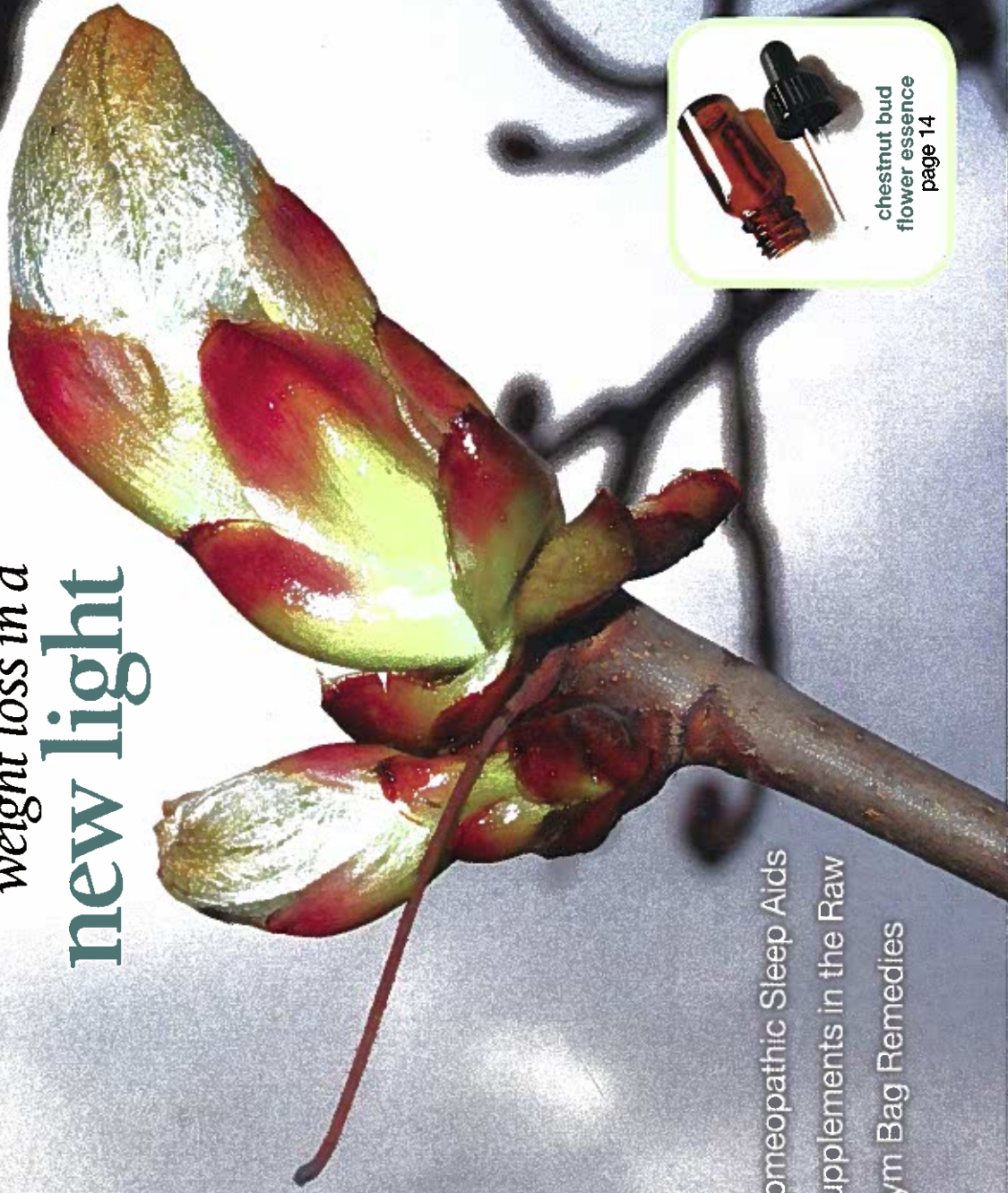


remedies

for LIFE

January 2010

5 ways to see
weight loss in a
new light



Homeopathic Sleep Aids
Supplements in the Raw
Gym Bag Remedies



chestnut bud
flower essence
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5 new ways to think about weight

by Linda Melone, ACSM and ACE certified personal trainer



After sweeping up the last of the confetti and putting away the champagne glasses, you may feel inspired to set a few goals for the New Year. You're not alone. Almost half of American adults make at least one New Year's resolution each year. Most focus on weight loss, exercise, and stopping unhealthy habits like smoking. Although some resolutions are forgotten by summer, those who make them are 10 times more likely to attain their goals than people who do not. Clearly, setting goals makes you more likely to succeed.

If your goals include weight loss or management this year, why not take a holistic approach? Instead of measuring your success only by numbers on a scale, try these expert-recommended approaches to create positive change from the inside out.

1 Rein in Emotional Eating

Instead of simply resolving to stop eating or overeating certain foods, find the root cause. "Most overeating is emotional eating," says Denise Lamothe, PsyD, HHD, author of *The Taming of the Chew: A Holistic Guide to Stopping Compulsive Eating*. The emotional eating roller coaster starts with feeling bored, angry, depressed, or otherwise uncomfortable. Eating sugary or fat-laden foods acts as an anesthetic, temporarily helping you feel better. You then feel remorseful about what you've eaten and grab more food to feel better again. "It's a continuous cycle that is difficult to break," says Dr. Lamothe.

The key: Stop the cycle. When you find yourself reaching for something to eat because you're upset, take a moment to close your eyes and breathe deeply. What are you really feeling? If it's true hunger, eat something nourishing. Otherwise, give yourself what you need: Call a friend, read a book, or choose another enjoyable activity. "The hardest part is taking a moment to think," says Dr. Lamothe. "There's [usually] no thinking going on—people just grab for food. In order to stop, you may need some help."

