



Holistic Medical Centre

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Weight Loss

There are a few main things to consider on the subject of weight loss. The first is **metabolic rate**. Metabolic rate means the rate at which your cells can burn fuel (sugars and fats) to generate heat and carbon dioxide. The thyroid gland sets the rate at which this happens with the hormone thyroxine. Thyroxine is made from tyrosine (amino acid), iodine, zinc and selenium. Once thyroxine has sent out its instructions to the cells there are some nutrients required in order for the metabolism to occur. These include zinc, B vitamins (especially B2 and B3) and Co enzyme Q10. The latter nutrient is a little expensive as a supplement but is found in sardines and can be synthesised in the body with B vitamins. Ideal thyroid function would yield a TSH (Thyroid stimulating hormone) result of 2.0 or less. Muscle cells have a higher metabolism (burn more fuel and produce more heat) than fat cells so achieving a good fat:muscle ratio can speed up the metabolism. This is achieved with weights/strength training or other exercise to improve muscle mass. If you ever wanted to know why **stress** contributes to weight gain, the answer is **cortisol**. Cortisol is a hormone made in the adre-

nal glands that becomes elevated during periods of stress. There are not any immediately noticeable effects of elevated cortisol as there is with adrenaline. The job of cortisol is to stimulate the liver to produce glucose and fats so that the muscles have a ready supply of fuel. This extra fuel needs to be burned or it will be stored. An important note here is that the contraceptive pill elevates cortisol for the entire time the contraceptive pill is taken. It is therefore, important to **exercise** to burn off this extra fuel in times of stress and especially for women on the pill. Not just a walk but a bike ride, swimming laps, dancing or a game of squash or netball is the level of activity required. If exercise is forming a part of your weight loss program, then it is best to change your form of exercise every six weeks as the body tends to adapt and plateau. Changing your exercise routine can avoid this. Remember 40 minutes is the minimum amount of exercise and MAKE IT FUN or chances are you will get bored. Don't forget about **relaxation** to promote your wellbeing hormone DHEA from the adrenal glands. This hormone may

help to improve the fat:muscle ratio. In terms of **food** there are some fundamentals. Get your protein from fish and tofu where possible. See food ideas below for tasty ideas. Fibre is important as this binds to fat (with the help of healthy bacteria) in the digestive tract and carries it out to avoid the fats being reabsorbed. Fibre also provides the fuel to make sure the healthy bacteria can continue to thrive. **Protein** three times a day is a good idea and complex carbohydrates such as kumara, pumpkin and quinoa (wholegrain high in protein) are great. Avoid the white foods such as white flour pastries, baked goods and pasta as well as sugar and potatoes. Also avoid fried food in favour of baked and grilled food. Make sure you address your **energy** levels so you feel inspired to exercise and to cook. Important nutrients to improve insulin/blood sugar control include vitamin D, zinc and chromium. Vitamin D is from the sun and cod liver oil. Zinc is high in oysters. Good liver function is important to package fats for removal from the body

Our favourite quote

If art is to nourish the roots of our culture, society must set the artist free to follow his vision wherever it takes him.
John F. Kennedy

Health tips

A patient told us recently that when he took raw soy foods out of his diet, his psoriasis cleared up. This is surprising as food elimination does not usually have any effect on psoriasis. It is well worth a try though if you suffer from psoriasis. Advice on what 'raw soy' means and what foods it is in can be found on our newsletter "What Am I Eating". This is under the newsletter tab on our website.

Happy Patient File

We recently had feedback from a lovely lady who visited us from out of town for her long term fatigue, sleep problems and she also suffered from scleroderma. We corrected her nutritional deficiencies and treated her for adrenal fatigue. She thanked us for our "fantastic work" and said she felt "so so much better" and was "able to work more hours" and her sleep was "miles better

More Information

If you are an existing patient and wish to have a holistic review to help with weight loss then you can make an appointment with Naturopaths Diana or Nellie. If you have not been to us before you will need to have an initial visit with one of the doctors. If you have always thought tofu

is unappealing try this...lightly sauté tofu on both sides with olive oil and a drizzle of tamari (soy sauce). Place on gluten-free toast with avocado, relish, fresh tomato, red onion slices and lettuce. This is a wonderful tasty meal that is high in protein with small amounts of the good fats.

Another quick meal is baked fish on a bed of quinoa with a vinaigrette (or pesto) drizzled over the fish served with a side salad.

Article Twelve from the United Nations Declaration of Human Rights
Article XII

No one shall be subjected to arbitrary interference with his privacy, family, home or correspondence, nor to attacks upon his honour and reputation. Everyone has the right to the protection of the law against such interference or attacks.