



# Weight loss is possible!

Spring has arrived! This is the time when many of us start to think about losing those extra kilos we put on over winter. The good news is - you can!

## Why do I put on weight or find it hard to lose weight?

- *Eating too many calories without exercise.* If we consume more energy than we expend the body will store it as fat.
- *Eating foods which don't agree with our bodies.* This will result in increased fat deposition.
- *Too many toxins.* If there are too many toxins in our body, the body will store them in fat.
- *If our body is too acidic,* the body copes with this by wrapping the acids in fat.
- *Too little sleep.* This means we make more of the hormone which makes us hungry and less of the hormone which makes us full
- *Eating foods without a high nutrient level.* If the food we eat is nutrient poor, such as processed foods which have basically lost all of the original nutrients such as vitamins, minerals and essential fatty acids, we continually crave something to eat, so tend to over eat.
- *Approaching menopause.* Women find they gain weight around their midriff as the levels of progesterone drop as they approach and enter menopause. Oestrogen distributes weight on the torso, where as progesterone distributes weight over the whole body.
- *Skipping breakfast.* If you don't eat breakfast, the body thinks it is starving and so will store extra fat when you do eat.
- *Under-active thyroid.* If your thyroid is under active your metabolic rate decreases and so you need many less calories than you would normally.
- *Eating an unbalanced diet.* If you eat too little protein and too much carbohydrate, your fat levels will increase.
- *Stress.* Stress of any description causes the body to release the same hormones as if we were starving and so increases the production of fat stores when we do eat.
- *Emotions.* The brain can subconsciously make your body put on weight - many people who have been sexually abused or feel deprived of love or nurturing will find that this occurs.
- *Lack of nutrients that process fat.* If your body is missing key nutrients for the processing of fat you may find that it is hard to lose weight.
- *Lack of appropriate exercise.* If you don't exercise regularly, you burn less fat. In addition, if you exercise in ways that are stressful for your body, this becomes a stress which can lead the body to store more fat when we eat.
- *Rushing our eating.* The longer we chew the more the brain thinks we have eaten, so we feel fuller.



### So what can I do about it?

- Eat appropriately for your blood group (by following the Blood Group Diet).
- Include protein in every meal to help regulate insulin levels.
- Have a good sleep pattern of at least seven hours every night.
- Eat three meals at regular times every day, don't snack at random.
- Plan your day's food so you don't just eat the easiest foods (usually fattening snack foods).
- Have a planned and appropriate exercise regimen.
- Reduce your portion size. It is important that you don't feel deprived so use a smaller plate, and then you will still think you are having a decent serving.
- Eat slowly and chew each mouthful well.
- Drink one glass of water before eating.
- Stop eating before you are full.
- Determine whether you are actually hungry before you eat.
- Read labels carefully looking for added fats and sugars (this includes molasses, sucrose, fructose, malto-dextrin, sugar, glucose etc.).
- Organise healthy snacks such as fruit and a few nuts, or dip and sakatas or celery, or a hard boiled egg, or a wheat free bar.
- Reduce your acid load with lemon juice in water, Umemboshi plums or Miso soup.
- Eat your last meal early in the evening, rather than later at night.
- Meditate – this reprograms your hypothalamus (the part of the brain responsible for regulation of the body). Every evening before you sleep visualise yourself at the weight you would like to be. Make this visualisation as realistic as possible - bring in all the senses, colour, sound, taste, hearing, touch and have yourself interacting in everyday life.
- Don't wait till you are hungry and then think of what to eat, as you will tend to revert to old eating patterns.
- Don't store tempting foods in the cupboard.
- Don't eat because you are bored, unhappy or stressed. Eat if you are hungry.
- And reward yourself once every week with a treat.

If you are having problems losing weight, or are interested in learning more about how to manage your weight through the Blood Type Diet or other strategies, call me to arrange an appointment. After a detailed analysis of your situation, we can look at what the underlying issues might be and how you might overcome these.

**And remember: life is for living – so do it well!**

#### **For more information:**

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