

Healthy Weight Loss

The Holistic Way

Millions of Americans diet, exercise and try the latest fads to lose weight, yet excess weight increases in the population. Furthermore, most diets decrease quality of life and impair health in the long run. High protein diets stress the liver and kidneys. Refined carbohydrates cause more cravings and weight gain. Starvation just cannot be sustained, besides being unhealthy.

Healthy weight loss uses natural whole foods like complex carbohydrates, which provide healthy protein sources as well (whole grains and legumes), vegetables for vitamins, fiber and phyto nutrients, and healthy oils for healthy fat. Natural foods create greater satisfaction and complete nutrition, while providing fiber that helps to decrease weight and improve general health.

At the center of healthy weight loss is the use of mind/body techniques proven through clinical research to counteract unhealthy attitudes and food habits. These techniques enhance your efforts to lose weight and also improve your self esteem. Deep relaxation, cognitive restructuring, and other stress reducing techniques create an alternative to food and weight as "comfort zones".

Moderate aerobic exercise and stretching like walking and Yoga provide an increased sense of wholeness while burning calories. Research has shown that not only does moderate exercise burn calories, it also provides many health benefits such as counteracting arthritis, osteoporosis, cardiovascular illness as well as centering the body and emotions at times of stress.

Finally, nutritional supplements and herbs can provide support for your efforts to create a healthy lifestyle, counteract stress, improve energy, and also help strengthen your immune system. In a weight loss program during the transition from unhealthy eating habits to a healthy diet, supplements fill the gaps that foods cannot always provide, particularly at times of stress.

Nutritional Supplements and Herbs

1. A good quality **multiple vitamin and mineral supplement** like DaVinci's Omni or Spectra provide a simple, complete means to all the necessary vitamins and minerals to counteract stress and possible deficiencies. **1-3 x a day**
2. **Chromium** is important to support the pancreas and insulin to improve sugar and fat burning and decrease cravings and "sugar blues". **200- 400 mcg / day**
3. **Soluble Fiber supplements** such as Guar Gum, Pectin, Chitolean®, psyllium, glucomannan, and gum Karaya help to decrease fat absorption, balance sugar cravings and improve bowel health.
Take with plenty of water- 1-5 grams/ meal
4. **Garcinia Gambogia** (Citrin® and Citrin Plus®), also known as Hydroxycitrate, best taken with chromium and as part of a low fat diet, inhibits conversion of carbohydrates and fats in the diet to fat in the body. **500 mg 3 x a day**
5. **Coenzyme Q 10** improves breakdown of fat and conversion to energy, and improves heart health in patients with heart disease. **100 mg / day**
6. **Glutamine** helps to reduce sugar cravings. **1-2 grams / day**
7. **Omega 3 Fatty Acids** help to improve fat burning and hormone, GI, function **1-2 tsp / day**
8. **Homeopathic Bach flower kits** enhance mind/body techniques for positive attitude change.

In addition to the above the following herbs are useful to deal with moods associated with obesity, weight loss, change of lifestyle, and stress:

1. **Ginseng** (Siberian or Korean) improves energy balance (as per directed on product)
2. **St. John's Wort** helps to counteract depression. (as per product directions)

REMEMBER: Herbs are medicine, contact your holistic doctor for further information.

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