



JANUARY - WEIGHT CHALLENGE

Balancing weight can be a challenge, and the holidays always increase the challenge! In the post-holiday season, many are interested in getting rid of excess pounds.

The number one challenge, holiday or no, is STRESS. Stress can beat down even the best of intentions. Stress can lead to cravings and overeating, and, when our adrenal glands are stressed, the hormones and substances that help fight stress get depleted.

Temptation is definitely higher during the holiday season. Sugar and fat laden goodies abound. One way to fight temptation is to have plenty of healthy snacks and fresh fruit around; being full of good food doesn't leave much room for filling up with junk.

To maintain even blood sugar, balance meals and snacks with protein, and even some of the good fat, so that blood sugar stays where it needs to be.

Detoxification can be key. Toxins contribute to fatigue, discomfort, and imbalance. They contribute to weight gain and interfere with weight loss. Additionally, toxic feelings cause overeating in an attempt to improve the sense of well-being.

Good fats will help maintain balance; bad fats will increase weight gain. Examples of good fats are olive oil, omega-3 oils (i.e. fish & flax oils), black currant seed oil, and some vegetable oil in moderation. Examples of bad fats are trans fats (hydrogenated oils), peroxidized fats (cooked at high temperatures), and saturated fats. Walnuts and almonds contain good fat and make a great snack.

Most artificial sweeteners, such as aspartame, cause imbalances. They detract from weight loss by inducing an insulin response and can actually cause weight gain rather than help prevent. Soda pop also leaches calcium, causing an imbalance and removing an essential mineral for weight loss. Sodas can contain caffeine that can wreak havoc with blood sugar and cause disappointing end results.

Exercise increases fat oxidation and lean muscle mass (which in turn burns fat). Exercise improves the body's ability to use glucose, decreasing the amount of insulin needed. It can help reverse the insulin resistance that often occurs when people become overweight. Additionally, exercise aids in glucose transport, as contracting muscles help stimulate the movement of glucose throughout the body.

Through January 31, buy 6 of one of the following and receive 1 FREE!!!

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