



Weight Loss Management

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There are always the obvious hazards in weight management - poor eating habits, poor food choices and lack of physical movement. But what about the less obvious factors that not only reduce your ability to lose weight but also impact on your health and well being.

Stress, Sleep deprivation and Toxicity set you up to gain weight

Stress

Stress increases cortisol levels and this causes weight gain around the middle. If anxiety and stress is excessive or prolonged then weight loss may be difficult. It is important to review the stress in your life and how you manage it. You may need supplementation to support your physical and emotional response to stress.

Sleep

Sleep deprivation sets you up to gain weight because it impacts on hormonal levels. Hours of sleep per night is inversely related to BMI and obesity. Obese people suffer more sleep disruptions and therefore have less sleep. Sleep deprivation results in endocrine changes. There is a decrease in leptin (responsible for signalling satiety), a decrease in Thyroid Stimulating Hormone (lower Basal Metabolic Rate), an increase in ghrelin (hunger hormone) and a decrease in glucose tolerance (more insulin to store fat).

Sleep deprivation has an impact on hormonal levels particularly cortisol and melatonin. Cortisol is released in the morning to prepare the body for movement and stressors. Melatonin is released in the evening to prepare the body for repair and regeneration. Cortisol increases after a large evening meal causing elevated cortisol levels and preventing the release of melatonin disrupting sleep and repair processes.

Toxicity

Increased toxicity results in a greater period to lose weight. Toxins block the Krebs's cycle and the body's ability to create energy especially from carbohydrates. If you cannot create energy from carbohydrates you store them as fat. Many toxins are fat soluble and losing weight mobilises the stored fat and releases the toxins into the bloodstream increasing the toxic load on the liver. The body responds by lowering its temperature which results in no more weight loss.

↑ Toxins → ↓ Body temperature →
↓ BMR → ↑ Weight or difficulty in losing weight

It is also known that important detoxification occurs in the rest or sleep phase, often disrupted in overweight people.

YOU MUST DETOXYFY TO LOSE WEIGHT!

Slow weight loss is best - if too much fat is released at once the toxic load overburdens the liver. If you are considered obese you will have a high toxic load and it is recommended you follow a detox program including supplements to assist detoxification and promote the body's elimination functions. These programs work by stimulating the body's natural processes of elimination to cleanse itself of these poisons which can build up over time and negatively affect the immune system and weight loss.

SUPPORT REST AND REPAIR PROCESSES

Assess your sleep and stress levels. If you are suffering sleep deprivation or prolonged anxiety and stress consider using other techniques or remedies.

So if you are finding your weight loss has slowed or stopped and one of these issues could be impacting on your life Naturopathy can help.

See how good you can feel when you are in balance

SPECIAL OFFER

SPRING CLEAN PACKAGE

\$180.00

A four week program to assist with toxicity, stress and sleep deprivation including:

Initial consultation (1 ¼ hours)

2 x ½ hour follow up consultations

2 x 200ml herbal mixes tailored specifically to your requirements

25% discount off the normal price (normally \$240.00)

- * Initial consultation must be booked and taken during September/October.
- * Payment in full required at first consultation.
- * Cost does not include additional supplements.

To take advantage of this special offer call Studio Glo on 9870 4050 and book your appointment with our Naturopath Narelle today

Consulting hours:

Thursday 5pm - 8.30pm &
Friday 2pm - 8pm

Payment by cash, cheque or money order only. A rebate for Naturopathic consultations is available through extras on your private health insurance.

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How To Grow Old Gracefully

REDUCE AND MANAGE YOUR STRESS LEVELS

This is a very popular topic at the moment. Excessive stress can be detrimental to your health and can affect everything from your immune system, digestion, hormones, sleep patterns and even your ability to lose weight. Take a little time for yourself each day, read, walk in the park, meditate, have a massage, just switch off your brain for a little while.

