

# Eating to Lose Weight

## Are You Eating Enough?

It is essential that everyone eat the correct amount of calories each day for their age, and size. If fewer calories are eaten than are really needed, the body goes into starvation mode. The entire metabolism shuts down when the body thinks that it is starving. Metabolism is the conversion of proteins, carbohydrates and fats to form body tissue and to store energy.

Not eating enough calories forces the body to destroy and metabolize its own muscle for fuel, while it holds onto fat. The body considers muscle to be expendable when it is starving, while fat is necessary to insulate organs for survival. The majority of body organs are in the torso, which is why weight gain usually occurs around the waist.

## Body Composition

The body is composed of four types of tissue. The majority of the body is muscle tissue.

Muscles cover the entire skeletal system, comprising 75% of the body. The muscles are attached to the bones by connective tissue. Nerve tissue is the communication line between the brain, the organs and all the tissues of the body. The skin covers the nerves, muscles, and the connective tissue of the entire body.

## Protein

A healthy diet needs to include sufficient protein to maintain the muscle and connective tissue of the body. Some form of protein should be eaten as part of every meal and snack to provide the necessary building blocks for the body to repair itself. The amount of protein will vary depending on the age, size and type for each person.

The protein in lean meat, chicken, fish, eggs and certain vegetables which promotes cell growth and repair. Protein is needed by the body to rebuild muscle tissue, prevent wrinkles, keep hair thick and shiny, and the skin looking young. Lentils are another source of protein in the plant kingdom. They contain more protein than any other legume.

## “Good” Fat

Instead of eating fat, people have been avoiding fat thinking that eating fat makes a body fat. Fat protects the brain and all the nerve tissue of the body. Failure to eat good fats, like olive oil, fish oil (omega-3), flaxseed, and butter makes it hard for the body to keep the nerve tissue protected.

The “good” fats contain essential fatty acids that are used to make every cell membrane in the body. They help to regulate the flow of nutrients, waste and water in and out of the cells. The “good” fats also nourish the skin to keep it looking young. Other food sources that contain these “good” fats are walnuts and almonds.

A diet deficient in “good” fat causes the body to store any fat that it can, adding to weight gain. When “good” fat is eaten, the body burns stored body fat and weight loss occurs.

Salmon is a protein rich fish that is one of the best sources of the “good” omega-3 essential fatty acids. The pink/orange color of wild salmon is the anti-aging factor that protects cell membranes and enhances blood flow. Be aware that farmed salmon does not contain the anti-aging factor, as food coloring is added during packaging. Salmon also contains nutrients that improve facial muscle tone and reduces skin wrinkles.

## Carbohydrates

The body needs a blend of protein, “good” fat, with a small amount of carbohydrates as fuel. Only 80-100

mg of carbohydrates are needed daily for fuel. The average American consumes between 300-800 mg of carbohydrates each day. Diets high in carbohydrates and sugars are the main cause of additional weight gain in both children and adults.

The extra carbohydrates consumed cannot be metabolized by the body for fuel, and are stored as body fat. When the body cannot store fat in the tissues, it begins to store fat in the blood. Blood levels of lipids increase, resulting in rising triglyceride and LDL levels.

## The Solution

The solution to weight loss and healthy eating is to balance the diet with protein, vegetables, fruit, and some complex carbohydrates. It is also important to eat the correct amount of protein for your body age, size and type. Eating small meals with non-junk food snacks is also important to keep the body fueled. Having a variety of real food also increases the intake of more vitamins and minerals that the body needs to help metabolize food.

Having the correct vitamins and minerals for each body is important for correct metabolism. Any dietary lack of vitamins or minerals will reduce the metabolism of the body and add to increasing fat storage. Simple non-invasive tests exist today that can evaluate the diet and determine the dietary and nutritional needs of each person to ensure proper metabolism takes place.

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