kids so she would put me in a room with candy bars and snacks to keep me busy while she hung out with him downstairs.*

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Let’s dive deeper. How did this event make you feel?

As you recall these emotions, know that you are safe. What happened then isn’t happening now. Allowing yourself to be vulnerable is critical to healing.

Once you recall the emotions, breathe into them and let them go.

*Ex: I felt like I wasn’t important to her – that her boyfriend was more important than I was. I felt like I didn’t matter. I felt that she was ashamed of me and that I wasn’t good enough for her to take a stand for. I felt alone and sad.*

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For additional support in exploring this topic, check out the episode: [Connection: How Your Story of Struggle Can Set You Free](https://www.thehungrymethod.com) with Bo Eason
RECONNECT TO WHO YOU REALLY ARE
(AND WHAT YOU’RE REALLY HUNGRY FOR)

WHAT IS YOUR TRUE SELF REALLY HUNGRY FOR?

We’ve taken a close look at how your beliefs have shaped who you are today and how they helped create this false version of you.

Now our focus is on reconnecting to who you’ve always been, your authentic self or what I call your True Self.

Most transformations – like the transformation weight loss shows you see on TV – are built around becoming a better version of yourself, someone else who is better than you are. But there’s nothing wrong with you.

In fact, you are perfect already just as you are.

We are all imperfectly perfect.

But it’s understanding who you really are - at your core, the deepest place of truth inside of you - that creates real transformation.

In order to let go of your False Self that has been created over all these years, it’s important to remember who you were before society, your parents, and your peers told you who you should be. When you do this and finally get to know your True Self, everything is possible.

So when it comes to discovering what you’re REALLY hungry for and reconnecting to your own power, don’t overthink it, just get to know yourself.

What does make you happy? If you don’t know, then start trying things.

A great tip is to go back to when you were a kid. What did you like to do then? What did you dream of being when you grew up? What were the things you could do for hours on end and be so happy?
Let’s take a journey back to you.

Spend some time reconnecting with your True Self and discover your worth.

Explore the things that are missing in your life that, if you had them, would fill the void that food normally does.

Ask yourself, what am I REALLY hungry for?

Ex: I’m hungry for love, to feel cared for, and valued by my partner. I’m hungry for real connection with other people, people in my local community. I’m hungry for purpose, to feel like the time I spend on this earth is meaningful and worthwhile.

For additional support in exploring this topic, check out these episodes:
Self Approval: How To Love Yourself When You Don’t with Rose Cole
Comeback: How An Overweight Doctor Restored Her Health And You Can Too with Dr. Kyrin Dunston
YOU CREATE THE LIFE AND BODY OF YOUR DREAMS

WHAT CAN I DO TO FEED MYSELF?

Now that you’ve discovered all these things about yourself, you can start doing things differently. Be open to change and stepping outside of your comfort zone!

It’s easy to say you’re going to do something, to write it down, and maybe even take action at first. But do you want to know the real difference between truly being successful and not?

The difference is the hustle.

You have to work to become the person you want to be and to live the life you want to live. Here’s the harsh reality – your dream life will not be given to you on a platter.

To live the life you really want you have to be the person who has that life.

But the good news is that you are MORE than capable of this and you can start today. You can start hustling right now to become the person you want to be and live the life you really want.

You don’t have to wait to become her. In fact, that’s a sure fire way to fail. Don’t wait until you become the woman of your dreams. Create her with every choice you make. Craft her with every breath you take.

There’s only one way to live the life you really want. It’s to work every day toward that dream. It’s to invest yourself in becoming that person and living that life with your whole being. It’s not quitting, not stopping until you get there.

And when you start making changes to live the life you really want and become the person you really want to be, do you know what happens?

You begin to build trust. You begin to see past the limits of what you thought was possible for you. You start to see new horizons of what you are capable of. You start to appreciate the hustle as the path that leads you to the awesome you that you can become. You begin to have faith that this person does indeed exist inside you and that all you need to do is set them free.
Now that you have discovered what you’re REALLY hungry for, it’s time to go eat it!

Create a plan to feed your body and heart and get started right now! Create a daily practice of feeding yourself.

Ask yourself, what will I start doing today to create the life and body of my dreams?
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And remember to stay hungry.

Discover other beliefs that are holding you back and use HUNGRY Method to let go of them.

This is just the beginning!

For additional support in exploring this topic, check out these episodes:

*Hustle: How To Stop Making Excuses And Finally Live A Life You Really Want* with Anthony Trucks

*Persistence: How to Keep Going When All You Want To Do Is Stop* with Dr. Jeff Spencer
WHAT'S NEXT?

Check out The HUNGRY Method 6 Week Transformational Program
If you enjoyed this, you will LOVE the full 6 Week program where you’ll get videos, worksheets, resources, meal plans, and more, to help you continue this amazing journey!

Take the 7 Day HUNGRY Challenge and see how far you get
Spend just 5 minutes each day taking easy but powerful steps towards creating the body and life of your dreams. I will show you exactly how!

Join our online community for weekly discussions
This is the special space that I’ve chosen to share my innermost thoughts, personal journey, and best insider tips! (And I’ll be LIVE every Tuesday!)

Watch the show, What You’re REALLY Hungry For
Join me as I interview the world’s leading experts to share their thoughts and secrets into what people are truly “craving” so we can finally begin to fill the void created by our inner hunger.
About Cynthia

Cynthia Pasquella is a celebrity nutritionist, spiritual leader, media personality and best-selling author.

She is the founder and director of the Institute of Transformational Nutrition – the only nutrition certification program that combines nutritional science, psychology, spirituality, and coaching skills to people create permanent change in their health and life.

Cynthia is famous for inspiring millions of women to discover what they’re really hungry for so they can finally make peace with food and themselves.

She is the creator and host of What You’re REALLY Hungry For, a web series that goes beyond food and examines why you know what to do to get healthy but still won’t do it as well as the true secrets behind having the body, health, and life you’ve always wanted.

Cynthia is a nutrition expert for The Doctors, The Dr. Phil Show, and The Today Show and has been featured in popular media outlets such as Access Hollywood, E! News Live, Harper’s Bazaar, Fitness Magazine, Shape Magazine and Marie Claire.

For more information on Cynthia, visit http://www.cynthiapasquella.com