

Terry Talks Nutrition

Compliments of Terry... Naturally

Key Words

obesity, weight loss, dieting, diet, fat control, carb control, white kidney bean, Lesser galangal, apple

With the New Year just a few weeks old, many people have already made a list of New Year's resolutions. I'm sure that for many people, the #1 resolution is to lose weight. For some it may be that last 5 or 10 pounds, for others it may be many more pounds. For many people this resolution is several years old as it's on the top of the list every year. But, most New Year's resolutions don't last for more than a few months. Most gyms and exercise facilities will be packed for the next few months, and then come spring, all is lost and the New Year's resolutions are down the drain. Why is that?

Well, first of all, most people really don't have a concrete plan and a goal to strive for. Our goals should be written down and reviewed every day, such as, I have lost 20 pounds and I'm in the best shape ever. Or, you can use a deadline goal, such as, I will lose 20 pounds by May 1, 2010. I have no explanation why goals work, but I have always accomplished what I set out to do by using a goal setting plan and reading it once or twice a day. You might even want to get a picture of a person who has the shape that you admire and put it on your refrigerator and/or mirror in your bathroom. Get a vision and a goal that you want to accomplish, concentrate on it, think about it, speak positively about it and you will accomplish it. Not only will this goal setting plan work for weight loss, but it will work in every area of your life whether it be relationships, the home of your dreams, the country you wish to visit, the financial goals you wish to accomplish and that significant other you wish to meet. After you



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decide what your goals are, it's important to have a plan.

Weight loss plan

The weight loss plan starts with a proper diet. If you select the right food, calories don't count. By this I mean, if you consume 1,000 calories a day from a good quality, lean protein, and fruits and vegetables, you will be much leaner and healthier than if you eat 1,000 calories from ice cream and candy bars. So what is the right food? Well, from personal experience, I also at one time had a weight problem. In fact, that's why I became so interested in health and nutrition. In high school and in my early twenties, my weight ballooned to 250 pounds at a height of 5'7". Today I personally know, and from observation of other people that I have worked with, that the best diet is to avoid all refined flours, sugar and carbohydrates, and concentrate on lean, high quality proteins in small portions; 3-4 ounces of meat (beef, chicken, duck, bison, venison, elk), fish, dairy products and eggs. Usually 3-4 ounces of meat is equal to the size of the palm of your hand, excluding your fingers, and about the thickness of your palm. Add 7-9 servings of fruits and vegetables daily and small portions of complex carbohydrates. If you don't know what carbohydrates to avoid get a chart called the Glycemic Index. You may consume small quantities of foods listed on the Glycemic Index that are rated 50 and below. Avoid all foods over 50 on the Glycemic Index. The bottom line is that refined carbohydrates and sugars of all types are what make you fat. Good quality fats are healthy and should not be avoided. Since we have been advised by medical experts to reduce fats, Americans naturally increased carbohydrates and obesity has exploded. There should be a good balance between proteins, complex carbohydrates and healthy fats.

It is more effective for losing weight if you consume five or six smaller meals versus three traditional meals. It will help if you have breakfast, lunch and dinner, and then approximately two hours after each meal, consume a small snack of 6-12 almonds or a boiled egg or a slice of cheese and half an apple. This small snack after your main meals stabilizes your blood sugar level and helps prevent the subsequent fall in blood sugar levels which eventually triggers your appetite. That's why people have eating binges.

One thing that I really like for a snack is 1/2 of a protein bar, a few nuts, or ideally when I travel, I carry almonds and Tanka bars. Tanka bars are the old American Indian form of jerky made of dried buffalo and cranberries. Don't turn up your nose. They really are great. My grandkids love them. You will get 7 grams of protein per bar and 7 grams of carbohydrates. You can get them at Terry Naturally or any good health food store.

