

5 SHIFTS

THAT CHANGED
MY HEALTH
AND SET ME FREE



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Welcome

For years, I followed the rules. Eat less. Move more. Stay strong. Try harder. But no matter how “healthy” I tried to be, I still felt like something was off. The exhaustion never fully lifted. The cravings kept coming. My moods were all over the place. And deep down, I carried this quiet shame — a fear that maybe I was just my fault.

But it wasn’t, I was a product of the system. My body wasn’t fighting me — it was trying to protect me. I just didn’t know how to listen to what it was asking for.

These five shifts didn’t change everything overnight. But they opened the door. They pulled me out of shame and showed me what sustainable healing could look like. They helped me begin a relationship with my body rooted in trust instead of fear, and compassion instead of punishment.

If you’ve felt stuck, exhausted, or quietly wondering, “Why doesn’t anything work for me?” — this might be your beginning too.

Shift #1: I Stopped Treating My Body Like the Enemy

I spent years at war with myself — treating every symptom like sabotage. The bloating, the cravings, the fatigue... I believed they were signs that I was doing something wrong, or worse, that I lacked discipline. So I punished my body. I micromanaged it. I ignored it. And I convinced myself that if I could just “get it under control,” I’d finally feel better.

But my body wasn’t trying to sabotage me. It was trying to get my attention.

Everything softened when I stopped asking, “*What’s wrong with me?*” and started asking, “*What is my body trying to say?*” I began to see my symptoms not as failures, but as messages. My body wasn’t the battlefield — it was the messenger. I had simply never been taught how to listen.

That’s when I began looking inward — honestly and without filters. What was fuelling these symptoms? What was I giving my body, not just in food, but in thoughts, routines, and energy? Was I

offering it nourishment or just bare minimum survival? Was I nurturing it or numbing it?

These weren't easy questions to face. But they were necessary. Because the truth was hard to ignore: I was getting out what I was putting in.

Once I made the conscious decision that it was time to nourish and support my vessel — this human body I was given to experience the world — something shifted. I no longer wanted to control or restrict it. I wanted to honour it. I started looking at food differently. It wasn't about what I *shouldn't* eat anymore — it was about what I *deserved* to receive. I started to crave the good stuff. The real stuff. The things that fed not just my hunger, but my healing.

That was the beginning of everything.

Shift #2: I Focused on What I Could Add, Not What to Cut

Every plan I'd ever followed was about restriction. Cut the carbs. Eliminate sugar. Avoid fat. Eat less, weigh less, try harder. But no one ever told me

what to nourish myself with. No one ever educated me about what my body needed to thrive — or why.

At one point, I was eating plain chicken breast and cucumber for lunch, day after day. I'd finish the meal and still feel empty — not just physically, but emotionally too. I'd walk away from the table already thinking about food again, trying to fight off the cravings that inevitably came later. I thought that meant I had no control. But the truth was, I was missing key building blocks. I wasn't fuelling myself — I was underfeeding a body that was already trying to hold me together.

The shift happened when I stopped obsessing over what to cut and started focusing on what I could add. I began experimenting — fibre-rich vegetables, fermented foods, real minerals, protein, and healthy fats that actually sustained me. I started going to the store not to scan labels for what to avoid, but to see what I could find that might add depth, flavour, and nourishment. I'd pick out herbs I hadn't used before, search for colourful produce, and ask myself what my gut might actually enjoy. The more variety I brought in, the more alive my food — and my body — felt.

And once I understood why fibre was so good for my gut, and how my microbiome thrived on diversity and whole foods, it gave me something to protect. It made me want to keep that little bustling city inside me alive.

I made things exciting. A special bowl — pretty and dainty — just for me. A little red salt pot to keep my Celtic salt. The cutest little glass jars to hold my homemade preserves. I turned my kitchen into a place of care, not control. It wasn't about being perfect — it was about creating rituals that made food feel sacred instead of stressful.

The more I supported my gut, the less I spiralled. My energy stabilised. My mood lifted. The constant hunger faded. And for the first time in years, I felt like food wasn't a trap — it was support. I wasn't following a plan. I was building a relationship.

Shift #3: I Learned to Regulate, Not Restrict

I used to think my inability to stick to anything was a willpower problem. I believed I just needed more discipline, more motivation, more mental

toughness. So, I kept trying to force consistency — pushing through with new plans, new starts, new guilt.

But willpower wasn't the issue at all. While willpower absolutely plays a role, it's useless when your body doesn't feel safe enough to trust you. I wasn't failing — I was dysregulated.

When your body doesn't feel safe, it goes into protection mode. Your gut motility slows. Your stomach produces less acid. Your digestion halts. Why? Because from your body's perspective, survival comes first. And when your nervous system thinks it's under threat — even if that threat is just another email, another deadline, another moment of overwhelm — it will keep you locked in defence mode.

We weren't designed to live this way. In the past, threat meant running from a predator. Now we sit down with it every day. And the nervous system doesn't know the difference between an alligator and your inbox.

That's why no amount of "trying harder" was going to work.

What I needed wasn't another plan.