CLEAN UP YOUR DIET

Eat as much fresh, natural unprocessed food as possibly. Vegetables, fruit, nuts & seeds, natural dairy foods and good quality meat and fish should be what your diet consists of. Anything out of a packet is generally processed and not your friend. Try a little game with yourself (I've done this many times with clients with great success!)... For 2 weeks try and eat all your food from natural sources. So that means nothing out of a packet or container. If what you're going to eat doesn't look like it just came off a tree or out of the ground (i.e Nutri-grain, Protein bars or 2 minute Noodles) then don't eat it. Usually muffins are just little cakes in disguise and muesli bars are cookies in camouflage. I think you will be surprised at what you notice.

MAINTAIN FLUID LEVELS

This means clean water, not juices, tea, coffee or diet drinks. Dehydration places a considerable amount of stress on our bodies. Water is more important for our wellbeing than food and I think it is safe to say that most people make food their number one priority. Don't forget that caffeine is a diuretic so you must drink more water to bring yourself back to balance.



SWITCH TO ORGANIC FOODS

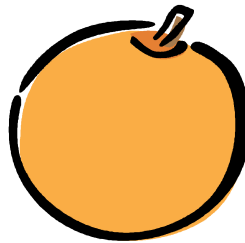
We can ingest many pesticides, insecticides, antibiotics and steroids in the non organic food we consume. Organic food is getting more and more accessible, and is coming down in price. The worst offenders are dairy foods and chicken. Switch to organic dairy foods (yoghurt & milk) and organic free range chickens and eggs (both available at Coles & Safeway)

REDUCE ALCOHOL CONSUMPTION

It is believed that a glass of wine a day can help protect against heart disease. Over consumption of alcohol has been linked to serious health problems such as liver and kidney disease and cancer. Alcohol contains empty calories and if consumed with food, can act as a blocking agent, prohibiting the absorption of several vitamins and minerals.

NURTURE YOUR IMMUNE SYSTEM

It is important to support our immune system as much as possible as this is our bodies defence system. Lack of sleep, poor nutrition, over work and stress are all things that can overload or immune system, making us more susceptible to illness.



REDUCE EXPOSURE TO TOXINS

The most obvious one here is smoking. Quitting smoking should be a very high priority. Other toxins come from household chemicals and cleaners, pesticides, preventives, food colorings, and much, much more.

SCHEDULE HEALTH CHECKS

Regularly check your blood pressure, cholesterol and blood glucose levels, especially if you are considered in a high risk category or over the age of 40. It is sometimes useful to have iron levels monitored, especially in woman, and those in highly stressed lifestyles.

EXERCISE REGULARLY

As I've discussed before it's important to be active as regularly as possible. Even if you don't have time for a weight training session, go for a 20 minute walk. It's much better for you than nothing at all.

REST AND RECOVER

If you're exercising 7 days a week and don't seem to be reaching your goals then maybe you are over training. The rest component of your exercise program is just as important as the actual activities you perform. If you don't give your body sufficient time to recover or you're not eating the right nutrients to aid recovery then you may actually be making it impossible for your body to improve on many levels.

Thai Beef Salad

It's spring - and that means it's over with the soups 'n' stews and hello salad!

Serves 4.

Serve as main course. You might need to visit an Asian grocery.

Ingredients:

- 500g rump steak, thinly sliced
- 60 ml fish sauce
- 60 ml lime juice (3 limes, freshly squeezed)
- 1 tablespoon grated palm sugar
- 2 teaspoons light soy sauce
- 1 clove garlic, crushed
- Small piece grated fresh ginger
- 3 cucumbers, chopped
- 2 fresh chillies, finely chopped (be careful about hotness)
- 1 red onion finely sliced
- 250g chopped tomatoes
- 1 cup Vietnamese mint leaves
- 1 fresh coriander leaves
- 500g mixed salad leaves
- Any other salad vegetable you like.

Method:

- 1) Marinate beef for 3 hours or more with 2 tablespoons of fish sauce and 1 tablespoon of lime juice.
- 2) Drain and discard marinade. Sauté beef in small amount of oil until just cooked.
- 3) Mix all liquid ingredients, then add everything else and toss. (Beef can be warm).
- 4) Add more liquid if you need to.

Paul



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