

# Weight Loss 10 Tips on how to lose the extra pounds

Here at Healthy YOU we try to support you in every way we can. In this article we offer 10 tips on how to best shed the extra weight. To start off, let's take a moment to look at why our bodies store fat. Weight gain is not about calories in and calories out but instead, "people gain weight because of insulin." Says Dr. Tom Cowan, "Insulin is the endocrine hormone made by the pancreas. Insulin helps remove sugar from the blood and take it into the cells, where it is stored as fat. Despite the persistent belief that weight gain is all about calories, without insulin it is impossible to gain weight and become fat, no matter how many calories someone takes in...Weight gain is not about the calories."

**1. Stop counting the calories, keep a food journal instead.** The first tip in our list of 10 on how to best lose weight is to stop counting calories. Losing weight is not about the calories, it is about a biological process in our bodies regarding insulin. Insulin takes sugar from the blood and stores it as fat in the cells, therefore if you have too much insulin you have too much fat being stored and you begin to gain weight. Therefore, give yourself a break from counting and try to listen to your body. Have you ever noticed that wild animals are never obese? A wild animal instinctively knows what to eat, how much to eat, and what not to eat. Lion's don't have to attend nutrition school to know that they are supposed to eat meat, nor the cow to know that they need to eat grass. They just know. As humans today we have lost our ability to listen and trust our bodies to know what to eat. So take a step back and take a break from counting, because it's not helping. Instead try keeping a food journal to keep track of what you are actually eating. This will not only hold you accountable to the foods you are truly consuming but it will allow you to see in reality what you are eating on a daily basis and where improvements can be made. Bringing us to our second tip:

**2. Eat real food.** Give your body the nutrients and vitamins it needs from the earth. When you gain weight you know your insulin levels are too high, which simply means you are not eating a properly balanced diet. When you eat real foods, opposed to processed fast food, your body can extract the proper nutrients and naturally balance insulin levels. It's time to go through your kitchen, pantry, car, and every other snack hiding spot you have and throw out the junk. Purge your life of processed and "ready made" foods, get rid of all vegetable oils (canola oil, margarine, soybean oil, etc.), processed sugars, and white flours. Remember to read labels, starting with salad dressings, sauces, and crackers. And begin to replace them with good real foods; think of eating things as close to the how they come from the earth as possible. Restock your

pantry with sprouted whole grain flours, dry whole grains, beans, raw honey, coconut sugar, real maple syrup, Himalayan Salt, herbs, spices, fruits, plenty of fresh vegetables, and healthy fats. Wait, aren't fats supposed to be bad? Not necessarily, there is such a thing as a healthy fat. Healthy fats are those that are natural and minimally processed, such as grass fed butter, raw cream and milk, unrefined coconut oil, avocado oil, extra virgin olive oil (not for cooking, use raw), lard, and duck or goose fat.

**3. Drink water.** Our third tip in our list is to drink water. As you probably know the body is primarily made of water, about 60-70%; so we need to drink lots of it to keep our bodies functioning properly! In relation to weight loss, dehydration can often be confused for hunger, therefore, when you feel the rumbles coming on try reaching for a glass of water, waiting 20 or so minutes and then reassess how you feel. If you still feel hungry then grab a healthy snack such as fresh vegetables, a piece of fruit, or maybe some dried meat.

**4. Intermittent Fasting.** The idea of intermittent fasting is to go without food for a long enough time period that your body starts to utilize your fat stores for energy. "If we go twelve hours without eating any food—protein, fat or carbohydrate—we run out of the stored glycogen starch in our liver, which is there to get us through a twelve-hour fast. After twelve hours, the hormonal situation switches over to make glucagon, which says to the body, 'Now you have to mobilize the fat and turn that into sugar in the blood.' If you eat every eight hours every day of your life, you will never even tap into the glycogen stores in your liver, let alone create the hormonal environment to mobilize your fat." According to Dr. Cowan, "The rule, therefore, is to fast for longer than twelve hours on a consistent basis to mobilize fat and lose weight... Note that if you fast for twelve hours and then eat, that doesn't do any good, but if you fast for six more hours (bringing your total to eighteen hours), in those final six hours you are creating an anti-inflammatory, anti-insulin and glucagon-rich environment. It's probably the best anti-aging strategy you can adopt. Intermittent fasting also unequivocally helps with detoxification."