Eating a substantial breakfast has been proven to reduce the amount of calories by approximately 400 during the rest of the day. For breakfast you can have one or two eggs any style; 1/2 piece of sprouted whole grain bread; and 1/2 to 1 teaspoon of real butter. A fresh piece of fruit or berries is a good choice but no juice since there is too much sugar. A glass of natural orange juice, no sugar added, for example, has the equivalent of 14 teaspoons of sucrose (sugar). And, do not eat margarine. It's not natural, and I don't care how soft it is, it isn't healthy. I find an easy way to consume breakfast is by making a protein drink. In a blender, I mix 5 ounces of thawed blueberries, 4-8 ounces of water and one scoop of egg white powder, vanilla flavored. I don't stop here but it's a good start for many. I also add raw bone powder for calcium, L-glutamine, an essential amino acid, a powder of mixed greens and Maca. But, you can let your imagination go wild and add what you like as long as you don't add a lot of fats and calories. This drink is about 150 calories, 24 grams of protein and about 20 grams of good quality carbohydrates. This will usually last me from 6 a.m. until noon.

Two hours after breakfast is a good time for a very small handful of nuts. For lunch I suggest a large salad with only olive oil and possibly balsamic vinegar if you like it. All other salad dressings are loaded with fats and chemicals that are unhealthy,

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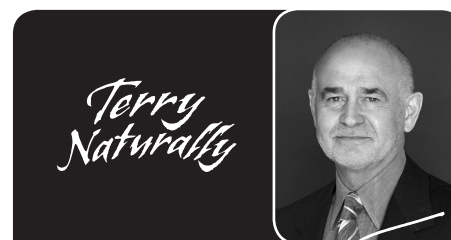
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Terry recommends these formulas with these ingredients.

Max-Phase™ Phaseolamin 2 mg **
from Purified White Kidney Bean (*Phaseolus vulgaris*) Extract 120X

Lesser Galangal (EP176) 100 mg **
Rhizome Extract Standardized to 20% 3-methylethergalangin

PommeTHIN Complex (300:1 extract) 450 mg **
A proprietary formula containing apple soluble fibers and apple extract standardized for quercetin and phloridzin (40% phenolic apple actives). This patented apple extract contains optimized concentrations of the most active slimming apple polyphenolic components.



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unless you make the salad dressing at home. Also eat 3-4 ounces of high quality protein and a small piece of fruit. Two hours after lunch eat a small snack of a one ounce slice of cheese and an apple. For dinner, eat 3-4 ounces of high quality protein; 2 or 3 non starchy vegetables such as broccoli, brussel sprouts or green beans; and a small portion of a high quality complex carbohydrate such as sweet potato or yam; a small salad and a dish of berries or fresh fruit. You will be surprised to learn that a white potato, based on the Glycemic Index, has the same effect on your blood sugar level as a candy bar, so for me and for you too, they're off limits. After the meal and two hours after dinner, eat a small snack. Eat nothing more before bedtime. Remember, we eat to live. We do not live to eat!

If you're having difficulty with your diet, you may think about adding a nutritional support program that can help you get your appetite under control and reduce the blood sugar peaks and valleys. One supplement that I find very effective and also has good clinical data to support its effectiveness, is **Dieter's Choice For Carb Control™**. This is a supplement containing a very small quantity of an extract from white kidney bean that studies show inhibits the release of amylase, the carb digesting enzyme. By inhibiting the enzyme, we digest fewer calories from carbohydrates without restricting all of the carbohydrates since they are a very important food group. The Carb Control tablet can block approximately 30% of the carbohydrates at each meal which represents about 50-75 grams of carbohydrates. This blocks approximately 300 calories at each meal; so theoretically, this would be about 1,000 calories per day. It takes a reduction of 3,500 calories to lose one pound of fat. Don't expect to lose one pound the first three days. It will take time for your body to adjust, so expect to take 3-4 weeks and then watch the great benefits assisting you to lose weight. The Carb Control product is all natural, safe and with no toxicity. It comes with several beneficial side effects. By reducing the carbohydrates and initiating weight loss, it also controls the peaks and valleys of the blood sugar level and gives you a more sustained level of energy without the ensuing crash in the afternoon. It also improves the digestive system as it prevents the fermentation of carbohydrates.

