Happy January!

Welcome to the very first Rewrite Newsletter!

Hey, we're so glad you're here. We've been thinking for a long time about how to bring a bit more connection, support, and real-world tools into your inbox each month. This newsletter is that space. It's a heartfelt mix of practical info, reflections, resources, replays, and honest conversation — the kind we wish everyone had when they're trying to live differently with food, habits, and healing.

Since this is our first edition, we'd love your thoughts. What do you want more of? What's helpful? What feels a bit off? Just reply to this email and let us know. We really mean it. We're building this with you, not for you without you.

Thank you for being part of this community. We're here with you every step of the way!

- The Rewrite Team

January Isn't a "Diet Season", It's a Reset on Your Terms

January Doesn't Need to Be a Diet Reset

Every year, as the calendar turns, January arrives with a familiar message. Start over. Be stricter. Lose weight. Fix yourself. It comes through adverts, social media, inboxes, and well-meaning conversations. But this pressure rarely comes from a place of genuine health. It is driven by an industry that profits from urgency, restriction, and quick fixes that do not support long-term wellbeing.

January does not have to be about punishment or starting again from zero. It can be a time for steady, intentional change that supports both your physical health and your mental wellbeing, without extremes.

Why January So Often Becomes "Diet Season"

Many people associate January with resolutions around food, weight, and exercise. Research shows that a large proportion of New Year's resolutions focus on improving health, often through dieting or changing body size. However, these goals are frequently shaped by cultural pressure around appearance rather than what

genuinely supports health and sustainability.[1]

There is also evidence that how goals are framed matters. Goals based on restriction or avoidance, such as cutting out foods or focusing solely on weight loss, are less likely to be maintained long-term. In contrast, goals that focus on positive actions, such as building routines, adding nourishment, or improving consistency, tend to be more sustainable over time.[2]

This matters because long-term change does not come from willpower alone. It comes from systems, habits, and support.

Why the Diet Trap Doesn't Work

January dieting often feeds into diet culture. This is a belief system that links health and worth to body size, encourages rigid food rules, and relies heavily on external measures like scales, calories, or points.

Diet culture tends to promote:

- Strict food rules that override hunger and fullness cues
- Moral language around food, labelling choices as “good” or “bad”
- Short-term solutions that are difficult to sustain in real life

These approaches do not just fail to create lasting change. They often increase stress, damage trust with food and the body, and reinforce cycles of restriction and guilt.[3]

For many people, especially those with a history of dieting, surgery, or metabolic challenges, this cycle can feel exhausting and defeating.

January Can Be Supportive Instead

Stepping away from the diet trap does not mean giving up on your health or your goals. It means choosing a different approach. One that is realistic, compassionate, and sustainable.

Supportive January intentions might include:

- Making small, manageable adjustments to eating patterns
- Choosing movement that feels supportive rather than punishing
- Prioritising sleep, hydration, and stress regulation
- Rebuilding trust with hunger, fullness, and your body

This kind of change is quieter. It does not promise dramatic results in four weeks. But it is far more likely to support consistency, confidence, and long-term progress.

Looking Beyond January

January often carries the loudest messages about self-improvement, but meaningful health change rarely comes from drastic action. The habits that make the biggest difference are usually the ones that feel boring, repetitive, and gentle.

Health is not built through deprivation. It is built through nourishment, structure, patience, and support. What matters is not how hard you push in January, but how supported you feel in February, March, and beyond.

You do not need a new body this year. You need tools, community and understanding. Want to be part of something that works with you and not against you? Join The Rewrite Lifestyle intensive program today!

Latest news

Shenelle got married!

Shenelle and Daniel tied the knot in December - massive congratulations to them both!

New program launch

We’ve launched The Regain Fix! 4 Weeks to Ditch the Shakes, Rebuild Your Food Structure, and Get Back in Control.

This program is education, action, and coaching logic — all in one self-paced guide. It helps you create real, structured meals, establish a healthy macro balance, identify food triggers and reconnects you with your post-op body signals.

The Regain Fix includes a guided reset plan for 30 days, progress tracking templates, a personalized AI recipe generator and access to the Rewrite community and Shenelle’s support team. Check it out today!

Rewrite Tools & Programs

The Rewrite Lifestyle
Our flagship intensive program, 4-12 months to kick food addiction.

The Regain Fix
Self-paced guide plus AI bariatric recipe generator tool.

The Recipe Fix
Our hugely popular AI bariatric recipe generator tool.

