

A NEW YEAR, A NEW YOU

Did you ever make a New Year's resolution to lose weight and then not lose the weight you wanted? Here are some simple tips to lose weight, to start you on the road to a New You for the New Year.

These tips include what you drink and what you eat. 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.

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

By the end of the day you may be consuming anywhere from 1 cup to 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 that you consume and begin to 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. If you are someone who avoids protein or who does not eat protein with every meal, you are increasing your weight with what you eat.

Eating 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 will 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 essential fatty acids that it needs. 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. You use this fat in all cell membranes, and in nerve and brain cells. Good fat is not the body fat that you find around your abdomen or thighs. That extra body weight occurs from the consumption of wrong fats & excess sugars.

The body protects itself from toxins by surrounding them with fat and storing them. When there are no good fats, the body uses the bad fats to make cell membranes. The bad fat cell membranes prevent the toxins stored inside the cells from being released, adding to weight gain everywhere. In addition to weight gain, bad fats increase bad cholesterol (LDL) levels, and decrease good cholesterol (HDL) levels.

Man-made (bad) fats add to the toxic burden and increase body weight and inches. This includes the fat found in processed foods and margarine. These bad fats are non-digestible. To lose weight, consume good fats that are digestible, and are solid at room temperature, like coconut oil and butter. Avoid using Canola oil and imitation butters. Canola oil is highly processed Canadian oil

made from the poisonous and deadly rape seed plant. Olive oil is the best oil to use on salads, and is better for cooking than corn or vegetable oil.

If you find that you cannot lose weight easily by changing your food intake, it could be because your body has stored too many toxins. Everywhere you look we are bombarded with chemicals. There are over 14,000 man-made chemicals in our food supply alone, not to mention the chemicals that we put on our skin in the form of soaps, lotions and cosmetics. The average American consumes 14 pounds of chemical additives, 180 pounds of table sugar, and 54 gallons of pop, in addition to bad fats. This contributes to weight gain and must change.

Everyone bathes daily in clean water, but do you drink water to clean the inside of your body? Your body is 70% water. Water is used to dilute and neutralize toxic chemicals. Without sufficient water these chemicals are stored in the body in the fatty tissues, adding to weight gain. So bathe your body on the inside each and every day to keep it healthy and to help it lose unwanted pounds.

The amount of water that your body needs daily is one-half your body weight in ounces. If you weighed 150 pounds you should drink 75 ounces of water daily. As you increase your water consumption toward half your body weight in ounces, you will find that food cravings will decrease, you will sleep better, you will have more energy, and you will lose weight.

The key to weight loss is eating a balanced diet of protein, vegetables, fruits and good oils, as well as drinking 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 for your body. Combining good food choices with a simple exercise program can start you on the road to a New You in the New Year.

Disclaimer: The recommendations in this article are not to be taken as medical advice. Please consult a qualified health care practitioner for specific guidelines on your personal daily requirements for protein, carbohydrate, water and fat intake.



Dr. Carol Ann Fischer, D.C., N.D. is a unique Chiropractic Holistic Wellness Physician in Livonia, Michigan. She has been in private practice for over 23 years, with specialized training in gentle chiropractic, nutrition, weight loss, detoxification, wellness care, natural hormone therapy, homeopathy, and acupuncture. She has created miracles for thousands by helping people of all ages achieve healthier, happier and pain/stress free lives. For more information on Dr. Fischer's free public workshops on weight loss, diet, hormones and wellness visit www.TLCHolisticWellness.com or contact her by email at: tlc4health@sbcglobal.net.

TLC Holistic Wellness

A New Year - A New You!

- Weight Loss
- Nutrition
- Detoxification
- Homeopathy
- Hormone Rejuvenation
- Gentle Chiropractic
- Stress Analysis
- & more...

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

734.664.0339

10950 Farmington Rd. Livonia
www.TLCHolisticWellness.com

The advertisement graphic features a woman with blonde hair, seen from the back, wearing a black sports bra and blue jeans. She is standing in front of a large, pink measuring tape that is coiled around her. The background is a soft, light green and yellow gradient. The text is overlaid on the left side of the image.