What I needed was safety.

What I needed was rhythm.

When I began to understand regulation — through breathwork, nervous system safety, and less mental chaos — I started creating small anchors in my day. Not routines to force results, but rhythms to help my body exhale.

I reset my rhythm with my horses.

The drive to the farm down-regulates me.

Heart coherence slows me — but only when I allow it to. When I sit in silence and clear my mind, something shifts.

Maybe for you, it's a quiet walk around the office park with headphones on. Maybe it's an early morning trail before the world wakes up. Whatever it is, that moment — when you stop bracing — is where the return begins.

When you practice these small resets, over and over again, your body will remember. It will begin to ask for them. It will know where to find that safety — because you taught it how.

Healing didn't come from restriction.

It came from regulation.

From returning to myself, gently and repeatedly, until safety no longer felt unfamiliar.

Shift #4: I Let Go of Scale-Based Success

For the longest time, I equated progress with a number. If the scale dropped, I was doing something right. If it didn't, I felt like a failure — even if I had more energy, fewer crashes, or clearer skin. My entire sense of “*Am I okay?*” was wrapped up in that blinking number.

And I'll be honest with you — I've weighed myself after a mid-morning bathroom visit. Yep. Just to see if that made the difference. Because maybe — just *maybe* — my gut wasn't *quite* empty when I climbed on the scale two hours before that.

It became obsessive.

And the truth is, if I let it, I could go right back there.

What finally softened things for me was understanding all the other factors that affect our

weight — things I was never taught. Like how water retention shifts throughout the menstrual cycle. How hormones influence inflammation and bloat. How your body holds on to protect you when it doesn't feel safe.

Our modern lifestyle rarely leaves space for balance. And yet, we expect our bodies to respond to restriction with grace and ease. But weight is dynamic. It changes with stress. With sleep. With hydration. And that doesn't make it meaningless — it makes it contextual.

So now? If I still feel the need to check in (and yes, I sometimes do), I do it monthly instead of weekly.

Because my priority is wellness.

And the weight loss?

That's a side effect.

A side effect I actually want — let's be honest — but not the *proof* that I'm doing things right. Not the only measure of whether my body is healing.

The real markers look different now.

Not waking up tired.

Not feeling like I'm dragging a sack of potatoes out of the sheets.

No stiff ankles on the walk to the bathroom.
Having energy in the afternoon — not from caffeine, but from actual reserves.
Feeling calm after meals.
Falling asleep easily.
Sleeping through the night.

That's progress.
That's healing.
And none of it shows up on a scale.

Letting go of the number wasn't easy. It felt like letting go of control. But once I stopped obsessing over the weight, I finally had space to notice the wins that actually mattered.

And that's when everything began to shift — not from the outside in...
But from the inside out.

Shift #5: I Started Listening to My Body's Patterns — Not the Noise

There's so much noise out there. So many voices telling you what to eat, how to train, what to eliminate, and which new plan will *finally* fix you. I

got caught in it for years — jumping from one idea to the next, hoping the next fix would finally stick.

But it wasn't until I got quiet enough to observe my *own* patterns that I realised... my body had been speaking the whole time. It was always speaking. I just didn't know how to hear it over the noise.

Once I started paying attention to what actually felt good — when I had the most energy, what triggered symptoms, what routines grounded me, how my body responded to different foods and stress — I began to build something sustainable.

A rhythm. A pattern. A way of living that didn't revolve around rules or fear, but around relationship.

That's what this book is rooted in.

Not another voice telling you what to do — but a guide to help you hear your own.

Your body already holds so much wisdom.

You don't need to be fixed.

You just need the tools and support to tune back in.

The more I listened, the more I learned to respond with care instead of control. The more I honoured my signals instead of overriding them, the more stable everything became — energy, mood, digestion, sleep, hunger.

What I needed wasn't out there.

It was in me.

I just needed to learn how to listen again.

Want to Go Deeper?

This guide is where my healing started — but not where it ended.

If any part of this resonated, the full book goes deeper into every theme we've touched on here. From the biology to the emotional root causes, I walk you through the messy, powerful process of learning to live in your body instead of constantly battling it.

We explore:

- Gut health and how your microbiome influences cravings, mood, energy, and immunity

- Hormone balance, including the role of stress, estrogen, and thyroid function
- Blood sugar crashes and why they're more emotional than we've been told
- Nervous system regulation — and what “safety” actually looks like in a healing body
- Trauma-informed wellness, where healing doesn't mean hustling
- Real progress markers beyond the scale or meal plans

Plus, you'll get supportive guides and practical tools, including:

- A full section on sustainable food swaps (and why they matter)
- Simple explanations of the “why” behind the biology
- Gentle rituals and daily rhythms to rebuild trust with your body

It's not a one-size-fits-all plan.

It's a perspective shift — grounded in biology, lived experience, and compassion.

If something in you is ready for that shift, the book might be your next step.

[👉 Read the book on Amazon](#)

You're not lazy. You're not broken. And you're definitely not alone.

You've just never been given the full picture. Now you can have it.

With Love and Understanding,

Samantha Ancy



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