30 day Rewrite Program
Our popular 'lite' program.

Rewrite Alumni programs
For continued support & accountability.

Rewrite Recommends...

RECOMMENDED

Hey everyone, Helen here! In a recent breakdown we talked about plant based protein and one we came across was Amaranth.

It's a high protein grain a little bit like porridge. It has **9g protein per cooked cup** and is brilliant for **gut health and mineral intake**. Find it in health food stores or on Amazon!!

Bone Broth Recipe

Erika's Kitchen

Made from roasted bones, vegetables and herbs, bone is the most delicious stock that is perfect for stews, soups, casseroles, sauces, gravy and roasts.

Prep time: 10 mins | **Cook time:** 10+ hours | **Post-op stage:** Any

Ingredients:

- 4 lbs beef, chicken or turkey bones
- 12 cups water
- 1 t apple cider vinegar
- 1 medium onion, roughly diced
- 1 1/2 cups carrots, chopped
- 1 1/2 cups leeks, chopped
- 3 bay leaves
- 3-5 fresh thyme sprigs
- 1 tbsp sage
- 6 garlic cloves
- 1 t black peppercorns

Method:

1. Preheat oven to 450 °F, line a baking sheet with foil, and roast bones for 40 minutes, flipping halfway. Optional: roast vegetables on a separate sheet for extra flavor.
2. Transfer bones to a large stockpot, cover with water, add apple cider vinegar, and let sit at room temperature for 30 minutes.
3. Roughly chop vegetables, add to the pot, bring to a rolling boil, then reduce to a simmer.
4. For the first 2 to 3 hours, skim and discard any foam that rises to the surface.
5. Cook the broth: on the hob, simmer beef for 48 hours, chicken for 24 hours, or fish for 8 hours. For a pressure cooker, cook all ingredients for 3 hours, then allow natural release.
6. Cool slightly, strain, and refrigerate in an airtight container for 4 to 6 hours or overnight so the fat solidifies.
7. Scrape off the solid fat. The broth will be gelatinous when cold.
8. Store in airtight mason jars or freeze. Reheat gently over low heat until liquid.

Need help planning and cooking for your bariatric journey? Get The Recipe Fix today!

The Science Bit *The latest scientific studies & findings*

Science keeps reminding us that health is rarely about quick fixes or dramatic diets. One piece of research released this year found that simply reducing ultra-processed foods in daily meals led to meaningful improvements in body composition and metabolic health without calorie counting or strict rules.

In an 18-week intervention, people who ate meals with far fewer ultra-processed foods ate fewer calories naturally, lost body fat, reduced abdominal fat by around 13%, improved insulin sensitivity by 23%, and had lower inflammation — only to see some benefits lessen when the old patterns returned. This shows how real-world changes to food quality, not just willpower, can shift health markers.

At the same time, large international research warns that diets dominated by ultra-processed foods — the very items most easy to overeat — are linked to higher risks of obesity, heart disease, diabetes, and earlier death. Public health experts are now calling for policy actions like stronger food labels and advertising changes to protect long-term health.

What does this mean for you? Cutting back on ultra-processed foods and moving toward whole, nutrient-dense meals is more effective in supporting your metabolism, appetite regulation, and long-term wellbeing rather than chasing quick results.

Read more about the studies here and here.

Catch up

November 18th 2025
Dr Shannon talks about cholesterol

For Rewrite clients: If you missed Dr Shannon's guest session on November 18th 2025, the replay is available in your Rewrite account. She explored cholesterol and healthy fats, shared her journey into functional nutrition, and explained why understanding your own body matters more than rigid rules. With practical tips on omega balance, portions, food labels, and how fats link to cholesterol and liver health, this one is well worth a watch!

Don't miss our next FREE Workshop!

January 17th at 4pm PST. Don't miss this 2-hour online workshop where you can ask anything!

SPOTS ARE LIMITED - **sign up now!**

Need help?

Struggling with food addiction? Grab your FREE 15-minute Zoom consultation with a Rewrite coach to talk things through and explore your next best step.

Book online: www.bariatricrewrite.com

sources
1 https://www.driveresearch.com/market-research-company-blog/new-years-resolutions-statistics
2 https://www.researchgate.net/publication/347712332_A_large-scale_experiment_on_New_Year%27s_resolutions_Approach-oriented_goals_are_more_successful_than_avoidance-oriented_goals
3 https://equip.health/articles/diet-culture-and-society/healthy-new-years-resolutions