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A second product that can also assist and be used along with the **Carb Blocker is Dieter's Choice For Fat Control™**. This product is an herb from the ginger family and has been consumed in Asian countries at meal time for thousands of years. Some medical experts believe that Asian people are leaner and slimmer because they consume this herb with their meals. The Fat Blocker inhibits the enzyme, lipase, which blocks the complete digestion of fats so they're not absorbed, reducing the amount of calories that would ordinarily be absorbed as well. So now you have both the Carb Blocker and Fat Blocker available to assist you in blocking the absorption of calories from carbohydrates and fats.

A third weight loss product to assist controlling the appetite and releasing fatty acids from the cell to be burned for energy and, therefore, a weight loss result, is called **PommeTHIN™**. Pomme is the French word for apple. PommeTHIN comes from a very special apple not bred for sweetness and taste but for health benefits. Two unique compounds in the sour green cider apples grown in Europe have the ability to control the appetite and burn released fatty acids from the cell. There has been considerable research surrounding the use of this apple extract as an aid to weight loss. Again, no side effects, no toxicity and a healthy addition to the diet. Now you have three products to assist you in getting your weight under control, the Carb Blocker from white kidney beans, the Fat Blocker from Lesser galangal, and sour green cider apples, all healthy foods and no side effects to worry about. In a weight loss program you must be patient to give your body time to adjust to the changes. Start a good program as described above for 30-60 days before you even step on a scale. The weight you are trying to lose was accumulated over several months if not years. Like all of us, once we get to a position we dislike, we want a miracle to happen to correct what has taken such a long time to accumulate. Be patient, be consistent and I absolutely guarantee that you will accomplish your goals.

I would also encourage anyone who initiates a weight loss program to add a good multiple vitamin and mineral supplement on a daily basis. I don't particularly care for a one-a-day since, by sheer volume, you can't put enough nutrients and potency into a one-a-day to provide adequate support for good health and nutrition. I like a three-a-day which you then can take one tablet with each meal. So, you're getting three times the amount of nutrients than you would in a one-a-day. You probably realize that if this three-a-day would be a one-a-day it probably would be the size of a golf ball. The three-a-day supplement is available for gender specific and over 45 and under 45 years of age. To this I would add a good B complex balanced with


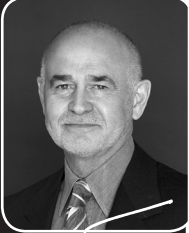
50 mgs of all the B vitamins. The dosage would be one in the morning and one in the evening. The B vitamins will give you extra energy, help initiate the metabolism of proteins, carbohydrates and fats, and help control blood sugar levels.

On top of all this, exercise is a huge part of weight loss. I will not get into the proper exercise program for you since everyone is at a different period in their lives. It will vary by age, body structure, amount of weight to lose and the kind of health you are in. If you are over 40, you may want to see a physician for a good check up. Exercise can be very taxing to the health of the heart, but over time, it can be very healthy for the heart. If you must, start out with a one block walk, but every day increase what you have done the day before. I always remind my friends and employees that you tackle a large project one bite at a time. Take very small baby steps and never give up.

I like to use a combination of weight training and aerobics. I use a variety of kettlebells which range from 18# to 53# for a number of different exercises. I don't take a break until I need to stop for a breath. Research has shown that creating an aerobic effect with weights keeps the body leaner and stronger and burns more calories than just an aerobic exercise. Google kettlebells if you're interested and you can start with a weight that is suitable for your strength. The kettlebell swing is the #1 exercise with a kettlebell. This alone, done over a period of time, is extremely effective for weight loss and aerobic conditioning. You will burn more fat and become healthier quicker than by any other form of exercise.

Put this all together and you have a very effective weight loss program. Remember, you don't need a miracle. You are one!

When in doubt, always consult your physician or health care practitioner. This column is to provide you with information to maintain your health.

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