

# TREAT YOURSELF

a zine!



to fend off New Year's  
Resolutions of *weight-*  
*loss* and *detox*



After the feasting festive season, we can't simply enjoy the fresh slate of the New Year without being bombarded with diet plans and weightloss regimes from every direction. Unfortunately this annual attack has been in place for decades (and is seen again in the build up to the summer holidays), but in recent years we've seen a new villain in town - the *cleanse*, or *detox*. This unnecessary and dangerous trend is promoting unhealthy attitudes towards food and our bodies, and in turn poor mental health and wellbeing. Magazines, newspapers and social media encourages this, using the theme of New Year's Resolutions to tell us that our goals should include weightloss and restriction, instead of learning, connecting and progressing in our lives, *treating ourselves* well and looking out for others.

That's why MetMUNCH have brought you an antidote: this pocket zine is your guide to fend off the dangerous advice to deprive your body of what it craves and needs, and instead focus on your own wellbeing, promoting mindfulness, happiness and sustainability.

# 5 WAYS TO WELLBEING

- 1 **CONNECT** 
- 2 **BE ACTIVE** 
- 3 **TAKE NOTICE** 
- 4 **LEARN** 
- 5 **GIVE** 

# Myth - BUSTING

**BMR:**  
BASAL METABOLIC  
RATE

Everyone needs a different amount of energy. This depends on your **BMR** which is the min. amount of energy your body needs to keep you alive!

If our bodies really accumulated 'toxins' that needed to be detoxed then we would feel ill

Actually, starving your body of calories will make your body build up ketones, which may make you feel unwell.

"detox teas" often have a laxative effect, which will make you lose 'water weight', not lasting weight from the body



Fasting or severe restriction of food also results in loss of water, carbohydrate stores, and muscle mass - **not fat!**

You don't need to exclude wheat or dairy from your diet (unless you have a health condition and a dietician or doctor has told you to)

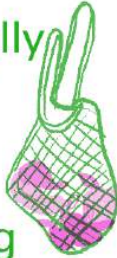
The intestines, liver and kidneys are our body's own detox system, filtering out parasites, toxins and waste substances from the body!



give back to  
your community



shop locally  
(and in season!)



start a morning  
mindfulness routine

grow your own food

## ALTERNATIVE NEW YEAR'S RESOLUTIONS

cook more meals  
from scratch



reduce your  
plastic waste



drink more water



learn a new skill



# MIND & PLANET- FRIENDLY RESOLUTIONS

1

2

3

share your resolutions by tagging  
[#TreatYourself](#) and [@metmunch!](#)