Certain Bach Flower Remedies can help you slow down and stay in control. "They enable you to be more in touch with the present," says Dr. Lamothe, who uses the Bach Flower Emotional Eating Support Kit with her clients who struggle with overeating.

Resolve to: Connect with your real needs by taking a moment before you reach for food. For psychological and emotional help, try these Bach Flower Remedies:

- Crab Apple to help you like your body
- Cherry Plum to keep you in control
- Chestnut Bud to help you learn from mistakes

Take two drops of each flower essence four times daily for six weeks while simultaneously developing and nurturing healthful habits.

2 Consider Detoxing and Buying Organic

How "clean" is your diet? If you occasionally eat for convenience rather than for nutrition, an internal cleanse may be in order. Substituting organic foods and supplements for conventional versions will benefit your overall health and help you lose weight, says Ann Louise Gittleman, PhD, CNS, author of *Fat Flush for Life*. Choosing organic helps you avoid pesticides, which, aside from their potential carcinogenic effects, may also contribute to weight gain.

A short midwinter cleanse can help banish bloat, rev your metabolism, and speed fat loss, says Dr. Gittleman. "You don't want to do anything severe during the winter because you need protein for your immune system and calories for warmth." Instead of a strict juice fast, a gentle cleanse enables you to eat your way to detox without depleting important nutrients and antioxidants.

"Don't count calories; count probiotics," adds Dr. Gittleman. "Probiotics synthesize B vitamins, which take the edge off your appetite and help you feel fuller faster."

Resolve to: Try a modified cleanse followed by an elimination diet, which may help you uncover food allergies. An allergy or intolerance to certain foods could be causing weight gain because of an inflammatory response. Eliminate all gluten, wheat, dairy, and corn for three weeks. Then add back one item at a time, wait a week, and check how you feel. Avoid any foods that cause negative emotional or physical reactions.

3 Keep Visceral Fat in Check

Belly, or "visceral," fat that creates an apple-shaped body puts you at a higher risk for heart disease and metabolic conditions such as diabetes. "All fat is problematic, but visceral fat wraps around internal organs like the heart," says Christopher Hobbs, LAc, an herbalist, author, and teacher. Visceral fat is not as obvious as subcutaneous fat, which lies directly under the skin. ▶



"Visceral fat can be dangerous because most people don't know it's there. Even thin people can have a significant amount," says Hobbs. "This [type of] fat produces hormones and immune factors and, because it's close to the internal organs, it can interact with these organs more directly."

Visceral fat also produces pro-inflammatory factors and affects key body regulators, such as insulin pathways. Since many diseases are based on chronic inflammation, this kind of belly fat has a direct link with disease.

Resolve to: Exercise regularly. "You can't diet away visceral fat," says Hobbs. "You must exercise to get rid of it." The American College of Sports Medicine recommends a minimum of 30 minutes on most days of the week, which you can do in 10-minute increments throughout the day. "Take advantage of every opportunity: walk up stairs, park far from the mall. It all counts," says Hobbs

4 Balance Your Diet with Good Fats

Losing weight goes hand-in-hand with watching fat intake. But not all fat is bad. In fact, some fats play a secondary role in weight loss. "Omega 3s, for example, promote pathways that reduce inflammation and also help to regulate insulin," says Hobbs. Control over insulin and blood sugar may aid weight loss through better appetite management.

For optimal health, you need a balance of omega 3s and omega 6s. These essential fatty acids work in opposing ways when they're out of balance. Omega 3s reduce inflammation, for example, while omega-6 fatty acids tend to promote inflammation. Consumption of omega 6s has increased dramatically in recent years, creating a dietary imbalance. The typical American diet now contains 14 to 25 times more omega-6 fatty acids than omega-3 fatty acids, which researchers believe may contribute to rising rates of inflammatory disease. In contrast, a healthful diet should contain approximately two to four times omega-6 to omega-3 fatty acids.

Resolve to: Reduce omega-6-rich vegetable oils and use omega 3s from a variety of sources. Along with fish oil supplements, include high-omega-3 foods such as salmon, soybeans, flaxseed oil, and chia or Salba seeds in the diet. If you don't eat fish twice a week, take 1 gram of supplemental EPA and DHA daily.

5 Focus on Health Rather than the Perfect Number

Revisit your goals, suggests Dr. Lamothe. "Instead of striving for skinny, set your goals for 'fantastic.'" Dr. Lamothe says that she struggled with obesity and eating disorders for many years before deciding that a goal of perfection was irrelevant. "I never felt joyful, energetic, or balanced.

But I finally found a path to a healthier life with a more positive, balanced, and appreciative attitude toward myself, my own body, and food."

One way to get started: Instead of using the scale as a measure of progress, give yourself kudos for the days you exercise. "And track your feelings on days you exercise versus days you don't," suggests Cedric X. Bryant, PhD, chief science officer with the American Council on Exercise. "Think of how you want to feel as a person, versus focusing on a certain number on the scale. Make small changes you can stick with each day instead of becoming overwhelmed trying to change everything at once."

Resolve to: Make one dietary change and one lifestyle change a week. For example, add a piece of fruit to your diet each day and park 10 minutes away from your destination and walk. When you're comfortable with that, add another small change each week. "Keep in mind it takes four to five weeks to 'get on board' with these changes," says Dr. Bryant. "But before you know it, your clothes will fit better and you'll feel better overall!" ✨



Flaxseeds contain ALA, which the body converts to EPA and DHA—the most bioavailable types of omega-3 fatty acids.

Personal communication: Cedric X. Bryant, PhD; Ann Louise Gittleman, PhD, CNS; Christopher Hobbs, LAC; Denise Lamothe, PsyD, HHd, 10/09