



# GENTLE WEIGHT LOSS STARTER GUIDE

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Reset your body's rhythm and release weight naturally  
using science, psychology, and self-trust.

by Cheri Alberts  
Founder, *Set Point Science*™



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# WELCOME

If you've ever felt like your body just won't cooperate — no matter how much effort, focus, or willpower you throw at it — take a deep breath.

You're not broken, and you don't need more control. What your body actually needs is safety, rhythm, and trust.

For years, I thought I just needed to try harder. But the truth is, my body was never the enemy — it was simply trying to protect me. Once I learned how to work with it instead of against it, everything changed.

This guide is your first gentle step toward that same peace. You'll learn how to calm your body's defenses, reset your rhythm, and start releasing weight naturally — no extremes required.

Read it slowly, take what resonates, and remember: your body already knows the way back.

With warmth and curiosity,

Cheri Alberts  
Founder, *Set Point Science*™

*You're not starting over, you're starting softer.*



# WHY GENTLE WORKS

For most of us, “trying harder” has always felt like the answer. We tighten the rules, cut calories, skip meals, and call it discipline, hoping this time we’ll finally stick with it.

But biologically, our bodies read all that effort as stress. And when we feel stressed or deprived, our systems flip into protection mode... metabolism slows, hunger hormones rise, and our bodies quietly prepare for a famine that never comes.

This is why force and restriction always backfire. The harder we push, the louder our bodies push back.

Gentle works because it restores safety, the one signal our metabolism actually listens to.

When we feel safe, our bodies stop bracing for survival. Hunger cues regulate. Energy steadies. Fat release becomes possible again... quietly, without drama.

We don’t have to fight our biology, we just have to stop threatening it.

That’s what the gentle approach is really about, creating calm conditions so our bodies can do what they’ve been trying to do all along... find balance.



# THE SAFETY RESET™ PRINCIPLE

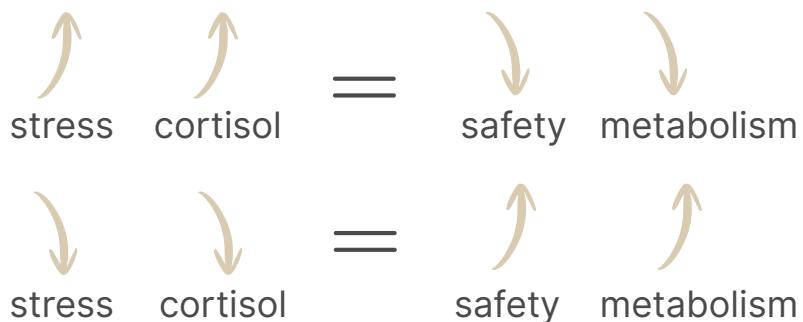
WHEN OUR BRAINS FEEL SAFE, OUR BODIES  
RELEASE WEIGHT NATURALLY

Our bodies aren't stubborn, they're **protective**. When life feels stressful, the brain shifts into defense mode, and the body follows.

**Safety** is the switch. When we eat enough, rest, and breathe, the body feels calm again — and begins to release.

It's not willpower we've been missing, it's **peace**.

WHEN SAFETY RETURNS, THE BODY RELEASES



## HOW TO BEGIN RESETTING SAFETY

- Eat enough, consistently
- Sleep like it's medicine
- Regulate before you restrict
- Replace pressure with steady

# THE RHYTHM OF REGULATION

## HOW CONSISTENCY AND RHYTHM REBUILD TRUST WITH YOUR BODY

**Your body's not waiting for perfection,  
it's waiting for rhythm.**

Our bodies crave rhythm more than rules. When meals, movement, and rest happen in a steady pattern, the brain begins to relax... it knows what's coming next.

In that predictability, metabolism steadies, hunger cues return, and energy feels smoother throughout the day. The body stops operating in crisis mode and starts trusting again.

### TRY THIS

Let one meal today be guided by hunger, not the clock. Eat when your body asks, stop when it feels complete. Do this long enough and your body will relearn the rhythm.

*Rhythm is safety  
on repeat.*

### Regulation Follows Rhythm



Our body learns regulation through repetition.

When we eat erratically or live in constant overdrive, the body loses that sense of rhythm — it never knows when nourishment, rest, or calm will arrive. Regulation isn't about control, it's about creating safety through repetition.

