



Weight Loss Management

Narelle Donald

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 & 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!

Level 1, 156 Maroondah Hwy
Ringwood 3134
9870 4050

Warm Weather & Summer Health Tips

To make sure you can enjoy summer warm weather a little and that you don't suffer from dehydration, sunburn or heat exhaustion, here are some holiday and summer health tips to keep you safe and healthy in this hot climate.

Drink Plenty of Water

When heat and humidity are high, you can quickly become dehydrated. Your body's thirst mechanism isn't very accurate and becomes more unreliable with age. By the time most of us feel thirsty, we're already slightly dehydrated. It's especially important during warm weather to drink 8 glasses of water a day. Don't be tempted to start eating a lot of ice cream or soft drink because they are cold. Stick to water as it's the quickest, simplest way to keep yourself hydrated and healthy.



Don't Sweat It

One fact of heat is sweat. Even walking to your car in extreme heat can cause those little salty beads to pop out under your arms and on your face. Since sweating causes you to lose precious minerals, keep your electrolytes in balance by getting plenty of minerals from fresh fruit, vegetables and supplements if necessary.



Eat Smart and Healthy

Holidays, summer get togethers and general hot weather can be an excuse and temptation to eat anything and everything. Don't let yourself fall into this trap. Eating junk food can feel like fun but it's not worth it, especially if you end up gaining weight. Keep your energy up by limiting sweets and fatty foods and focusing on fresh summer fruits and vegetables, whole grains and healthy lean protein.



Beat the Heat

As temperatures rise, your body works overtime to stay cool. Any outdoor activity in high heat is physically stressful and can lead to heat exhaustion or even heat stroke. Wear light, loose fitting clothing and don't overdo it.

Balance Activity with Rest

Sunshine and warm weather offer a whole smorgasbord of activities. But don't push yourself beyond your physical limits or let overexertion squash your energy. Schedule time to rest, relax and take a nap when necessary.

Protect Your Eyes and Skin

Wear sunglasses and sunscreen to protect your eyes and skin from the sun's dangerous UV rays. Sunburn abuse can lead to skin cancer. So wear protective clothing and sunscreen with at least a sun protection factor (SPF) of 15. For sunburn relief, aloe vera

Chicken Napoli

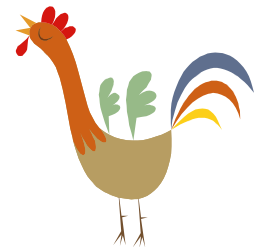
Ingredients:

- 25g butter
- 1 tbsp oil
- 4 chicken joints
- 1 onion, sliced
- 1 green pepper, sliced
- 397g can tomatoes
- 100g mushrooms, quartered
- 150 ml chicken stock

Method:

- Heat butter and oil in a large frying pan.
- Add chicken joints and onion and fry for 5 min, turning chicken is golden brown all over.
- Drain off fat, add all remaining ingredients to the pan. Bring to the boil.
- Cover pan with a lid or foil and simmer gently for about 30 mins until chicken is tender.
- Taste & adjust seasoning. Transfer to a serving dish.

Kylie



The information provided in this newsletter is for general educational purposes only. It is not intended to be relied upon as, nor to be a substitute for, specific professional advice. If you are currently under the care of a medical practitioner, you have any injuries or you are taking prescription medication, it is recommended that you seek professional advice prior to starting any fitness program.