



NATURAL HEALTH TIPS TO HELP YOU JUMPSTART AND YOUR WEIGHT LOSS AND SHED THOSE HOLIDAY POUNDS... QUICKLY!!!!

The holidays are over. For many, this is also the time we realize how many extra pounds we put on over the season. All the holiday food and drinks can quickly add up on the scale! If you did eat well and exercise regularly, good news! Get back on track and you will go back to your pre-holiday figure quickly. If eating well and exercise are one of your new year's resolutions, there is no better time to start than now, and the tips below will help you jumpstart your weight loss!

***The information provided is not intended to diagnose or treat any health condition. Please consult with your doctor or naturopathic doctor before starting any new supplement program as they may have interactions with certain medications. ***

#1: Nutrition

The first place to start on a healthier new YOU is to make simple nutritional changes.

1. Swap white flour products for whole grain products. If it is white, don't eat it! That includes all products made of white flour like muffins, cookies, donuts, etc. Choose sweet potato or yams instead of white potato. Choose brown rice over white rice. Simple changes can have huge results!
2. Avoid refined sugar. You can do this for 15 days! Choose healthy sugars such as Agave Nectar, pure maple syrup or Stevia. Avoid sugar replacements like Splenda, NutraSweet, Sweet'N'Low and Equal. These nasty replacements have been linked to problems such as cancer, migraines, depression, birth defects, seizures, behavior changes, anemia, sexual dysfunction, thyroid dysfunction, and more. For a sugary snack choose dark chocolate (greater than 70% cocoa) and eat no more than 2 squares a day.
3. NEVER skip breakfast. Eating foods high in energy in the morning sets our metabolism all day to burn calories. Breakfast ideas include no sugar added oatmeal, eggs, high fiber cereals, fruit with plain yogurt, apple with almond butter.
4. For lunch and dinner ½ of your plate should be vegetables. Choose bright colored vegetables and dark green leafy vegetables. Avoid creamy dressings which are usually high in fat. Choose oil based dressings low in sugar. Olive oil and balsamic vinegar dressings are great!

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5. Keep a 3-4 day **diet log** of what you eat and how much you are exercising before starting the 15 day program. Then keep a log during the 15 days. By seeing exactly what you eat, you can identify where empty calories are coming from and easily avoid these calorie dense foods (do you really need that donut at lunch time?) When you see the changes you have made, be proud of them and use them to motivate you to continue making these changes.

#2: Water

Drink at least 8 glasses of water a day. Have water available throughout the day in a stainless steel or glass container. Sip slowly during the day. Your goal should be at least 1 liter the first week, then up to 2 liters the next week. Avoid all soft drinks, including diet soft drinks. Avoid fruit juices too. If you must, dilute 1/3 fruit juice with 2/3 water in the beginning. However, quickly work towards drinking only pure, filtered water.

A study at the University of Texas found people who drink diet soft drinks actually gain weight: a 41% increase in risk of being overweight for every can of diet soft drink a person consumes each day. Some soft drink studies do suggest that diet drinks stimulate appetite.

These researchers looked at seven to eight years of data on 1,550 Mexican-American and non-Hispanic white Americans aged 25 to 64. Of the 622 study participants who were of normal weight at the beginning of the study, about a third became overweight or obese.

For regular soft-drink drinkers, the risk of becoming overweight or obese was:

- 26% for up to 1/2 can each day
- 30.4% for 1/2 to one can each day
- 32.8% for 1 to 2 cans each day
- 47.2% for more than 2 cans each day.

For diet soft-drink drinkers, the risk of becoming overweight or obese was:

- 36.5% for up to 1/2 can each day
- 37.5% for 1/2 to one can each day
- 54.5% for 1 to 2 cans each day
- 57.1% for more than 2 cans each day.

For each can of diet soft drink consumed each day, a person's risk of obesity went up 41%.

Take home message: DON'T DRINK SODAS!!!



