

Shaping Up?

Tips on Weight Loss and Better Health

1. Drink Plenty of Water

Water is the nutrient that your body needs most. Still, many of us don't get nearly enough, even though it is cheap and plentiful. Adjusting your water intake can improve your complexion and skin elasticity, reduce joint pains and headaches, and improve digestion and elimination. Drinking water throughout the day also keeps your stomach feeling full and reduces the desire to eat.

If that isn't enough to convince you, consider that not drinking enough water can make you fat. Hidden thirst can make you think you're hungry when you're actually thirsty. New research shows that a decrease in water may cause your body's fat deposits to increase. When you don't drink enough water, your body secretes a hormone, aldosterone, which causes you to retain fluid.

But how much water is enough? As a rule of thumb, we should drink about one quart of pure water for every 50 pounds of body weight each day. Other beverages don't count! Nor does water consumed with food or during exercise. The easiest way to achieve this goal is to get in the habit of carrying a water bottle with you, and sipping on it throughout the day.

2. Go for a Walk

Beginning each day with a short walk can work wonders for your overall health. The best time to go is just after rising in the morning, before you do anything else. Just pull on some comfortable clothes, grab your water bottle and head out the door. No need to make this hard, just walk at a normal pace away from home for 10 minutes, then turn around and walk back. That's it.

Doing this first thing in the morning jump-starts your day. It increases your metabolism naturally so you burn more calories throughout the day. Many have lost 1-2 excess pounds per week just by adding this short routine to their morning. It wakes you up and helps to regulate your circadian rhythm, the pattern of sleeping and waking cycles, telling your body when its time to be awake. You can also improve sleep. Better sleep helps your body to fight illness, repair and rebuild itself, and reduce the signs of aging. Not bad for twenty minutes a day, four days a week (or a little more, if you like).

3. Cleanse Your System

To get the most out of your new health program, your digestive system needs to be in top condition. Cleansing your system removes toxins from your body, can reduce the risk of some cancers, and improves the absorption of nutrients from food. Additionally, removing excess waste can bring about a quick loss of excess weight and inches.

We take in toxins, chemicals and pollutants every day. Many foods contain processed ingredients and preservatives that cannot be digested. Dairy products, alcohol and general over-eating add to the mix. These items cannot always be eliminated and some will lodge in your intestinal tract and build up over time, even if you eat perfectly. This build up prevents the absorption of key nutrients from foods, interferes with elimination processes, and allows toxins to recirculate through the body. The average person can have between 5 and 25 POUNDS of excess waste built up in their intestines. The only effective way to get this build up out of your system is a good cleansing program. Chemical detox products can be too harsh and can be habit forming. For best results, we recommend an herbal cleanser with a natural fiber supplement. The Ultimate Cleanse Kit by Nature's Secret is one of the best. The total cleansing cycle should take two to four weeks. Again, keeping up your water intake will help ensure better results and ongoing health.

4. Take a Good Multivitamin and Mineral Supplement

The American Medical Association recommends that everyone can benefit from a good multivitamin and mineral supplement. This is even more critical for dieters, who have the added stress of caloric restriction. Make sure your formula includes a full complement of both vitamins and minerals. If swallowing tablets is a problem, try a high potency liquid, such as U-Triton Liquid Vitamins. This formula includes digestive enzymes for better absorption, and extra B vitamins for stress.

5. Ask Questions

Let us know how we can help you reach your new goal, whether its recommending smoothies that fit your weight loss plan or additional information for improving your health. Stop by any time or call us at 602-788-1874.

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