

12 things you can do to loose weight

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.Go to Marsha Zimmerman's website and calculate your BMI – and find out how many calories you need to consume each day to reach your desired weight level.
www.thenutritionsolution.com/bmi.htm

1 - Slow down! Eat slowly and with purpose – when you eat slowly – it gives your body time to release a brain chemical CCK that tells you – you are full so you will automatically eat less and loose weight easier. This has been proven in research!

2 – Eat Breakfast you will consume on average 150 calories less during the day if you do so

3 – Eat wet foods – apples eaten before meals have been proven to cause weight loss. They are high in fiber and are low in calories. You will eat less at your meal because of them. One study found that if you eat a salad or a soup (non-creamy) before a meal you will consume less calories and loose weight – also focus on filling up with the low calorie vegetables.

4. Size up your portions of carbohydrate foods, focus on complex carbohydrates i.e. 100% whole grains and beans and vegetables (especially when you eat root vegetables – use portion control), you can eat plenty of green leafy vegetables they are extremely low in calories. Stay away from flour – all baked goods that use flour can contribute to weight gain – especially wheat – try going wheat less – this alone can have major effects on weight loss for some people. The Glycemic Index of foods can be a helpful guide on how carbohydrates turn into blood sugar it's accessed on the www.BrighterDayFoods.com or Glycemic Index Lists by Rick Mendosa on an internet search engine

5 – Don't eliminate fat, Eat quality fats, olive oil, flax oil, fish oil, coconut oil (helps thyroid function), eat Nuts

6 – Remove food triggers (hide food); don't keep the cookies and chips in an easy to get to place.

7 – Eat enough calories; eat greater than 1000 calories a day.

8 – Eat lots of fiber (fiber has been found to be one of the most effective tools for weight loss – especially if you take it before meals, it fills you up and helps prevent the over absorption of calories and it stabilizes blood sugar levels as well as lowers cholesterol) and drink water – *One fiber idea I have used is to eat Bran O Crisp crackers – they are made from wheat bran and rye flour – they are ridiculously high in fiber – I put low fat lentil hummus on them 20 calories for a big serving or the new Greek Style no fat yogurt from Stoneyfield – 100 calories and 16 grams of protein with a texture of full fat sour cream you can put a little seasoned salt or chives on the yogurt – you think your eating high fat – it fills you up and you are satisfied.*

9 - Drink green tea it helps the metabolic rate.

10 – Burn calories by exercise – Lift weights resistance exercise causes the body to burn more calories

11 – Eat Protein and low carbohydrate vegetables for dinner and not too late at night. If you get hungry at night – use a fiber supplement after dinner.

12 – Help your thyroid gland out – it controls your metabolic rate. Exercise in the morning sun. It helps activate thyroid. Take a supplement of Bladderwrack capsules or eat the seaweed Kombu – these are perfect foods for enhancing the thyroid.

Remember – **Insulin is a storage hormone** – anytime you eat a high amount of carbohydrate foods – especially refined carbohydrates and it causes a rise in blood sugar levels – it will cause the body to increase the release of insulin which will mobilize the body to make and store FAT.

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