



# Hare's To Your Health

Volume 12, Issue 1



Jan/Feb 2012

## The Weight Challenge

*HAPPY New Year!*

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. In this newsletter, we want to explore what the biggest challenges are, how to meet them, and how to deal the weight if it increases over the holidays.

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 (DSF Formula or DSF Herbal).

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 (Total Fiber).

When the blood sugar is low, the grain sends signals to the rest of the body that it needs glucose, and cravings get ramped up in full force. 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. Spread the caloric intake throughout the day to regulate blood sugar and prevent fat storage (Total

Alpha Lipoic Acid, Vana Chrom).

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 (Total Systemic D-Tox).

Weight gain can be triggered as a response to a perceived lack of nutrients or calories; complete foods tend to satisfy and reduce the appetite. Studies show that soup is a great weight balance choice; it provides a fuller feeling, reduces appetite, and prevents hunger more than the same food in solid form with the same amount of calories. Protein shakes can round out a meal or snack. New research shows that a deficiency in vitamin D may interfere with weight loss, and that higher the vitamin D levels predicted greater weight loss (Total Green Protein, Complete Whey-G, Complete Hi D-3, Complete Immuno D-3, Vitamin D-3 400).

Food can also cause weight gain. Ask your practitioner for help in identifying the foods that can trigger weight increases. Intake of common allergens like wheat and

dairy increase over the holidays (Dtx-Alrgy).

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 oil & flax oil), 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 (Black Currant Seed, Complete Omega-3 Essentials, F-Complex, Super EPA, Total Flaxseed Oil).

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 it. 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 (Total Trim).



*Examples of healthy nutrition!*

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. This 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. Overall, there are many reasons why exercise is important to any regimen

## What's New @ NWBR

**We have enclosed** an abbreviated copy of Dr. Judy Rabin's 7-Day Detox Protocol. It is a great way to start the new year! Please call Nutri-West if you would like additional information, and have your patients get started!

**Nutri-West has 3 new products we would like to reintroduce... TOTAL PRO-JES, TOTAL BROMINE, & TOTAL CHLORINE.** Total Pro-Jes is a homeopathic synergistic progesterone remedy for female/male hormone-related conditions; Total Bromine and Total Chlorine are homeopathic remedies for

assisting in the elimination of toxic bromine and chlorine that has accumulated over the years and deposited in body tissues. Please contact our office for further information or available articles on these products.

**Please see the enclosed shipping rates for 2012** - we have had to make a few adjustments. and the rates will be effective

## Did You Know...?

**Glutamine** will increase the health of the GI tract and increases communication with the brain-gut axis via the vagal nerve and enteric nervous system to get vital chemical satiety and regulation signals to the brain. In addition to increasing communication with brain signals for weight balance, glutamine also induces the genes the code for brown fat burning

**Green tea** has been associated with weight support for many years. Drinking four cups a day of green tea significantly decreased body weight and BMI in obese subjects. Green tea contains some natural caffeine, however, green tea extracts that do not contain caffeine are also associated with weight balance. Green tea extract works by multiple mechanisms, but one of the most powerful is stimulating fat oxidation, particularly the brown fat oxidation correlated with burning calories as heat. Brown fat is commonly found in infants, where the cell type helps generate enough heat for the child's survival.

**Tyrosine** is believed to be thermogenic; it stimulates the burning of brown fat, releases growth hormone, and stimulates CCK (the hormone that facilitates the enzymatic pathway of fat breakdown and signals satiety). Tyrosine is necessary for the production of thyroid hormones (the thyroid regulates the basal metabolic rate of almost all cells).

**Fiber** releases hormones that signal satiety and can reduce hunger. Fiber slows the digestive process of food, allowing for better blood sugar control. Fiber lowers the glycemic response of food, which is how quickly a meal turns to sugar in the body, and this can prevent cravings. Fiber has long been associated with healthier weight programs, normalized cholesterol and improved body composition. Excellent sources of fiber include apple pectin, rice bran, coconut fiber, flax seed, chia seed, gum arabic, glucomannan, inulin, spirulina, beta glucans, and guggulipid.

### **NUTRI-WEST BLUE RIDGE**

1-800-334-3793 or 843-342-3688

[www.nutriwestblueridge.com](http://www.nutriwestblueridge.com) (website)

[nutriwestbr@hargray.com](mailto:nutriwestbr@hargray.com) (e-mail)

## **\*\*\* JANUARY SPECIAL \*\*\***

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

**Black Currant Seed**

**Complete Omega-3 Essentials**

**Complete Hi D-3**

**Complete Immuno D-3**

**DSF Formula**

**DSF Herbal**

**Total Alpha Lipoic Acid**

**Vana Chrom**

**Vitamin D-3 400**



*One too many over  
the holidays!*

“The first step to getting the things you want out of life is this...decide what you want.”

## **PARTING WORDS...**

### **Never Giving Up**

Do you ever get frustrated because things are moving too slowly in your life? Many people do not realize that building a foundation for success does not happen overnight. It is a slow process in which you are constantly working and learning. After all, that foundation must remain strong, even in time of failure or crisis. This takes time! You may have to remind yourself that “failing” is only failure if you quit; otherwise it is a learning opportunity. So don't worry if your life seems to be moving in slow motion. Concentrate on building a solid foundation and learning from your back steps.

*“Be not afraid of going slowly; be afraid only of standing still.”*

*- Chinese Proverb*