

## A New You in the New Year

Did you make a New Year's resolution to lose weight? Here are some simple tips to start you on the road to a New You in the New Year.

It is true that you are what you eat. To lose more weight this year you need to stop eating fat storing foods and eat fat burning foods. Getting your metabolism to work efficiently is also important in weight loss.

Having an efficient metabolism means correctly digesting foods, and burning stored body fat for fuel. Food digestion requires the proper combination of digestive enzymes produced by the stomach, liver and pancreas. Failure to digest efficiently results in the undigested food being stored as unwanted body fat.

Sugar is a fat storing food. Sugar is hidden in all processed and man-made foods. Sugar is the product of all carbohydrates. Carbohydrates include fruits, vegetables, and grains. Your body converts natural and man-made foods like potatoes, corn, pop, fries, chips, breads, pasta, cakes, candies, juices and cookies into sugar. Eating more sugar in the form of carbohydrates than your body needs will cause you to gain weight.

Your body needs 80-100 grams of carbohydrates daily for fuel. Carbohydrates are the kindling to the fire. The body burns them quickly and then burns the slower burning fuel, fat. The body cannot burn stored fat when carbohydrates are eaten too frequently.

The average American consumes between 300-600 grams of carbohydrates daily, or 1-3 cups of sugar. What the body cannot process or use, it will store as excess body fat

around your waist, hips and thighs. To lose weight, look for the hidden sugars and eliminate them from your diet.

Protein is a fat burning food. Your body is primarily composed of protein. Protein is broken down into the amino acids that make your entire body structure. Avoiding protein or not eating protein with every meal can increase your weight. Your body burns unwanted fat when protein is consumed, provided there is not a lot of added sugar.

Protein increases your metabolism, allowing your body to lose weight as it builds muscle tissue. The energy provided by protein stabilizes your blood sugar, keeping your energy high. This eliminates the highs and lows you feel from eating sugar. Look at your protein and sugar consumption and see if you are eating the correct amounts for your age, weight, height, and body type.

To lose weight, eat good fat. Eating fat does not make you fat. It actually increases weight loss. Eating the wrong fat, or following a low fat diet, deprives the body of the needed essential fatty acids. Without sufficient good fat in your diet, you may experience low energy, poor concentration, dry skin and weight gain.

A healthy body is composed of 25% fat. Your body uses this fat in all cell membranes, and in nerve and brain cells. The fat found around the abdomen and thighs is caused by the consumption of bad fats and excess sugars, not essential fatty acids.

The key to weight loss is eating a balanced diet of protein, vegetables, fruits, and good oils, as well as drinking  $\frac{1}{2}$  your body weight in ounces of filtered water. Your body adjusts to the calories you put in, so reducing your caloric intake alone will not result in permanent weight

loss. You need to eat the right foods to lose weight. Combining good food choices with a simple exercise program can start you on the road to a new you in the New Year.

Most alternative physicians will do a complimentary New Year's evaluation to help get you started on the right road to weight loss. A digestive evaluation plus a dietary analysis based on body type, age, weight, and height can help determine any areas that need help. End the frustration with failed New Year's weight loss programs with some help from your local holistic wellness professional.

Dr. Carol Ann Fischer, D.C., N.D. has been a Chiropractic Holistic Wellness Consultant for 24 years, specializing in nutrition, diet modification, weight loss, stress reduction, natural hormone evaluation and therapy and detoxification. See her free public workshops at: [TLCHolisticWellness.com](http://TLCHolisticWellness.com) or call her at: 734-664-0339.



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Dr. Carol Ann Fischer, D.C., N.D.

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