

The key to healthy weight is to understand your body.



We have been taught that successful weight loss is all about counting kilojoules and increasing exercise. Why doesn't this always work? The answer is because your body has a different agenda. Its main aim is to ensure your survival and sometimes the messages you give it when cutting kilojoules are confused as a threat against your existence.

Your body will choose to gain weight if it perceives it is cold or there is an impending famine. When you cut kilojoules your body thinks food is in short supply so it will slow down your metabolism so that you can survive with less food. If you increase your exercise at the same time the message is "food is in short supply and I have to work really hard to find it". Your body will respond by slowing your metabolism further. You will lose weight but quite a lot of it will be lean muscle mass; the body will preserve fat at any cost.

When you are happy with your weight loss and start to increase your kilojoule intake, the first thing your body will do is replace lost muscle mass. Now remember that your metabolism has slowed down considerably so that with more food coming in your body will store away more fat ready for the next perceived famine. This is why you can lose 10 kilos and put back on 15!

Most popular weight loss programs fully understand this but because they depend on repeat business they are not inclined to tell you.



As we developed as hunters and gatherers our main source of food was meat. We need protein from meat sources for growth, development, repair and maintenance of our bodies. Animal fat is a quick and easy source of energy. We use protein and fat to make cells, enzymes and hormones; without it we can't survive. While some people can do quite well on vegetable sources of protein in general humans have developed to *only count animal protein when determining the threat of famine.*

Basically if the bison have gone south it is because it is winter and there is no food left for them. If there is no food left for them it is assumed there is no food left for us.

Our bodies have not bothered to develop ways of calculating intake of nuts, seeds and berries. If we don't follow the bison our bodies will prepare for a long cold winter, slow our metabolism and store fat.

The key to successful weight loss therefore is to convince the body that it is safe to lose weight because there is plenty of food around; eat protein at every meal and include it in snacks throughout the day!

Dietary Fat

Fats are an important inclusion to your diet, they help stabilise blood sugars and help you to feel full; they also help skin to retain elasticity and shrink back when people lose weight. Nut and seed oils (sunflower, walnut, almond, olive oil etc. are good used cold on salads or added to food after cooking. Grape seed, avocado, rice bran and coconut oils will take high temperatures and are best for cooking with.

Cook with coconut oil as often as possible; mix it with other oils if the flavour is overpowering. Coconut oil has many health benefits and can help balance blood sugars and reduce sweet cravings; by increasing thyroid function & metabolism a regular intake will help you reduce weight. Coconut oil helps improve insulin secretion and insulin sensitivity and can help to reverse insulin resistance.

Use the salad dressing and mayonnaise in the recipe section often; use the above oils or butter on steamed vegetables; sour cream can make easy and tasty sauces. Combine sour cream with a little vegetable stock powder and pour over fish. Stir sour cream into sautéed mushrooms and add a little beef stock powder. Use pure cream to whiten coffee and on allowed fruit, use coconut milk or coconut cream in drinks, on recommended cereal, on fruit and in sauces. **Avoid trans fatty acids in margarine, fast food and processed/packaged foods.**

Carbohydrate Restriction

Most people believe insulin to be a hormone that lowers blood sugar however it only does this by default. Insulin's main job is to store fat, the fat that the liver converts from sugars and starches known as triglycerides. When insulin is high it inhibits the body's ability to use stored fat as energy. Thus when blood sugar and subsequently insulin levels are high we cannot burn stored fat for energy.

To lose weight successfully you must aim to burn and utilize stored body fat while maintaining lean muscle mass. This is done by restricting carbohydrate intake which restores a more normal although restricted release of insulin from the pancreas while increasing the release of another hormone called glucagon which instructs the body to convert stored fat into ketones that can be used to meet energy demands.

The Basic Guidelines

- Exclude all grains and grain products including breads, biscuits, cereal, crackers, wraps, cakes, muffins etc.
- Exclude all processed foods containing sugar including sauces, jams, cordials, fruit juice and soft drinks.
- Include some protein with each meal. Aim to have between 60gm and 150gms of a protein food with each meal; beef, lamb, pork, fish, shellfish, chicken, turkey, eggs, cheese.
- Try to have 3 meals a day; snacks can be included if needed to balance blood sugars and to ward off hunger but are not necessary.
- Eat a fresh salad every day for lunch or dinner. Start with a portion of protein either fish, poultry, meat or eggs. Include grated carrot, grated zucchini, grated raw fresh beetroot, cabbage, fancy lettuce, tomatoes, capsicum, celery and try to have 1 source of fresh bitter vegetable e.g. endive, radicchio, chicory greens, dandelion greens. If these are not available buy the most bitter fancy lettuce you can find.
- Avoid sweet and starchy vegetables especially potatoes, sweet potatoes and corn (corn is actually a grain). Smaller amounts of carrot, pumpkin, beetroot, tomato, onion etc may be included.
- Avoid diet soft drinks as these contribute to weight gain by inducing an unwanted insulin response. Your taste buds do not know the difference between real and fake sugar, so they tell the pancreas to release insulin in response to the sweet taste.
- Aim to have the same amount of food each day, fluctuations will confuse the body and inhibit the fat burning process.
- Stop eating when you are 80% full.
- Plan to be in bed asleep by 10.30pm.
- Exercise before breakfast.



What if I still can't lose weight?

Underlying health conditions and nutritional deficiencies can inhibit weight loss. Adrenal fatigue, sluggish liver or compromised thyroid function, chronic low grade infections can all contribute to weight gain and an inability to shed weight. Eating incompatible foods can contribute to these conditions so consider having the Bio-Compatibility test. Sugar addictions can be difficult to conquer by yourself; nutritional supplements can help.

So if you are struggling to lose the weight contact Linda Lowen at the

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