Think of rhythm as your body's favorite language. Every consistent cue — a balanced lunch, an evening wind-down, even regular sunlight — whispers, you're safe, you're fed, you can let go.

Over time, rhythm becomes self-reinforcing. The more steady we are, the calmer our biology becomes... and the calmer it becomes, the easier it is to stay steady.

# THE MEL RHYTHM™ FRAMEWORK

LEARN TO NOTICE WHEN YOU'RE EATING MORE, ENOUGH, OR LESS — AND GENTLY REBALANCE.

## Your body is always speaking.

MEL (**M**ore, **E**nough, or **L**ess) is how we learn to listen.

There's no judgment in it, just awareness. Each meal, each week, each season, you can start to notice your rhythm: Did I eat **more** than I needed? Enough to feel steady? **Less** than what keeps me calm?

## TRY THIS

After a meal, pause for ten seconds and ask, "Was that More, Enough, or Less for me right now?" Don't fix it, just notice. Do this long enough and your body will start adjusting on its own. It's that smart!

*Awareness is the first rhythm.*

### MEL Rhythm Framework



The brain learns through contrast — noticing More, Enough, and Less teaches balance over time.

When we notice without criticism, the body responds with honesty. It tells us what it actually needs, instead of what the old diet voice demands. Your eating rhythm tells your story, not your worth.

Over time, MEL becomes a language of balance. You'll start to see patterns, not failures, and adjust naturally toward Enough. That's how regulation happens... not through tracking, but through attunement. Here's what's happening under the surface:

### SCIENCE SPOTLIGHT

When you reflect after eating, your brain engages the **insula**, the region that links interoception and self-awareness. This is how awareness rewires regulation.

# MORNING PROTEIN GUIDE

START YOUR DAY WITH PROTEIN TO STEADY ENERGY AND CRAVINGS.

I know... we've all heard "you need more protein" a thousand times. It's easy to tune it out like background diet noise. But here's the thing, this one actually matters.

But here's the thing: this one actually matters. Protein in the morning tells your brain, we're fed, we're safe, you can calm down now.

## TRY THIS

Tomorrow morning, aim for 30–40 grams of protein first thing: a smoothie, eggs, Greek yogurt, or tofu. Notice how your body feels around 3 p.m. That's not coincidence, that's regulation.

## SCIENCE SPOTLIGHT

When we eat protein early in the day, amino acids signal stability to the brain. They lower **cortisol**, steady blood sugar, and help regulate hunger hormones like **ghrelin** and **leptin**.

Protein also raises **dopamine**, the focus and motivation neurotransmitter — which is why mornings with protein feel clearer and calmer.

It's not a diet trick, it's biochemistry doing its job.

Protein steadies blood sugar, quiets cravings, and keeps your energy from spiking and crashing all day. Skipping it doesn't just make you hungrier later, it tells your body there's a shortage, and your brain starts looking for quick fixes.

You don't have to hit perfection, you just have to eat something with protein first. Over time, your metabolism will start trusting that the fuel always comes.



*It's not a trend.  
It's a foundation.*

# KEEP THE RHYTHM GOING

YOUR BODY IS LEARNING A NEW RHYTHM.  
LET'S KEEP IT STEADY.

You've already started to restore balance with safety, rhythm, and nourishment. Now it's about staying connected, curious, and consistent.

Listen to the **Set Point Science™ Podcast** for gentle, science-based episodes each week, and let the ideas keep you grounded. Join the **Set Point Restore™ Membership** if you want coaching, community, and accountability as you keep building your rhythm.

You don't need perfection. You just need to stay in motion. Every steady choice tells your body, we're still safe.

With **warmth, love, and rhythm**,  
**Cheri Alberts**



## PODCAST

### Set Point Science™ Podcast

*Weekly insights to help you stay nourished, calm, and consistent.*

👉 Link to:

[setpointscience.com/podcast](http://setpointscience.com/podcast)



## MEMBERSHIP

### Set Point Restore™ Membership

*Coaching, community, and rhythm tools for lasting change.*

👉 Link to:

[setpointscience.com/restore](http://setpointscience.com/restore)

*Gentle is how real change lasts.*

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# Questions?

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