

On Nutrition: by Helayne Waldman, Ed.D., N.E.

Worth the weight

A client of mine was recently complaining about his difficulty in keeping weight off. He's getting ready to have both his knees replaced and his doctor told him that those extra 15 pounds would prolong his recovery time. So he swung into action.

Now this is a man who's been on many diets in his time: Atkins, Zone, Pritkin, Weight Watchers, Jenny Craig – you name it, he's been there. Yet every time the diet ends, the escalation begins – the pounds creep back on again, and again.

As many of us get ready for the approaching summer season, we've also noticed that last summer's diet somehow managed to become this winter's potbelly. So I will share with you a bit of what I shared with my client.

It's not "going on a diet" but "eating a healthy diet that counts. When your diet is healthy, your metabolism is healthy. An unhealthy metabolism creates a cycle of weight gain and fat storage. But you can put a stop to it by paying close attention to the following:

1. Eat a whole foods, nutrient dense diet. You've certainly heard this one before, but here's another reason why. When your body's needs for macronutrients (proteins, carbohydrates, fats) are satisfied, your belly and psyche will feel satisfied. No constant cravings.

2. Eat breakfast within one hour of rising each morning. Don't skip this one! Make sure it includes high quality protein such



as eggs, or a whey or rice protein powder. This will give you long lasting energy for several hours, keep your blood sugar stable, and keep your insulin levels constant, a key to healthy weight loss.

3. Keep your life simple and your carbohydrates complex: absolutely NO sugar, white flour, pastries, cookies, white rice, white pasta and other drained, devalued, useless carbs. These are your real enemies in any serious weight loss program as they DO put you on a wild insulin ride -- a metabolic quandary, as it were. Replace high glycemic sugar with natural xylitol, stevia or agave nectar, and if you snack, replace those carbs with a few nuts, a piece of fruit, or a high quality protein bar.

4. Avoid all alcohol and soft drinks, even diet soda. Diet soda actually stimulates our taste for sweets and in the long run, is definitely not going to support your long-term weight loss goals. In fact some research even links the over consumption of aspartame to neurological and mood disorders. How about a cup of green or yerba mate tea (both help boost metabolic rate), a soothing cup of broth and/or several glasses of fresh, pure water a day?

5. Drink one or two of those cups of tea or water about 30 minutes before each meal. This will give you a feeling of satiety or fullness, and help keep your appetite under control.

6. Change your oil! Throw out the trans fats (margarine, fried foods, crackers, baked goods, processed foods) and replace with healthy monounsaturated fats such as olive oil, rice bran oil, macadamia nut oil, and avocado oil. Avoid over consuming supermarket oils such as corn and soy, as they contribute to inflammation and inflammation contributes to --- you guessed it! Weight gain. Consider adding organic coconut oil to your diet, as many studies now point to its healthful attributes in addition to its ability to boost BMR (basic metabolic rate). Check out the research on this by Dr. Mary Enig, author of "Know Your Fats and Oils" at <http://www.coconutoil.com/>. Keep in mind you'll not want to **over consume** even healthy oils as they are high in calories.

7. Eat 5-9 servings of fresh vegetables daily and 2-3 servings of fresh fruit and/or add one heaping tablespoon of powdered greens to your favorite drink. The phytonutrients found in vegetables and fruits will help clear your body of toxins and help every cell to function more efficiently. A cleaner burning engine insures a body that does not produce extra fat as a storage medium for toxins.

8. Engage in regular exercise and be sure to include the most important activity, weight lifting for increasing lean body mass.

9. Talk to a nutrition professional about the value of green tea extract, conjugated linoleic acid, l-carnitine, and other helpful supplements designed to support metabolism and fat burning.

10. Wait for the weight to come off. Immediate gratification is fun, but seldom brings the long term results we all desire. Be

suspicious of any program that promises to help you lose “10 pounds in 10 days”. Moving from an unhealthy metabolism to a healthy one takes time, effort and investment.

But because it is permanent, it is well worth the wait.

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