

Weight Loss Tips to Make A Great Start To A New Life

Why is it so hard to lose weight? There are many things that can affect weight loss: hormones like stress, thyroid, estrogen, toxins in the body, insulin resistance. So it is not just eating healthy foods and exercising a million hours a week to just see no weight loss on the scale. It can be very frustrating. Some of the ideas may seem repetitive, but these are the essentials for weight loss. Some of these ideas you may never heard of, but are also necessary. What I mean is that you go to your doctor's office for an annual check-up and find that everything is great. BUT, you don't feel great, you are lacking energy, you are cold all of the time, you can't lose weight, and deep inside you feel there is something wrong and your doctor says you are getting older. You think it must be my age and brush it off. **WRONG!!** You know your body best, so

Drink water. So many of us want flavoring in our water, bottled fruit drinks, fruit juice, soda, etc. What is wrong with good natural water? It is FREE. The goal is to drink half of your body weight in ounces, not 64 oz a day anymore. We aren't eating the foods that contain water which is our fruits and vegetables. Most of us are dehydrated and should drink something before you eat a snack. When our bodies are lacking fluids, we tend to crave sugars and not fluids. All it takes is for our brain to be 1% dehydrated to have many brain dysfunctions to happen. We want our cells in our bodies to be like grapes not like raisins, so drink up America with good old-fashioned water.

Include breakfast. You are breaking the fast from the night before. It doesn't even have to be a big breakfast. We have already gone eight hours or so with no food and why wait until lunch time which may be another five hours before we ingest food. What ends up happening is we end up eating a late night snack and aren't waking up hungry for breakfast. Every day you should feel "Boy I sure am hungry, I can't wait to eat my breakfast." Breakfast can be a peanut butter and jelly sandwich, protein shake with fruit, even a whole grain or gluten free bread with peanut butter.

Eat often. We want a fat burning machine rather than a fat storing machine, so let's talk meal composition. We tend to eat way too many carbs at a meal and not enough healthy fats or protein to compensate and then we are hungry an hour later wanting more food. Let's start with breakfast and you eat a bowl of quick oats with a tall glass of orange juice. That is probably at least 50-60 carbs at one meal and barely any protein or fat. So as a better choice, eat $\frac{1}{2}$ cup uncooked oatmeal, add a teaspoon of butter or ground flax seed to the oatmeal and $\frac{1}{2}$ cup of milk. Now, you have increased the protein and fat at the meal and you are satisfied.

Find better fats. Look out for trans fats "such as partially hydrogenated oils" which is in almost all snack foods. Use better saturated fats like coconut oil or choose grass fed beef which has less saturated fat than conventional beef. Choose hormone free dairy foods. It doesn't have to be fat free. Eat a serving of nuts a day which contains monounsaturated fats and are great to add for weight loss. Use olive oil for salad dressings. What about an avocado smoothie with fruit in it. You don't even taste the avocado. It actually makes the smoothie creamy.

Replace processed foods with whole foods. If you want something sweet, it is better to make it from scratch and freeze the rest for those chocolate and sweet cravings. Shop the perimeter of

the grocery store for less processed foods. If your great grandmother doesn't know what Cheezits are, then it shouldn't go into your cart.

Get tested for gluten sensitivity. Gluten is a protein found in wheat and white flour, which is found in many, many foods. There is a website www.enterolab.com that tests for gluten sensitivity. Right now, it is the best one out there. Any other tests that are done at the doctor's office may not accurate and the test may say you aren't sensitive to gluten. If you can't afford that test, then eliminate gluten from your diet for at least 3 weeks to see if there is a difference. Do you have more energy; you may even lose weight, as well...

Eat organic. Organic foods are free of pesticides and fertilizers, free of hormones, and loaded with a lot more nutrition and therefore, your body will require less food. Instead of eating 7-9 fruits and vegetables a day, you can eat 4-5 a day and get enough nutrition. If you aren't able to eat organic, you can buy a veggie and fruit wash to help get rid of some of the pesticides and fertilizers that have settled on them.

Exercise at least 3 days a week to start. You don't want to burn yourself out with 5 days a week for an hour. If you go to a class at the gym, at least three days a week should be a great goal for weight loss and then parking farther away and taking the stairs are another way of sneaking in daily activity. Of course, doing weights or yoga or Pilates, tai chi, and even the WII fit can be helpful for building some muscle. The other days including some cardio such as walking, recumbent bike, even the elliptical or a mini trampoline to rid the body of toxins and reducing body fat.

Detoxification. This is especially important if you haven't exercised in a really long time. The reason is our environment is so full of toxins, foods we eat, gas fumes, deodorant, hair dye, shampoos, nail polish, skin care products, the air we breathe, the pipes are water travels through, and I could go on. The reason I talk about no exercise is that we have a lymphatic system which requires a pump. Our circulatory system has a heart to pump our blood through our bodies. Our lymphatic system doesn't have a pump and we get it working when we exercise or through movement. This so called lymphatic system is all of the fluid between our tissues and helps get rid of toxins in our body. Our liver can only do so much and it begins storing toxins from the overload and can't take it anymore. Then, we start having health problems. One thing is of course, exercise. The next thing is brush our skin with a skin brush in circles starting at the feet and working up always toward the heart. Another option is taking weekly warm baths by adding unrefined salt such as Celtic Sea salt to the water about $\frac{1}{2}$ cup to 1 cup. Soak for as long as you can stand it. The goal is to work up to 20 minutes. You have to be careful getting out of the bath tub because you may feel light headed and you must drink plenty of fluids afterward. You helped detox your body and added minerals back in. There is another way and that is getting a supplement through your naturopathic doctor.

Take a good quality vitamin. This can help with stress and a great sleep aid. It is only a supplement to a healthy diet. It is best to get a supplement through your doctor or a naturopath. It needs to have a USP or NSF to help determine if the product has the correct amount of ingredients it says it has.

Another good supplement is vitamin D. I would get it checked out through your health care provider. The lab is 25 hydroxy that the doctor needs to test for. This can help with blood sugar regulation, cholesterol levels, insomnia, weight loss and many other issues.

As far as any **other supplements**, it is best to get an oxidative stress panel which looks at nutrition from a cellular level to help determine what you are deficient in such as essential fatty acids (fish oil) or amino acids or protein deficiency etc.

If these things are not enough, there is testing that can be done to look in depth from a cellular level or hormonal levels to check with either a urine or saliva test to see how to tweak your eating habits and pick the right supplements for your body. **Let's start with a lifestyle change that you are willing to work with.**

Sincerely,

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