

Mindful



Health

Newsletter

Vol. 2 • Issue #8

One of the biggest money-making industries today is weight loss. The book stores are filled with theories, the health food stores are chock full of supplements and weight loss foods, and we are bombarded with pictures of celebrities and their diet secrets. Is there truth to any of the theories?

Well, many of you would be shocked to learn that as a nutritionist, I do not believe in diets; I believe in weight balancing. In my opinion, diets are for short-term weight loss, where as weight balancing is for life. What is the difference? Diets are full of calorie counting, restrictions and deprivation, where weight balancing involves lifestyle changes and a greater understanding of our bodies' needs.

WHY DO WE GAIN WEIGHT?

- **Emotional eating:** Eating unconsciously to "stuff" down our emotions.
- **Stress:** During stressful times we eat more and we eat fast so we do not digest properly.
- **Exhaustion:** When our body is exhausted it requires more food for fuel.
- **Skipping meals:** This puts the body into starvation mode and it stores food in the fat cells for later use.
- **Toxic overload:** Digestive distress, pollutants such as alcohol and drugs, infections, viruses, allergens and much more can contribute to weight gain.

Our body actually swells as a protective mechanism when there is an internal problem. This can happen from emotional distress or any



of the above reasons. Whether the swelling and weight gain is emotional or physiological, or both, the body may react accordingly. If you think of the human body in terms of a flow system, each organ system works together. If there is a blockage in any system there will be

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for more information.

Confused about all of the health theories that are out there? Looking for some answers?

Do you want to have a unique program tailored to your lifestyle and needs? Why not consider a compassionate health and nutrition program made to work for you? Call Nicole Glassman at (212) 245-3129 for a free consultation or e-mail her at Nicole@mindfulhealth.biz

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a “back-up” in the flow. This leads to toxicity and possibly weight gain.

Many people go to extremes and exercise in excess, go on starvation diets or even have surgery to rectify the problem. But over-exercising actually stresses the liver and the kidneys. In addition, starvation diets end up leading to more weight gain and more toxicity. Surgery removes the fat but it acts like a band-aid — it is not fixing the reason for the weight gain.

WHAT CAN YOU DO?

Evaluate your current lifestyle: What time do you go to sleep? Ideally you should be asleep each night by 10:30 so that your body can repair itself. The physical repairs happen between 10-2 am.

Do you eat on the run? Do you even chew your food? Chewing not only helps your body to digest properly but it also sends signals to the brain that you are full.

Do you use a shower filter? The chlorine in the water supply can congest the thyroid and the liver.

Do you eat chemicals or preservatives such as aspartame, sucralose or saccharin? There is a ton of research out there that shows that these chemicals can cause immune system

damage, increased sugar cravings, digestive distress and much more.

Do you wear a heart rate monitor when you exercise? It is important to exercise within your target heart rate so that you do not stress your kidneys and your liver and you burn more fat!

How much water do you drink? Aim to drink AT LEAST eight 8-oz glasses per day.

How frequently do you eat? Do not go more than 4 hours without eating. If you do this, you will crave less and have more energy.

How are your organs functioning? Is your digestive system functioning properly? What about your liver? What about your lymphatic system? All of this is KEY to maintaining a healthy weight.

There is so much more I can tell you. Come in for an evaluation and we can see how your systems are doing. Then we can customize a program for you.

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