

SO YOU WANT TO LOSE SOME WEIGHT?

Weight loss can be a very complex problem. It is usually specific to the individual. There are various reasons for weight gain: hormonal/glandular problems, sugar uptake problems (hypoglycemia, syndrome X) poor nutritional choices (which can leave the individual malnourished) or simply psychological issues (having a relationship with food 'I love food', boredom, or feeling out of control)

There have been studies which indicate that the low calorie weight loss programs have enabled people to lose fat, but also have enabled the loss of muscle mass. And as we know muscle weighs more than fat, so when on the scale it would appear that a healthy weight loss has occurred. However when there is a loss of muscle mass, there can also be a decline in the metabolic rate. In other words, thyroid symptoms may appear (coldness, fatigue etc.) This slowing of the metabolic rate may help explain why yo-yo dieters tend to gain weight over the long term. If their metabolic rate is declining, it becomes harder and harder to lose the weight and keep it off.

In light of the study, weight loss needs to be viewed as a lifestyle change vs. a quick loss of 10-20-30 pounds. Just because the scale says there has been a 10 pound loss, doesn't mean that it was healthy.

WHAT TO DO?

Drink 6-10 glasses of water per day. This will aid the body in flushing toxins.

Eat a balanced diet consisting of : Proteins. Eat 3-4 times per day. This will help ward off sugar cravings, hypoglycemia and may help increase the metabolic rate Complex carbohydrates. Eat 2-3 times per day. Whole grains (wild rice, millet, barely etc.) Fats. Olive oils, avocado, nuts, seeds. Avoid deep fried as it will produce toxins. Fruits and Vegetables. Raw fruits and vegetables contain enzymes which aid in the reduction of inflammation, not to mention the vitamin and fiber content. Eat your way to your ideal weight. Numerous small meals can help boost your metabolism. According to the American Health Association "if you skip breakfast you may increase your risk of obesity, diabetes, heart disease. If you have breakfast you may reduce your risk 37-55%. Get moving. Moderate exercise can help burn calories, boost metabolism and build muscles. Supplement your body accordingly. You can't always get what you need from foods alone. Ask your practitioner what you need to maintain the weight loss.

All in all weight loss needs be a gradual change, where your body is fed so it can restore its sense of balance. If you are eating properly, supplementing accordingly and living a healthy lifestyle, there will be no need for dieting, and you will be able to feel better and maintain your weight.

This article is meant for information purposes only. It is not meant to diagnose or to treat.

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