Start small with intermittent fasting and then build up to long 18 hour fasts. Begin with an 8 hour eating window, say from 8am - 4pm, then build up little by little, shortening your window. Strive to eat either breakfast and lunch or lunch and dinner, this will not only switch your body to fat-mobilization mode, but will reduce your caloric intake, aiding in weight loss. Try to cut back on the carbs, but not completely, and eat nutrient-dense foods with plenty of good fats to keep the hunger pains down. Cut out sweets as much as possible and drink plenty of liquids, bone broth, kombucha, and water.

You may reach a point where you hit a plateau in your weight. This may mean that your body has come to its ideal and natural weight, if you desire to continue losing weight then more vigorous exercise should be implemented, leading us to our next tip:

**5. Move your body.** Exercise. Everyone needs to move around, but exercise may look different for everyone. Shoot to be active in a way most appealing to you, for at least 30 minutes every day to help maintain strength in your body. This may look like a run, bike ride, or even a brisk walk. Strength training can be another wonderful way to push your muscles to their limit. Muscle eats fat; perhaps try lifting weights or incorporate some push-ups and chin-ups into your routine daily.

**6. Sleep.** The Institute for Integrative Nutrition suggests that, “those who sleep five hours or less weigh five pounds more than those getting at least seven hours of shut eye per night.” Leptin and ghrelin, the hormones that tell your body to stop eating when you are full, can be disrupted with lack of or interrupted sleep. Another factor is your cortisol levels and metabolism, which peak at 7am and are supposed to gradually drop throughout the day and into the night. If you do not sleep enough or fall into a proper rem cycle your cortisol levels will not drop properly and you will have a harder time maintaining a healthy metabolism.

**7. Detox, proper elimination.** Ann Louise claims, “*No diet is effective without detox....* toxins play a big part in bogging down your metabolic engines. We are being bombarded with toxins in our environment, and while we can do our part to reduce them, we can’t eliminate them entirely.” This is our specialty here at Healthy YOU. We work to clean out and reshape the gut so you can begin to eliminate properly. Without proper elimination your body holds on to toxins, recirculating and storing them in fat tissues. Your body cannot thrive while it is reabsorbing old waste and toxins that are becoming cluttered in your gut. Through our Gut Protocol Program we work with you to clean out plaque, old waste, and even stones that are being stored in your liver, gallbladder, and gut. Once you are clean and your gut has been properly reshaped back into its normal form, it’s like setting a reset button on your digestion. Not only will you feel so much better and happier (because the majority of your serotonin levels are created in your gut), but your body will be able to handle digestion and elimination properly.

**8. Gratitude “no stinkin thinkin,”** basically have an attitude of gratitude, toward your body and food. Take time out of your day and especially when you sit down for a meal to feel love and gratitude. This mentality will help calm your mind and body, take stress levels down, and aid with digestion. If you are feeling resentful and hateful

towards your body and food, those feelings will be reflected in your life, body, and digestion.

**9. Choose humanely raised proteins.** If you had to choose one category in your diet to buy organic, make it animal proteins. Conventional animals raised for meat, dairy, and eggs are not only raised inhumanely, but are pumped full of antibiotics and growth hormones to yield a “healthy” animal for slaughter. In talking about having a good attitude towards your body and food, those same principles apply in the food itself. If an animal was raised in misery, pain, and fear, those emotions and feelings may return a product that portrays a similar effect on digestion. Seek for organic, grass-fed, and local if available, animal proteins including meats, eggs, and raw dairy.

**10. Food combining.** In theory with food combining, one food per meal is ideal for digestion. However, since most people don't simply eat a bowl full of carrots for a meal, foods should be combined in a specific way for optimal digestion. Greens and low starch vegetables can be looked at as a “neutral” they can be combined with about anything and still be easy on the digestive system. However, you can run into problems when you combine two types of foods that can be difficult to tackle on their own. High starch foods and proteins should be kept separate to aid digestion. High starch foods include those like: grains, potatoes, rices, yams, pumpkin, corn, beets, and pasta while some examples of proteins are: cheese, lentils, nuts, dried beans, chicken, beef, turkey, fish, and milk. Remember green and low starch veggies are a neutral so if you are in the mood for some smoked fish partner it with some steamed broccoli or if you want baked sweet potatoes pair it with a green leafy salad You can still enjoy all of your favorite foods, just maybe not at the same time!

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