#3: Exercise

Exercise doesn't have to be at the gym. Remember, small changes can have big results! If you don't exercise regularly, make it a goal to walk at least 30 min every day. Walking the dog, using the stairs at work, park a little further away, bike ride; it all counts. According to the American Heart Association, just 30 min of brisk walking can significantly reduce your risk of having a heart attack or stroke. For those of you used to exercising, this may be a great time to get a personal trainer to develop a fresh new program for you. I personally recommend Shazparoo Fitness at www.shazparoo.com.

Here is a quick test to determine your risk of having a heart attack or stroke. Measure the circumference of your hips at the widest part of your buttocks. Then measure your waist at its smallest part. Divide your waist measurement by your hip measurement to produce your waist to hip ratio. For example, if your waist is 28in, and your hips 34in, your ratio is 0.8. If your ratio is greater than 0.85, you are more likely to suffer from diabetes, high blood pressure and heart problems. A ratio greater is 1.0 is very unhealthy. The good news is that a balanced diet and 30 min of exercise a day can significantly reduce your risk of a cardiovascular event. This may be a great motivator!

Get a pedometer and monitor how many steps you take on an average day. Then challenge yourself to increase your number of steps each day. Eventually aim for 10,000 steps per day. You can do this! It's easier than it sounds ☺

#4: SUPPLEMENTS TO INCREASE YOUR METABOLISM

1. L-Carnitine. This amino acid will transport fat into our cells where they are burned to make energy. You must follow a balanced diet and exercise in order to see the benefits of L-Carnitine.
Food sources include: meat and animal products with red meat and lamb being the best sources; chicken, turkey. Fruits, vegetables and grains contain almost no Carnitine.
Sugar inhibits the effectiveness of L-Carnitine. Protein at every meal increases the effectiveness of L- Carnitine.
Dosage: 1000mg/day; 2000mg/day if you are obese.
Best taken before breakfast and lunch.
Optimum results when taken with fish oil.
2. Coenzyme Q10. This nutrient increases fat burning and energy production. It helps our furnaces in our cells work better.
Dosage: 100 – 200 mg/day



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3. CLA (Conjugated Linoleic Acid). This essential fatty acid is good if your weight loss has hit a Plateau. It also reduces body fat, especially in the abdomen. It reduces the absorption of fat and sugar into our fat cells.
Dosage: 1000mg three times a day with meals.
4. Biotin. This B vitamin increases metabolism in the body. It balances blood sugar, keeps insulin at healthy levels so you don't gain weight from improperly balanced blood sugar (hypo or hyperglycemia).
Dosage: 1000mcg/day
5. Green Tea: Japanese researchers suggest that drinking 5 cups of green tea can burn an extra 70-80 calories. This effect is not just from the caffeine but a nutrient it contains called EGCG which increases metabolism and reduces appetite.

Final thoughts: Over indulgence during the holidays can result in a few extra pounds of weight gain. The good news is that it is easy to return to your preholiday weight with some simple changes in nutrition and supplements to kick start your metabolism.

Every cell in our body has a "furnace" that burns fat for energy. These powerhouses are called our mitochondria. The goal is to stop making new fat cells and start burning the fat we already have stored. To do this, I recommend:

1. Cut calories from our diet by 500 calories a day
2. Increase exercise to burn calories
3. Eat more protein to balance blood sugar, reduce cravings and build muscle
4. Take the supplements I have recommended to increase metabolism and fat burning.

The guidelines above are general guidelines that do work for weight loss. However, there are other factors such as hormones or nutrition status that also play a role in weight loss. At Vitalia Health Care we can customize a program specific for you. Since no two people are the same, our doctors can assess your individual health needs using state of the art diagnostic tools and years of clinical expertise. We can then customize a "**jump start to the New Year**" program specific for you. Call us today at **604-732-3422** to book your appointment. Make this your year!!!!!!