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Health And Wellness Subliminal Mantras - Video Subliminal Mantra For Bettering Health

Eating correctly is simple and fun for me.

I love my body and take great care of it by eating correctly.

I choose to alter my eating habits and I successfully do so.

I ignore false messages of hunger and eat only when essential.

I forgive myself for consuming the wrong foods and I surpass all feelings of unworthiness.

I love life and I'm immune to the temptation of consuming processed foods.

I easily replace foods containing refined sugar with natural foods.

I successfully give up the desire to eat beyond the point of being full.

I nourish my body with fit habits.

I trust in my power to do anything I want

I feel so free.

My teeth are white, my skin is glowing and I feel excellent.

I love taking great care of my body.

I honor and respect myself all of the time.

I deserve a clean, healthy body.

I can eat right without hurting anybody's feelings.

I love fruits and veggies.

Water is my favorite drink.

When I'm comfortably full, I avoid more food.

I choose fruits and veggies over salty, sugary high fat foods every time.

Fresh veggies feel and taste great in my mouth.

I get all the vitamins and nutrients I require.

I love exercising daily and it helps me accomplish my ideal weight.

I'm a physically active person and that helps me achieve my ideal weight.

Daily in every way I'm getting slimmer and fitter.

I properly chew all the food that I eat so that it gets digested decently and that helps me in reaching my ideal weight.

I love myself unconditionally.